



AFRO- CARIBBEAN MENTORSHIP PROGRAM (ACMP)

Annual Report 2024-5



University
of Manitoba



www.weareacmp.com



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ABOUT US



Founded in 2018, the Afro-Caribbean Mentorship Program aims to support the unique needs of racialized students in academic spaces. As the first program of its kind at Carleton University, ACMP has expanded to base its programs in support of the Black Manitoban Community.

ACMP provides safe spaces for racialized students to connect with professionals and community members, and learn from their experiences. Our events are open to all students and community members, and offer resources and support catered for ACB students.

The Afro-Caribbean Mentorship Program (ACMP) is an initiative dedicated to supporting the success of African, Caribbean, Black (ACB) and other racialized undergraduate and graduate students on campus, while encouraging them to be confident members of Canadian society.

We recognize that the experiences of ACB and other racialized people encounter racism, such as anti-black racism, and other forms of discrimination, that impede upon their social development as students. Advocating for an inclusive campus is ACMP's mission while supporting the success of racialized students



SPECIAL THANKS



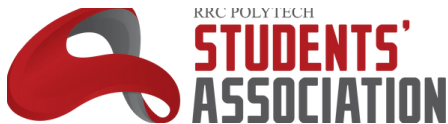
**University
of Manitoba**



**THE UNIVERSITY OF
WINNIPEG**

A special thanks to Royal Bank Canada, University of Manitoba, Red River College, University of Winnipeg and the for their generous financial support and dedicated personnel assistance in making our events for the year a success. Your commitment to community endeavors is truly appreciated.

THANK YOU!



Year In Review

16 OCT 2024	HOW TO GET INTO GRAD SCHOOL @ UNIVERSITY OF MANITOBA
06 FEB 2024	BARBERSHOP TALK SERIES: BLACK MEN AND MISCONCEPTION @ WINNIPEG AND TORONTO
16 NOV 2024	LOOKING AT THE MAN IN MIRROR CONFERENCE @ BARBADOS
5 DEC 2024	STUDY CAFE @ UNIVERSITY OF MANITOBA
24 JAN 2025	SOLIDARITY: ADDRESSING MENTAL HEALTH AND ANTI-BLACK RACISM @ UNIVERSITY OF MANITOBA
29 JAN 2025	FREE MOVIE SCREENING: BOB MARLEY ONE LOVE @ WINNIPEG
07 FEB 2025	THIRD ANNUAL ADDRESSING ANTI-BLACK RACISM AS A MENTAL HEALTH CONCERNS @ WINNIPEG
28 FEB 2025	BLACK HISTORY MONTH @ WINNIPEG
21 MAR 2024	BARBERSHOP TALK: ADDRESSING MENTAL HEALTH CONCERNS @ TORONTO

25 MAR 2025	WOMEN EMPOWERMENT @ WINNIPEG
18 MAY 2025	BARBERSHOP TALK @ TORONTO
06 JUNE 2025	BARBERSHOP TALK @ TORONTO

High Schools Initiative

24 JAN 2025	MEET AND GREET WITH GRAND PARK COLLEGIATE @GRAND PARK
29 JAN 2025	HOW TO GET INTO POST-SECONDARY: GRAND PARK COLLEGIATE @ GRAND PARK
07 FEB 2025	HOW TO GET INTO POST-SECONDARY: DAKOTA COLLEGIATE @ DAKOTA COLLEGIATE
28 FEB 2025	MEET AND GREET WITH UOFW COLLEGIATE @ UOFW
28 FEB 2025	THEATRE OF THE OPPRESSED: DAKOTA COLLEGIATE @ UNIVERSITY OF MANITOBA
28 FEB 2025	THEATRE OF THE OPPRESSED: WINDSOR PARK COLLEGIATE @ WINDSOR PARK COLLEGIATE

RECCURING PROGRAMS



CHANGING THE NARRATIVE BOOKCLUB

A BOOK CLUB CURATED FOR & IN SUPPORT OF THE BLACK STUDENT COLLECTIVE AT THE UNIVERSITY OF MANITOBA . THE BOOK CLUB INVITES STUDENTS TO RE-EXAMINE HOW BLACK EXPERIENCES ARE REPRESENTED IN LITERATURE.

TWICE EVERY MONTH

OUR IMPACT



FOR THE YEAR IN REVIEW, ACMP ENGAGED HIGH SCHOOLS, COMMUNITY AND UNIVERSITY/COLLEGES THROUGH ONLINE AND IN-PERSON EVENTS ACROSS CANADA AND THE CARIBBEAN.



2,500+

TOTAL
EVENT REGISTRATIONS



35+

EVENTS &
INITIAITVES



4

CITIES

BLACK HISTORY MONTH

“EMPOWERING VOICES AMPLIFYING BLACK NARRATIVES IN LEADERSHIP”

ACMP’s goal for the Black History Month 2025 was to celebrate the Afro-Caribbean Black Community in Manitoba. We also facilitated the inclusion of high school students to attend the event and also host their respective Black History Month events by providing monetary and human resource. The event had **700+ attendance**



Keynote speaker:
Hon. Uzoma Asagwara

COMMUNITY RECOGNITION AWARDS



FAITH
AKINYEMI



NADINE
POWELL



DR. DUANE
BROTHERS



OGO
OKWUMABUA



NATALIE
BELL



MICHELLE
JEAN-PAUL

PANEL DISCUSSIONS

Panelists shared personal experiences, insights, and practical strategies that the audience can resonate with. The discussions aimed to inspire a rich and nuanced discussions around the theme : **“Empowering Voices Amplifying Black Narratives In Leadership”**



BLACK VENDORS MARKET

The event showcased 20+ Black-owned businesses and reminded our Winnipeg community to support and appreciate the hard work of ACB entrepreneurs.



FREE CATERED DINNER

500+ attendees were served with selected Caribbean cuisine (vegetarian and non-vegetarian)



ENTERTAINMENT/PERFORMANCES



BOOK BURSARY RECIPIENTS



"Black History Month has grown tremendously, and it was incredible to witness this year's success. A huge thank you to the organizing committee for all the great work, especially for incorporating so many youth—this is exactly what we need to keep doing. The focus on community, leadership, and even addressing mental health made a real impact. The turnout was amazing, greater recognition, and stronger community engagement. Seeing key leaders, institutions, and major sponsors come together to celebrate and uplift Black excellence is inspiring and I know this will continue to grow. Grateful to be part of it."

JUANITA DESOUZA-HULETEY

ANTI-BLACK RACISM AS A MENTAL HEALTH CONCERN:

Working in Solidarity:
Confronting Structural
Discrimination and Mental
Health Inequities



On February 7, 2025, ACMP, in partnership with the University of Manitoba and Red River College Polytech, hosted its 3rd Annual Anti-Black Racism & Mental Health Event.



Themed “Working in Solidarity,” the event featured keynote speaker Dr. Wendell Nii Laryea Adjete and a diverse panel who explored the mental health impacts of racism, the power of representation, and the need for collective healing.



Key takeaways included the importance of allyship, culturally relevant support, youth engagement, and policy change to advance mental health equity for Black communities.



Panelists (left to right): Elizabeth Mahmoud, Dr. Tina Chen, Sheeraj Patel, Dr. Peter Donahue, Jelynn Dela Cruz, Dr. Heidi Marx, Sana Mahboob, (Dr. Warren Clarke), Sereta Thompson-Wilson and Nina Condo.



Keynote Speaker: Dr. Wendell Nii Laryea Adjete





A SOULFUL SANCTUARY SELF-CARE SESSION

In March, ACMP hosted A Soulful Sanctuary Self-Care Session, an afternoon designed to empower Black women by creating a peaceful space to explore self-care strategies and discuss personal well-being. The event emphasized self-love, healing, and resilience, acknowledging the unique challenges Black women often face. Through meaningful conversations, shared experiences, and guided self-care practices, attendees explored ways to nurture their minds, bodies, and spirits. This gathering is more than just self-care as a trend, but as a powerful, life-changing practice that strengthens both individuals and communities. **Dr. Rhonesha Blaché**, a seasoned educator and advocate, led the session, focusing on reclaiming personal power and making well-being a priority. The event encouraged participants to reflect, reconnect, and remember that taking care of oneself is not a luxury, but a necessity. 25 participants were in attendance.



DR. RHONESHA BLACHÉ



A SOULFUL SANCTUARY SELF-CARE SESSION

TESTIMONIALS

"I'M HAPPY TO HAVE A BLACK CENTRED EVENT. I FEEL LIKE WE DON'T FOCUS ON US ENOUGH.

MY ONLY ADVICE FOR IMPROVEMENT IS: CAN WE DO THIS EVERY YEAR?- MAYBE EVERY DAY?" - MELANIE DUNCAN

"I LOVE THAT I CAN FEEL OPEN TO SHARE MY EXPERIENCES WITH EVERYONE. THIS EVENT HAS BEEN SUCH A WELCOMING EXPERIENCE"- ANONYMOUS

"IT'S IMPORTANT TO CELEBRATE BLACK WOMEN AND EMPHASIZE SELF-CARE. AS A MOTHER, I NEED TO TAKE CARE OF MYSELF FIRST SO I CAN BE THE BEST FOR MY FAMILY AND THIS EVENT IS A PART OF THAT."- ANONYMOUS

"THIS WAS GREAT. I WOULD COME OUT AGAIN JUST TO HEAR DR. RHONESHA SPEAK. SHE IS VERY ENCOURAGING AND UNDERSTANDING"- ANONYMOUS



CHANGING THE NARRATIVE BOOK CLUB

Founded in 2023, Changing the Narrative is a book club dedicated to supporting students in exploring Black literature and engaging with Black academic thought. Over the past academic year, the club hosted 12 meetings, creating a space where students could connect, exchange ideas, and foster a sense of community. With an average attendance of 5-7 members, discussions covered a diverse range of topics, including Pan-Africanism, linguistics, medieval history, music, and influential figures such as Thomas Sankara and Bob Marley. Through this initiative, we aim to recenter Black stories and academic thought—not just for the sake of representation, but to inspire healing, joy, and empowerment. Changing the Narrative is a platform for strengthening Black imagination, building hope, and supporting one another in a space of our own making.



Testimonials:

"I really enjoy being part of our Black reading club. It's been incredibly impactful, offering new ideas and thought-provoking conversations every time I go. I always leave with a fresh perspective – and the pizzas are a nice bonus! One of my favorite moments was when we discussed the history and significance of Timbuktu. The exchange of ideas and passionate debates make it an experience I truly value."

\$500
WORTH OF BOOKS
WERE GIVEN TO ALL
ATTENDEES

THE STUDY CAFE

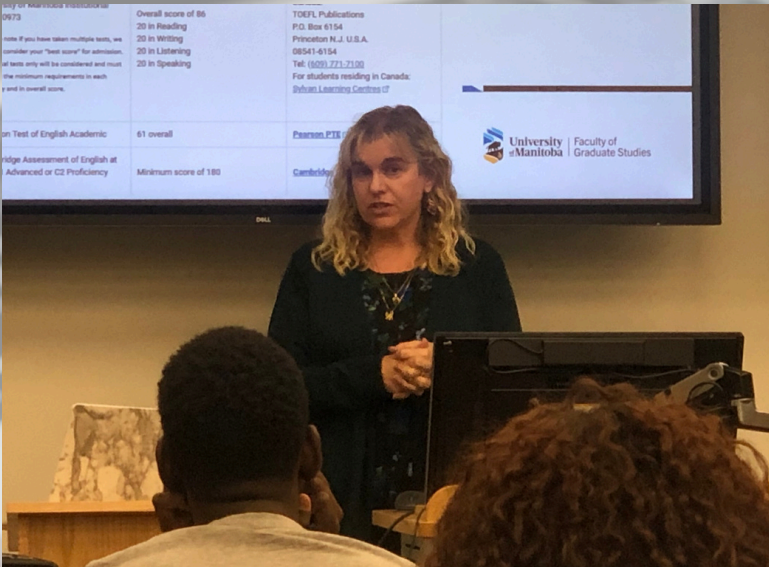


ACMP provided space, food and beverages for students to prepare for their upcoming exams and complete their final assignments.



HOW TO GET INTO GRAD SCHOOL

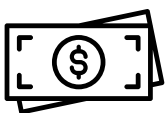
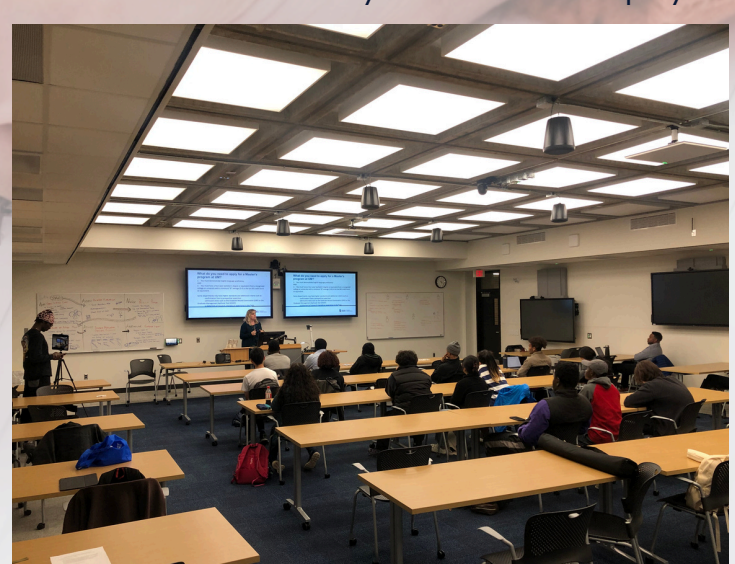
This event was not just about providing information; it's about empowering you to take the next steps with confidence. Through open discussions, Q&A sessions, and valuable resources, we aim to demystify the graduate application process and make it more accessible for young Black students and immigrants. By the end of this event, you will have a clearer understanding of how to navigate the often-complex journey to graduate school and be equipped with the tools to succeed.



Dr. Kelley J. Main- Dean, Faculty of Graduate Studies, UofM.



Dr. Jonathan Hood- Assistant Professor, St. Francis Xavier University and former CFL player



\$400 cash prize awarded to students to support grad school application

FREE MOVIE SCREENING

BOB MARLEY:ONE LOVE

LOCATION:

**LANDMARK CINEMAS
GRANT PARK
SHOPPING CENTER
1120 GRANT AVE #127,
WINNIPEG, MB R3M 2A6**



In recognition of Mental Health Month, the Afro-Caribbean Mentorship Program (ACMP) hosted its third annual FREE movie screening featuring Bob Marley: One Love, a film centred on the themes of Music as a tool for activism and social change.

By showcasing Marley's timeless messages of love, resilience, and justice, the ACMP seeks to provide attendees with an opportunity to reflect on the vital role of the arts in promoting mental well-being and communal harmony.



GUEST SPEAKER:
Nadine Powell



LOOKING AT THE MAN IN THE MIRROR CONFERENCE- BARBADOS



The Barbershop Talk Series Conference Black Men and Boys, Misconceptions, and Mental Health: Looking at the Man In The Mirror (academic and community) in Barbados was a unique platform designed to address the mental health challenges faced by Black men and boys, particularly within the Caribbean context.

“Empowering Black men and boys through dialogue, about mental health, and community”

We explored critical issues such as vulnerabilities, emotional language, fatherhood, and societal expectations. The Barbershop Talk Series Conference invited both University scholars and community advocates to contribute to the conversation on mental health, societal expectations, and the social experiences of Black men and boys. The event challenged stereotypes, addressed mental health issues, and fostered dialogue that promoted the well-being of Black males.

Testimonial

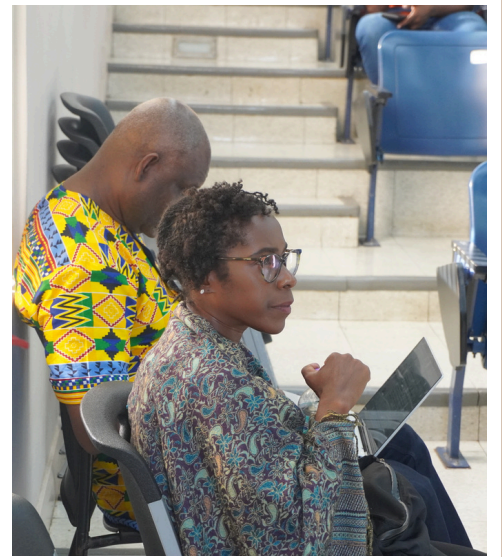
“I enjoyed the atmosphere. the free haircuts was a good angle to take. It was engaging and people felt comfortable communicating. i was hoping for more technical strategies for how ppl would have dealt with mental issues. It’s a good step in the right direction and i will invite some more of my female friends the next time i go”

Kevin, Barbados



KEY NOTE SPEAKER
HIS EXCELLENCY, THE HONOURABLE
GLINE CLARKE

Paper Preseantations-Barbados



Panel Discussions- Barbados



HIGH SCHOOL INITIATIVES



As part of ACMP's high school engagement efforts, the High School Coordinators organized an outreach initiative focused on supporting students in their transition to post-secondary education. This involved collaboration with selected local high schools to provide both a social and educational experience that would guide students through the application process.

The High School Coordinators are proud to have represented ACMP in facilitating this meaningful event. It successfully provided students with practical tools and encouragement as they prepared for post-secondary education, reinforcing ACMP's commitment to youth empowerment and academic success.

- **Grant Park High School**
- **Dakota Collegiate**
- **UofW Collegiate**

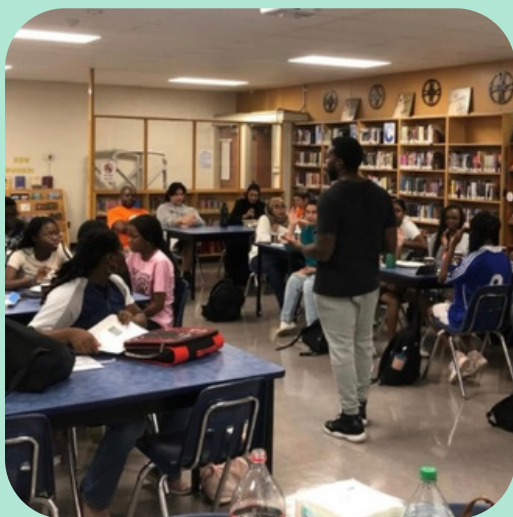
Tabling Outreach

Prior to our main events, the High School Coordinators hosted a tabling session at both participating high schools to promote upcoming opportunities. We shared information about ACMP, answered student questions, distributed flyers, and encouraged participation in our main workshop and meet-and-greet. This event helped raise awareness and drive engagement among students who might benefit from post-secondary planning support.



Meet & Greet Sessions

Three meet-and-greets were hosted to introduce the High School initiative and our purpose to students and teachers from Grant Park High School, Dakota Collegiate, and University of Winnipeg Collegiate. Food and drinks were provided, creating a welcoming space for students to socialize, build connections, and become familiar with ACMP's role in supporting their educational journey. These events helped set a positive tone for deeper engagement during the main session.



Grant Park



Dokota Collegiate



UofW Collegiate

“How to Get Into Post-Secondary School” Workshop

The main event focused on preparing students for the next step in their academic careers. The session covered key topics, including how to research academic programs, understand application requirements, write personal statements, and apply for financial aid and scholarships. Coordinators aimed to equip students with the necessary tools to independently explore post-secondary options, demonstrating how to access information and navigate various post-secondary websites. Grant Park students then had the opportunity to practice what they had learned by exploring the websites of the top three schools and programs to which they wish to apply. Students aimed to find the requirements for application and prospective deadlines for the programs. Resources were distributed, and coordinators were available to answer questions and offer one-on-one support. The event saw an enthusiastic turnout, with 25 students in attendance, eager to learn and engage with the resources provided.

Students responded positively to the event, expressing that the guidance provided helped demystify the application process and gave them greater confidence about their future steps. The combination of a casual meet-and-greet with a structured workshop allowed students to feel both socially and academically supported.

Selected students were provided with funds to apply for Colleges/Universities of their choice.



Facilitating Student-Led Black History Month Event Planning

ACMP collaborated with Grant Park's Black History Month Committee (BHMC) and Dakota Collegiate's IBPOC Committee to support them in their long-standing tradition of Black History Month celebrations. ACMP's goal was to aid students in their initiative to better understand Black narratives, worldviews and historical contexts by freely sharing ideas and perspectives.

Throughout the planning stage, we assisted students in organizing performances, panel discussions, and various other celebrations by promoting events, planning logistics, and providing resources.

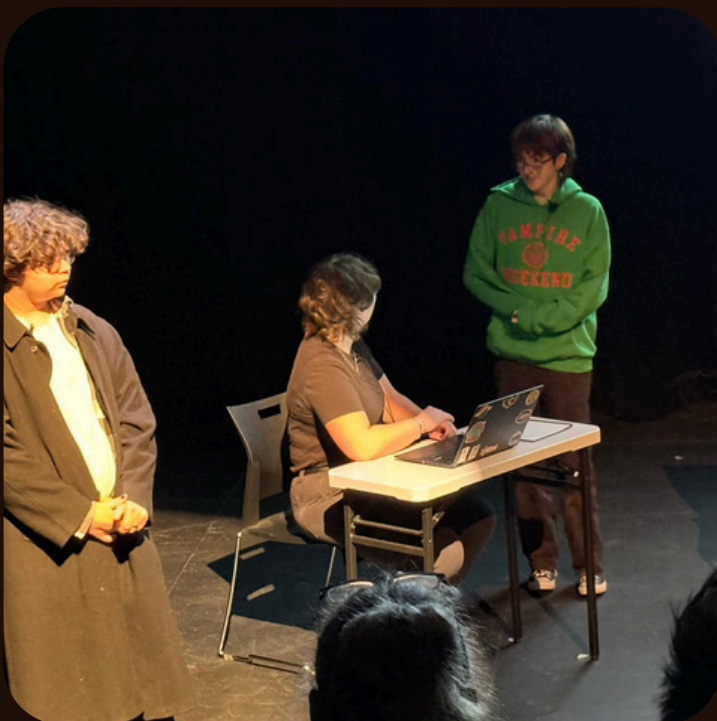
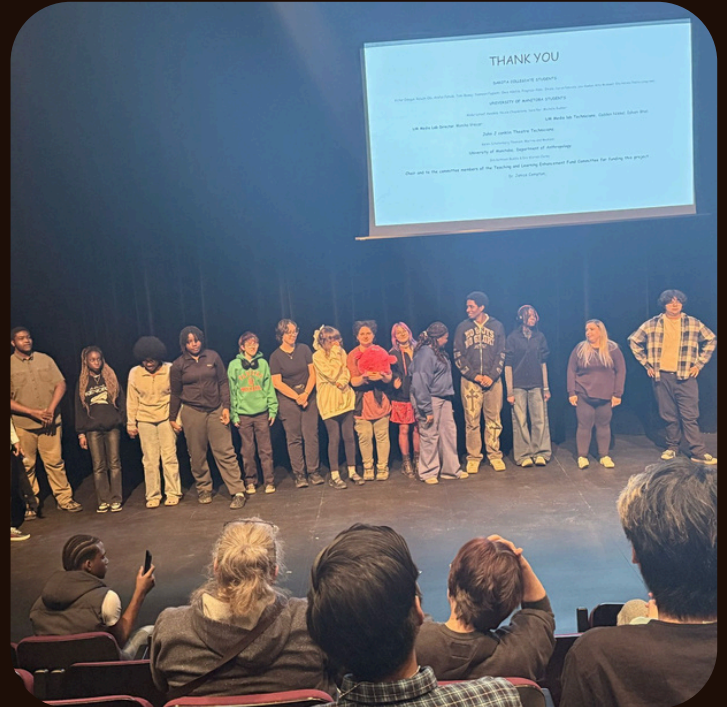
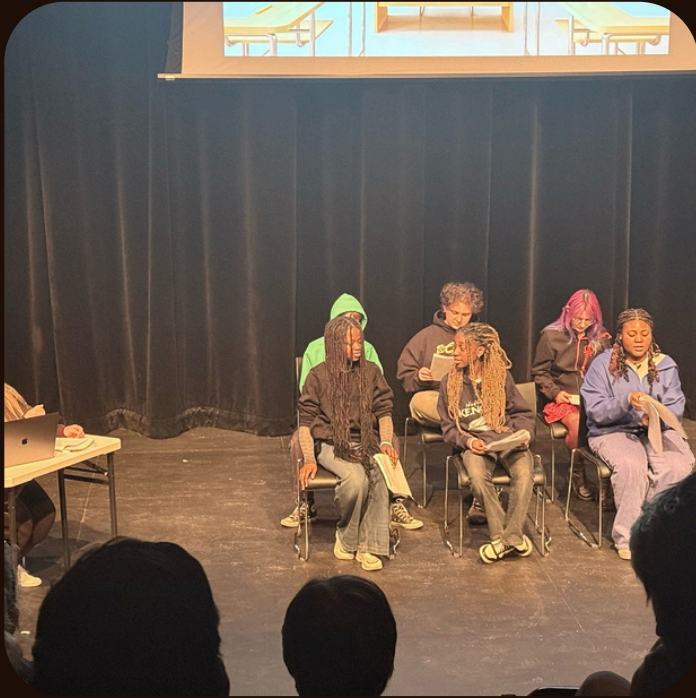
ACMP held regular meetings from December through February. Over 41+ students participated during these meetings. Additionally, **ACMP provided \$1000 in funding**, which students used to support various Black History Month events and initiatives. Several events, such as Culture Day, Jazz Cafe, Panel Discussion, and Afro-Night, were successfully hosted throughout the month of February as a result of the hard work and dedication of Grant Park's BHMC.



THEATRE OF THE OPPRESSED

The public-facing performance purposely addressed social oppression(s) that was displayed through performing arts. Theatre of the Oppressed was a theatrical game in which a problem, or symptom of oppression, is presented in an unsolved form. Dramatic action will revolve around a selected issue of social inequality involving visible oppressors and an oppressed protagonist.

This was a collaboration between students at the **University of Manitoba, Dakota Collegiate and Windsor Park Collegiate**.



BARBERSHOP TALK SERIES



Our goal was to create a secured and empowering environment that encouraged enriching conversations that socially and politically empower Black men and boys. We dedicated to promoting dialogue among Black men and boys regarding various themes such as gender biases and anti-Black racism, all of which created moments of learning and awareness regarding Black masculinities. We organized events in various cities across the country and the Caribbean.



5

EVENTS

210

ATTENDANCE
online & in-person

4

CITIES

Event Series

Winnipeg



Toronto/Scarborough



Barbados/Trinidad



Barbershop Talk Series- Testimonials

“I like this event because it was an eye opening experience for me. There is a lot of issue thats needs to be talked about”.

JOJU, UNIVERSITY OF MANITOBA

“This event was a chance for everyone to express thier feelings and this shows the true nature of the event. Black men done have the space to express in full effect. Also, the debates from different ages was refreshing to sit back and enjoy”.

ANONYMOUS,

“The event was very insightful and I got learn from peoples experiences” I got to learn about the moral lessons fron things i heard and most I can relate to. I encourage people to come and participate in these events.

DANIEL, UNIVERSITY OF MANITOBA

“I like the sharing of different perspectives from black experiences. Foe example, Dr. Clarke seems to have experiences in some aspects that us the young ones can learn from expecially being black”.

ANONYMOUS

For information on our community initiatives and upcoming events visit us at

www.weareacmp.com



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