



Joy as Resistance

With Trey Anthony

The Centre of Excellence for Black Student Achievement in collaboration with TDSB Mental Health and Wellbeing Professional Support Services, and Teachers Learning and Leading, will be hosting a session during Black Mental Health Week 2025 with award-winning playwright of 'Da Kink in My Hair', actor and wellness expert Trey Anthony.

Honouring the theme for this year, "Joy as Resistance", we invite parents, caregivers, students (Gr. 7-12) and community members to join Trey virtually as she talks about the importance of cultivating joy and resilience in combatting the systemic and personal impacts of anti-Black racism. Drawing from her personal journey and work, Trey will discuss how Black communities can reclaim power and triumph through joy in the face of adversity. She will delve into what mental health is and why it is important, and look at tools that individuals and communities can utilize to cultivate joy and resistance as we rise, heal, maintain, and thrive together.

March 6, 2025
6 - 7:30 p.m.

Register

