

The logo for the Toronto District School Board (tdsb) features the lowercase letters 't', 'd', 's', and 'b' in a sans-serif font. The 't' is green, 'd' is yellow, 's' is blue, and 'b' is orange.

Mental Health  
& Well-Being

# Identity Affirming Books and Resources



Professional  
Support Services



Professional  
Support Services

**tdsb**

Mental Health  
& Well-Being

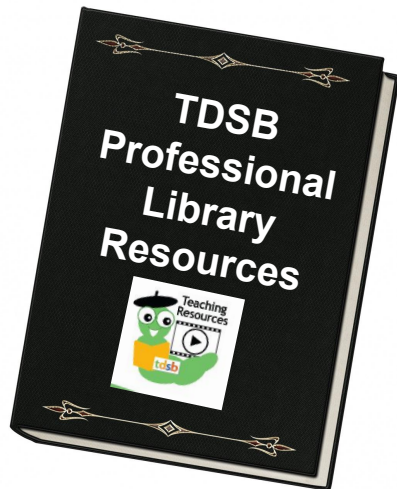
**This is not an exhaustive list of identity groups or resources. Resources will be continually updated and subject to change.**

**Any wish to reproduce these resources will require full acknowledgement of TDSB Systems Leader, MH leads & TDSB Professional Support Staff Committee.**





Professional Support Services



**Culturally Responsive & Relevant** | **Newcomer** | **Youth** | **Emergency/ Crisis** | **Legal** | **Housing** | **Services by Location**

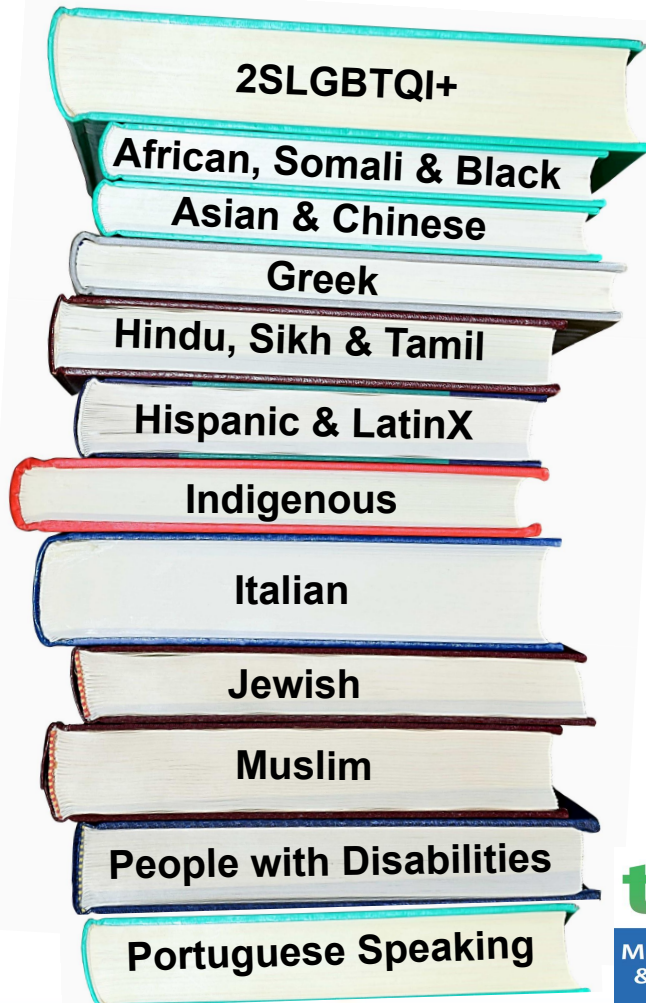
**Food Banks** | **Complex Needs Community Resources**

**Culturally Responsive & Relevant Resource Lists**  
(Click tabs above to open links)

**tdsb**  
Professional Support Services

This is not an exhaustive list. All folders will be continually updated and subject to change. Please direct any questions or inquiries to: Imani Henrie ([Imani.Henrie.Hamadi@tdsb.on.ca](mailto:Imani.Henrie.Hamadi@tdsb.on.ca)) and Roshni Malhotra ([Roshni.Malhotra@tdsb.on.ca](mailto:Roshni.Malhotra@tdsb.on.ca))  
Last updated: January 2022

**tdsb**  
Mental Health & Well-Being



**tdsb**  
Mental Health & Well-Being



# TDSB Professional Library Mental Health Resources

[Primary and Junior](#)



[Junior and Intermediate](#)

[Intermediate and Senior](#)



[Francais](#)

[Educator Resources](#)



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Welcome to the



*2SLGBTQIA+*

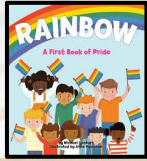
Identity Affirming Book and Resource  
Lounges



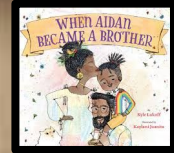
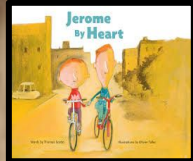
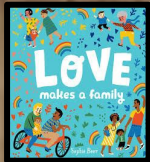
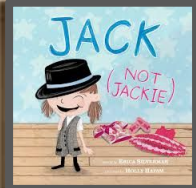
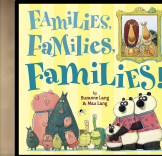
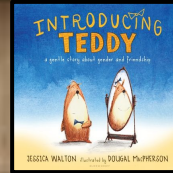
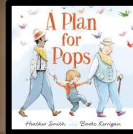
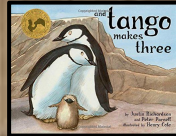
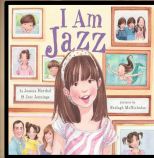
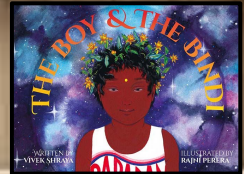
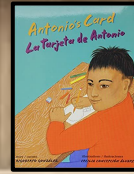
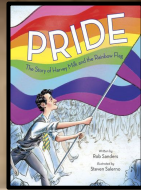
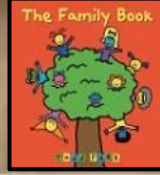
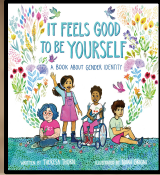
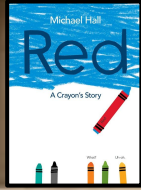
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**tdsb**  
virtual  
library



Welcome to the  
**2SLGBTQ+**  
Identity Affirming  
Book and Resource  
Elementary Lounge



**tdsb**  
Professional  
Support Services

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# Welcome to the 2SLGBTQ+ Identity Affirming Book & Resource Teen Lounge



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# BOOKS

## Other Great Reads for Teens Supporting our 2SLGBTQ+ Community

Red, White, and Royal Blue – Casey McQuiston

Like a Love Story – Abdi Nazemian

Aristotle and Dante Discover the Secrets of the Universe – Benjamin Alire Saenz

Fun Home – Alison Bechdel

Simon vs. The Homo Sapiens Agenda – Becky Albertalli

Carry On – Rainbow Rowell

Wayward Son – Rainbow Rowell

Geography Club – Brent Hartinger



Professional  
Support Services

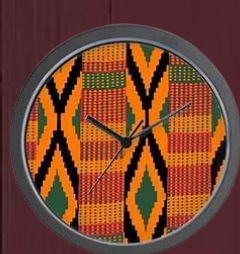
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Welcome to the  
*African, Somali and  
Black Mental Health*  
Identity Affirming Book and Resource  
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Welcome to the African Identity Affirming Book and Resource Elementary Lounge



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**Welcome to the African  
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Book and Resource  
Teen Lounge**








# Welcome to the Somali Identity Affirming Book and Resource Elementary Lounge



**SOMALI HERITAGE MONTH**  
EDUCATE ELEVATE EXCEL  
October

**CAFCAN**  
Cultural Affirmation & Family Connections

**HELP**

**S.I.A.O.**

**SOMALI CANADIAN ASSOCIATION**

**ACROSS BOUNDARIES**

Somali Women's and Children's Support Network

Whenever you need to talk, we're open.  
Text: 905-880-0000  
WhatsApp: 905-880-0000  
Kids Help Phone: 1-800-387-5878

**TROPICANA COMMUNITY SERVICES**

**tdsb**  
Mental Health & Well-Being

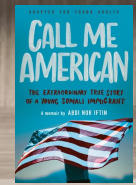
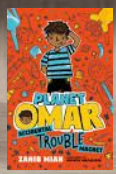
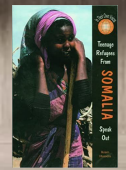
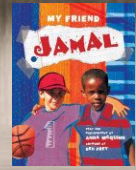
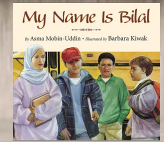
**Provincial System Support Program (PSSP)**  
KNOWLEDGE EXCHANGE



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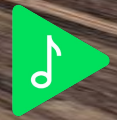
# Welcome to the Somali Identity Affirming Book & Resource Teen Lounge



Logos on the corkboard include: SOMALI HERITAGE MONTH EDUCATE ELEVATE EXCEL October; MIDAYANTA BUILDING COMMUNITIES; HELP; S.I.A.O.; TROPICANA COMMUNITY SERVICES; CAFCAN; ACROSS BOUNDARIES; NEW YOUTH; tdsb Mental Health & Well-Being; and a Twitter logo.



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# Important Conversations About Anti-Black Racism & Black Mental Health

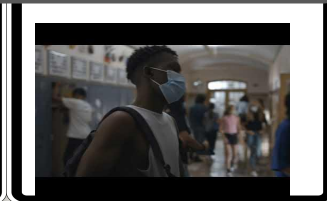


**Black History & Liberation Month**  
Black Health & Wellness Speaker Series | FEBRUARY 2022

FEBRUARY 9 | 9-10 A.M.

**Paediatric Grand Rounds: z60.5**

Dr. Ananda Arinaminchey, MD  
Dr. Neema Bhatia, MD



**UNDERSTANDING HATE IN PROTESTS**

Supporting TDSB educators and students engaging in learning and addressing racism and hate

**Black History & Liberation Month**  
Black Health & Wellness Speaker Series | FEBRUARY 2022

FEBRUARY 16 | 12-1 P.M.

The more things change, the more they stay the same? The implications of ML and AI on Black populations' health in Canada

Liane Jarama, PhD Candidate  
Faculty of Medicine, University of Toronto, St. Michael's & St. Joseph's Health System at Queen's University

**Black History & Liberation Month**  
Black Health & Wellness Speaker Series | FEBRUARY 2022

FEBRUARY 23 | 12-1 P.M.

Health Equity & Anti-Racism: Seattle Children's Journey and Commitment

Alicia Arévalo, MD, MPH  
Assistant Professor, University of Washington

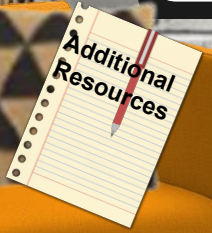


**Culturally Responsive & Relevant Resource Lists**  
(Click tabs above to open links)

Professional Support Services

tdsb Mental Health & Well-Being

**tdsb**  
Mental Health & Well-Being



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Welcome to the  
*Asian and Chinese*  
Identity Affirming Book and Resource  
Lounges

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# Welcome to the Asian Identity Affirming Book and Resource Elementary Lounge



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Welcome to the Asian Identity Affirming Book and Resource Teen Lounge



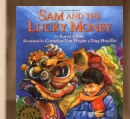
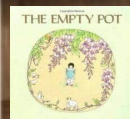
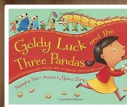
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# Welcome to the Chinese Identity Affirming Book and Resource Elementary Lounge



[TorontoCentralhealthline.ca](https://torontocentralhealthline.ca)

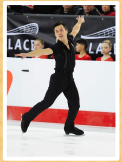


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**Welcome to the Chinese Identity Affirming Book and Resource Teen Lounge**



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Welcome to the  
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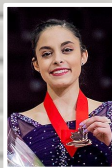
# Welcome to the Greek Identity Affirming Book and Resource Elementary Lounge



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Welcome to the Greek  
Identity Affirming  
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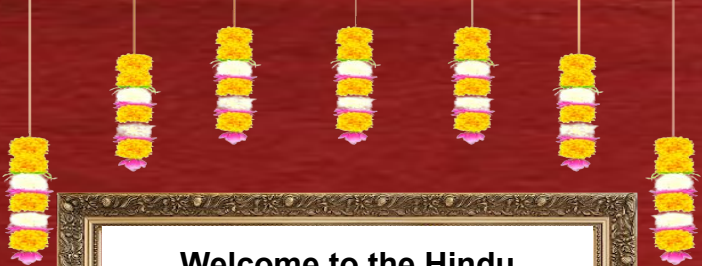
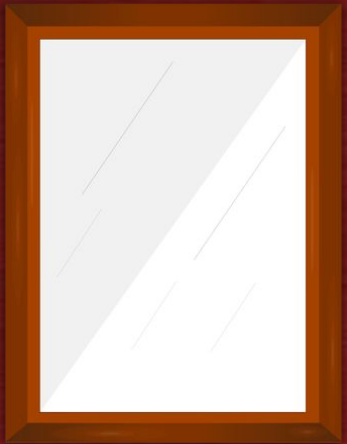
ΚΑΛΟΣ  
ΗΡΘΑΤΕ!



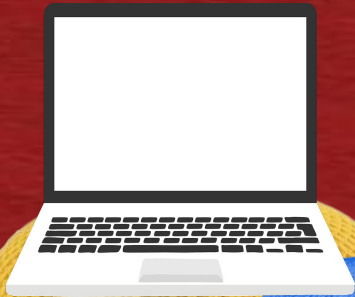
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Welcome to the  
*Hindu, Sikh & Tamil*  
Identity Affirming Book and Resource  
Lounges



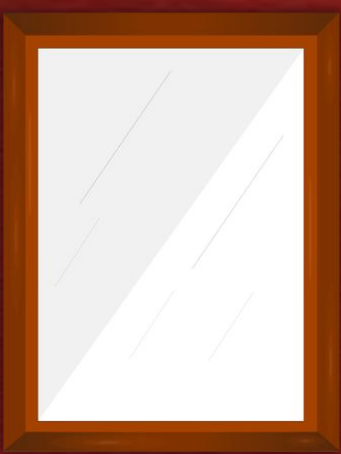


**Welcome to the Hindu  
Identity Affirming  
Book and Resource  
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**Additional  
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**Welcome to the Hindu  
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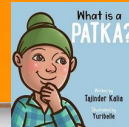
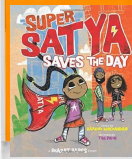
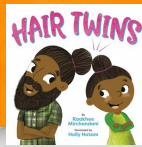
**Additional  
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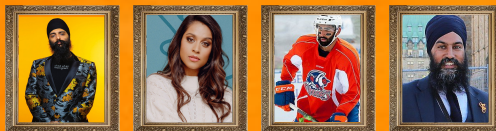
# Welcome to the Sikh Identity Affirming Book and Resource Elementary Lounge



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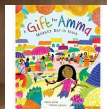
# Welcome to the Sikh Identity Affirming Book and Resource Teen Lounge



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Welcome to the Tamil  
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**Welcome to the Tamil  
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Teen Lounge**



Welcome to the

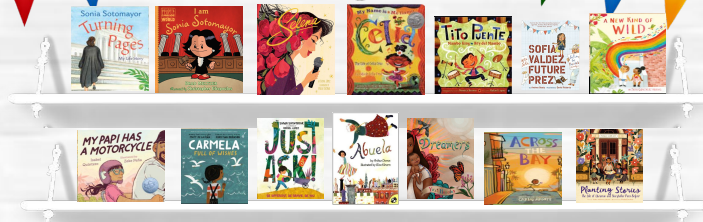
# *Hispanic and LatinX*

Identity Affirming Book and Resource  
Lounges

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Welcome to the  
Hispanic  
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**Welcome to the  
Hispanic  
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Teen Lounge**

A collage of logos and text on a corkboard background. At the top left, it says "Centre for Spanish Speaking Peoples" and "Centro para Gente de Habla Hispana". Below that is the logo for "MADISON COMMUNITY SERVICES". To the right is a speech bubble icon with the word "HELP" inside. Below the Madison logo is the "HCHC" logo for the "Hispanic Canadian Heritage Council". To the right of that is a colorful starburst logo. Below the HCHC logo is the "LIGHTHOUSE" logo with the text "Hispanic Heritage Month 1998-2018". To the right of the Lighthouse logo is the "tdsb" logo for "Mental Health &amp; Well-Being". At the bottom of the collage is a blue banner with the text "York Hispanic Centre".



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Welcome to the Latin American Identity Affirming Book and Resource Elementary Lounge



Centre for Spanish Speaking Peoples  
Centro para Gente de Habla Hispana

MADISON COMMUNITY SERVICES

Reading Rockets

tdsb  
Mental Health & Well-Being

50  
1968  
2018  
The LIGHTHOUSE  
Helping People Challenge Limits

York Hispanic Centre



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**Welcome to the  
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Centre for Spanish Speaking Peoples  
Centro para Gente de Habla Hispana

HELP

MADISON COMMUNITY SERVICES

CANADIAN HISPANIC

tdsb Mental Health & Well-Being

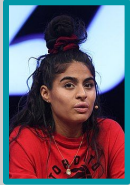
family education centre

50 1962-2018

LIGHTHOUSE

camh Centre for Addiction and Mental Health  
Centre de toxicomanie et de santé mentale

York Hispanic Centre



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Welcome to the  
*Indigenous*

Identity Affirming Resource Page:

Click here for:

**TDSB Urban Indigenous Centre**  
**Webpage of Education Resources**

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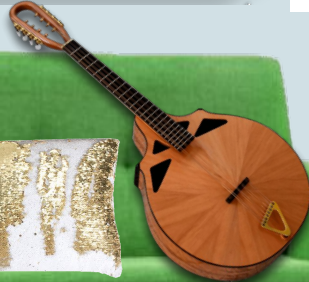
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**Welcome to the Italian Identity Affirming Book and Resource Teen Lounge**




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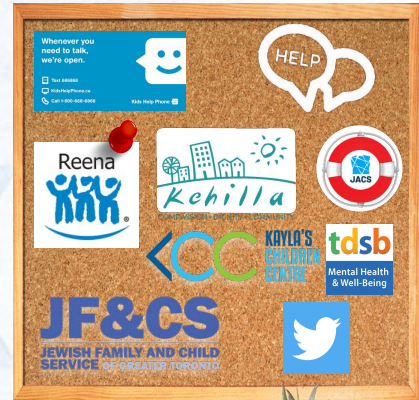
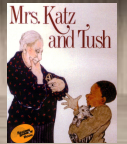
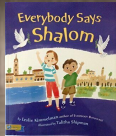
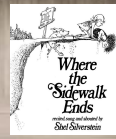
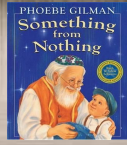
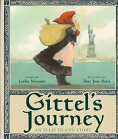
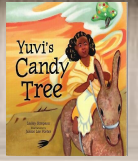


Welcome to the  
*Jewish*

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**Welcome to the Jewish Identity Affirming Book and Resource Elementary Lounge**

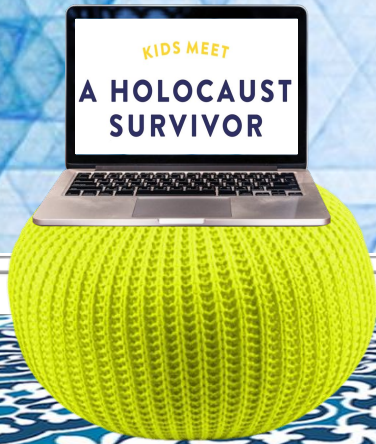


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# Welcome to the Jewish Identity Affirming Book and Resource Teen Lounge



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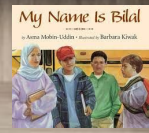
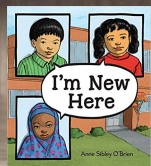
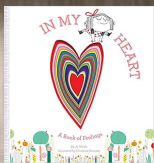
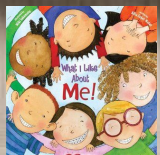
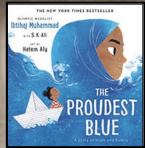
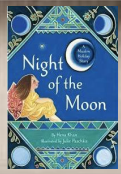
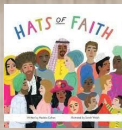
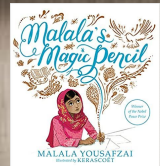


Welcome to the  
*Muslim*  
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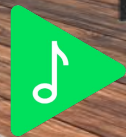




Welcome to the Muslim Identity Affirming Book and Resource Elementary Lounge



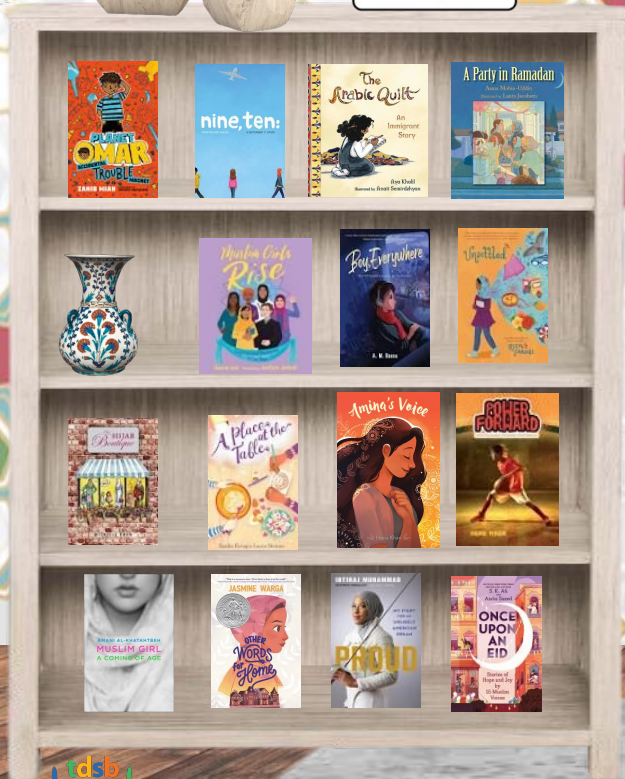
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**Welcome to the Muslim Identity Affirming Book and Resource Teen Lounge**



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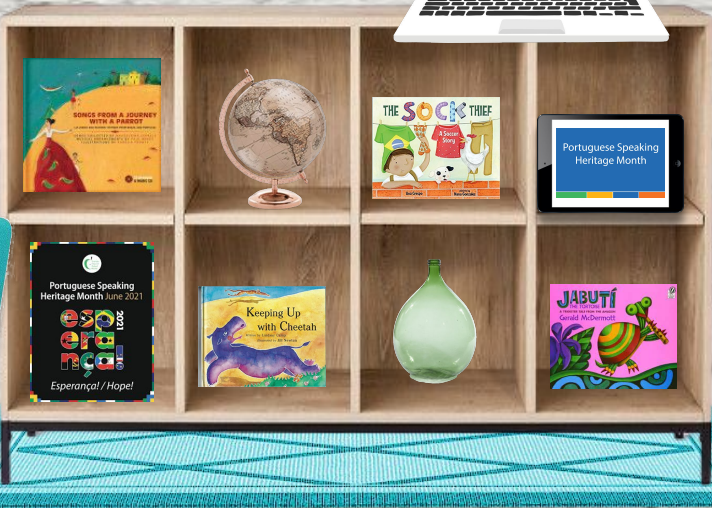
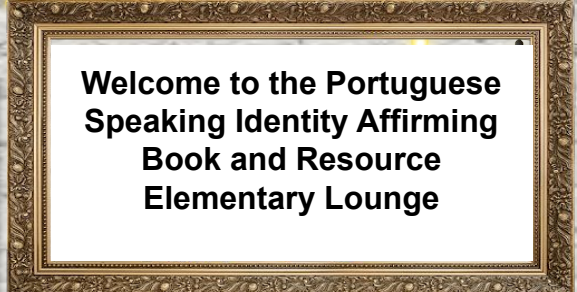




Welcome to the  
*Portuguese Speaking*  
Identity Affirming Book and Resource  
Lounges

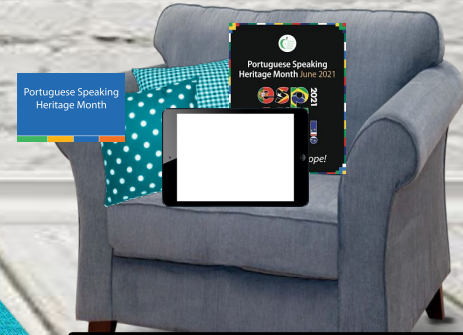
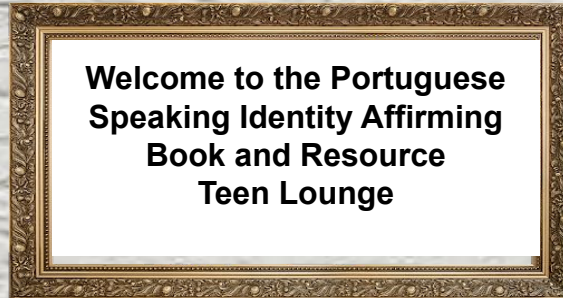
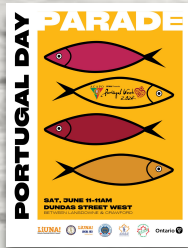
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Welcome to the  
*People with Disabilities*  
Identity Affirming Book and Resource  
Lounge

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**Welcome to the People  
with Disabilities  
Identity Affirming  
Book and Resource  
Lounge**





Culturally Responsive & Relevant

Newcomer

Youth

Emergency/ Crisis

Legal

Housing

Services by Location

Food Banks

Complex Needs Community Resources

**Culturally Responsive & Relevant Resource Lists**  
**(Click tabs above to open links)**



Professional Support Services

This is not an exhaustive list. All folders will be continually updated and subject to change. Please direct any questions or inquiries to: Imani Hennie ([Imani.Hennie-Hamadi@tdsb.on.ca](mailto:Imani.Hennie-Hamadi@tdsb.on.ca)) and Roshni Malhotra ([Roshni.Malhotra@tdsb.on.ca](mailto:Roshni.Malhotra@tdsb.on.ca))  
Last updated: January 2022



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**KINDERGARTEN CONNECTIONS**

**KICK START SCHOOL WELL BEING**

**MONTHLY THEMED DAILY WELL BEING ACTIVITIES**

**VIRTUAL MENTAL HEALTH TOOL KITS**

**IDENTITY AFFIRMING CULTURALLY RELEVANT RESOURCES**

FIRST 6 DAYS OF WELL BEING

FIRST 10 DAYS: K-GRADE 3

K-GRADE 3

K-GRADE 3

IDENTITY AFFIRMING COMMUNITY RESOURCES

FIRST 10 DAYS: GRADES 4-8

GRADE 4-8

GRADE 4-8

BLACK MENTAL HEALTH RESOURCES

FIRST 10 DAYS: GRADE 9-12

GRADE 9-12

GRADE 9-12

HERITAGE MONTH MENTAL HEALTH LOUNGES

FIRST 30 DAYS: STUDENTS WITH SPECIAL EDUCATION COMPLEX NEEDS

STUDENTS WITH SPECIAL EDUCATION COMPLEX NEEDS

STUDENTS WITH SPECIAL EDUCATION COMPLEX NEEDS

\*\*ALL GRADES MENTAL HEALTH CHOICE BOARDS

PARENT/ GUARDIAN

PRIDE WELLNESS LOUNGE

\*\*ALL GRADES 30 DAYS OF WELLNESS ACTIVITIES

\*\*ALL GRADES MORE DAILY MINDFUL ACTIVITIES

SUBSTANCE USE & ADDICTIONS

GRIEF & LOSS

WELL BEING GUIDE

PSS VIRTUAL OFFICE HOURS

ANTI-SEX TRAFFICKING