

# Men's Spotlight - The Black Man's Mental Health and Wellness Journey

Acknowledging your Truths



## ABOUT

The Black Action Coalition for Change (BACC) at ACCES provides leadership and insight in addressing anti-black racism. Now, during the month of November, as many are reflecting on the specific health challenges that men face, we want to engage in an important discussion about the mental health crisis in our community, and how it is disproportionately affecting Black men. We invite you to a panel event where Black male professionals will share their experiences and discuss how to identify and overcome the stigma surrounding mental health and wellness.

**Date: November 23<sup>rd</sup>, 2022**

**Time: 3:00 - 4:30pm**

[REGISTER HERE](#)

For more information, please contact Victoria Woodcock, Committee Secretary, Black Action Coalition for Change (BACC), at [vwoodcock@accesemployment.ca](mailto:vwoodcock@accesemployment.ca).

## OUR MODERATOR



### Junior Taylor

Director, Program Administration,  
ACCES Employment  
Chair, Black Action Coalition for Change  
(BACC)

## OUR PANELISTS



### David Tweneboah

Business Development Representative,  
Edgewood Health Network



### Kevin Uba

Mental Health Clinician,  
Basic Psychology & Consulting



### Wilfred Sam-King Jr.

Project Manager, IT Connections & Cloud  
Computing, ACCES Employment