

## Let's Talk – Episode Six – Black History Month

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[Lavlet Forde:] Hi everyone. My name is Lavlet Forde and I'm one of the counsellors at George Brown College and I just want to welcome you to another episode of Let's Talk. I'm so excited that this month we're going to be featuring Black History Month and today we have two of George Brown College's different organizations joining us. We have Student Association and BSSN as well too, the Black Student Success Network.

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And with me today from Student Association, we have Antoinette. I just want to welcome you. Hi, Antoinette.

[Antoinette Salazar Medina:] Hi. Yeah. So I am part of the Student Association's program called the Community Care Centre. My pronouns are she, her, or they, them and I've been with the Student Association for almost three years now.

[Lavlet Forde:] Great, thank you so much. It's great to have you join us today and you are part of the Student Association Community Care Centre.

[Antoinette Salazar Medina:] Yes.

[Lavlet Forde:] Great, and then as well too, from the Black Student -- sorry, the Black Student Success Network, we have Cindy and Shay with us. Hi, Cindy and Shay.

[Cindy Hastings:] Hi, thank you for having us.

[Shayana Gayle:] Hi, hello everyone.

[Cindy Hastings:] My name is Cindy. I've been a part of BSSN for approximately two, three years. I started being a part of the organization as a student and now I work with them officially.

[Shayana Gayle:] Yes and similar to Cindy, my name is Shay. Again my pronouns are she and her. And I've been a part of the BSSN program for about three years as a student staff and now I am a staff -- a graduate and a staff of BSSN.

[Lavlet Forde:] Great, so excited to have all of you guys join us today and just talking about Black History Month, focussing on the different events that are going on and how these, both of these organizations are contributing to Black History Month. So just to get started, some of our students may or may not know about the Student Association and BSSN so I just thought we'll spend just a little bit time. We can talk a little bit about Student Association, kind of like the events and stuff you guys do and as well as BSSN and how people can get connected to your different organizations. So anyone want to go first? Cindy, Shay, do you guys want to talk about BSSN first and how to get connected and what kind of events and stuff you guys provide?

[Shayana Gayle:] Yeah, for sure. OK, so the BSSN which is also, which is the Black Student Success Network essentially was created because they found that George Brown students who identified as black, African, and Caribbean, they for whatever reason had a lower mean GPA upon their first semester of George Brown. So you know, obviously they're wondering why were the black students not doing so well in comparison to other ethnic groups. So after doing some research, BSSN program was kind of created as a pilot program to address some of the barriers that the black students faced. So essentially BSSN exists to, as I mentioned, dismantle and erase those barriers that they face as well as provide academic and, you know, social development for some of the, for students and just help the students to better utilize the resources and services that are offered at the college. Some of the things that we focus on at BSSN would be academic support. So I'll let Cindy talk about the accountability program because that falls under academic support and then I'll go with the rest.

[Cindy Hastings:] Yes. So for academic support it entails tutoring and now the accountability program. I am the English and math tutor for BSSN at the moment, in addition to the support that we get from the TLC. I have experience as a tutor. I worked at the TLC for almost my entire duration at George Brown College and so when I graduated and I became a part of the BSSN team, I took on the role as their tutor. And last semester, we conducted a survey amongst our students to find out the challenges that they were having with virtual learning. And what we found was common among the students was, you know, they're having difficulty staying focussed, being motivated, staying on top of their assignments and stuff like that. So we decided to launch the accountability program which is basically tailored support for our students. We will support students in whatever way they need support and when I say that I mean for instance, if I have a student and they would need some assistance in studying for their exams on time, what accountability would do, I would take their class schedule. I would create a calendar for them and then would go over what type of supports they would like. If they would like for me to remind them or to help them study for their exams like a month in advance, I would email them or contact them in whichever way and I would give that reminder. If they want support in terms of coming to my accountability session which I have on Thursdays and Fridays for approximately the entire day, they would come into these sessions and I'd be there with them whether just to be support, to be -- you know, just say, "OK, I'm here to study. You know, I'm holding you accountable." Or it could be in the form of they need my assistance to do something I would help them in that way as well. So the accountability program is really just a program to help students to meet their goals in whichever way they require that kind type of support.

[Shayana Gayle:] Also with BSSN, we obviously want our students to take up space so that's why we created this accountability program so they feel comfortable coming and sitting on live on Zoom with us for a couple of hours and doing work because it gives them a sense of community but it also allows them to just, you know, be in the present moment with us. Some other things that BSSN focuses on is information and referrals so oftentimes -- we know that there's a bunch of services and resources that are available at the college but sometimes as black students, they're a little bit intimidated to go and use these services because maybe everything that you grew up to believe that you don't need help or you

shouldn't ask for help or if you have help, you have a disability. So we try to just, you know, just, again, dismantle those barriers like -- so we offer the students different information and different pathways to get information just to make it more comfortable for them as black students to be able to be in these spaces. We also offer mentorship on our Instagram page. We do Instagram Lives with different black community mentors and then social engagement would be anything, any kind of social events that we do whether on campus. We went to Washington, DC one year for a Black American History culture tour and then any online events that we do.

[Lavlet Forde:] That's amazing. I love to hear about all the different outreaches that you provide and how the group itself was coming from a place where unfortunately black students weren't doing that well academically and this is where [inaudible]. But how you guys have provided so many different supports to help black students while they're at George Brown College like the academic support, the accountability, the information and the referrals. And it really sounds like it's a -- really much of it, you mentioned this a couple of times but it really sounds like it's a really strong community of people supporting one another.

[Shayana Gayle:] Definitely. Definitely we have a big community of students. That's all we need sometimes as black students, right, just a sense of community.

[Lavlet Forde:] Mm-hmm, that's amazing. And I'm wondering for yourselves, Cindy and Shay, because you guys have been involved with BSSN for a couple years like have you heard, and you also experienced being part of BSSN which is great and some of you are working now for BSSN, like what sort of changes have you noticed for people, individuals who have participated in BSSN or what kind of feedback have you heard from different students?

[Cindy Hastings:] OK. So for myself, Cindy, when I started George Brown, for the first year, I was just going to classes and going home. And it was very boring and dry but when I found BSSN like words cannot express how I felt. It was --

[Lavlet Forde:] That's cool.

[Cindy Hastings:] I did not have a lot of black students in my program and if I did, I did not see them a lot. So having a space after my classes, between my classes where I could go and interact with people who are like me, like the same things I like, we have events, I mean it was a joy. It was -- going to school was not only tedious because I had my work stuff to do but it was fun. I had friends now who were from the Caribbean like myself and I had a support system. I'm new to the school. I knew nothing. I applied for award once and I didn't get it and I decided not to do that again. But after being a part of BSSN, you know, they tell us about different resources. I was helped with applying for an award and I actually got the award at that point. So it's --

[Lavlet Forde:] Wow.

[Cindy Hastings:] Yeah, like for me, it was the greatest thing for me at George Brown, finding that sense of community, feeling comfortable and having a support system

especially as I'm coming out of a situation where I felt like I was alone in the school. It was just like school and home so that was really a game changer for me. And I really fell in love with George Brown and BSSN after that.

[Lavlet Forde:] That's such a great story and such a great successful story of how going to back to community, you just felt so much more part of the community once you found BSSN.

[Cindy Hastings:] It really was and I -- it does -- it was really helpful to my mental health, you know, because sometimes it can be very stressful. So having that breathing space it really helps. I remember evenings I would be sitting around with my friends from BSSN and they would help me with my assignment.

[Lavlet Forde:] Oh nice.

[Cindy Hastings:] How many people can say they have that in college?

[Shayana Gayle:] All the time. Oh my, gosh, all the time.

[Cindy Hastings:] How many people?

[Lavlet Forde:] I love that.

[Cindy Hastings:] All the time. We were there writing my papers [inaudible] from the library. It was great.

[Lavlet Forde:] That's awesome and how about -- yeah, go ahead, Shay. Sorry, go ahead.

[Shayana Gayle:] No, no. I'm like on cue. No, similar to Cindy, like BSSN has just been, you know, a very like confidence building experience. I was the opposite of Cindy because instead of going to class every day, I went to Student Life every day. That's how I convinced them to hire me in my first semester. I was just the student that wanted to get involved. You know, I talk a lot so I had to be in everything, right, so it was just -- I don't know, but once I -- like again, I started school in September and I found Student Life and that's where BSSN was host and I just never left because it was just a community of -- at the time it was mainly women but it was all Caribbean women so I just like found myself in that group. Caribbean women from -- you know, I never even knew Dominica before I'm at BSSN, you know. To me like, because growing up as a Jamaican, everybody is Jamaican, right? So it was just nice to just get a different perspective from different people and different communities whether they're from Africa or from the Islands. And it really built up my confidence in terms of owning my blackness, like that was the one space I could just be myself and not have to worry about being the strong black girl or the [inaudible] black girl or the angry black woman. I was just a girl, you know. So BSSN really gave me that sense of confidence and that's why like working here is really just like a labour of love for me. Like as hard as it is, you know, like obviously dealing with black issues and stuff like that, it's probably like one of the most rewarding experiences in my life I'd say.

[Lavlet Forde:] That's amazing and I loved how you were saying it helped build your confidence. It just makes -- it sounds like this helps you to feel more just yourself when you're around different individuals through BSSN.

[Shayana Gayle:] Yes, exactly. It's exactly what it did for me.

[Lavlet Forde:] And we also have Antoinette. Antoinette, thank you so much for joining us and I'd love to hear more about Student Association and just the different outreaches that you guys are doing. I know you guys are doing a lot online especially for the students during this time. But yeah, tell us a little bit more about Student Association and the Community Care Centre and how people get connected.

[Antoinette Salazar Medina:] Yeah. So there are multiple ways that students are getting connected because we, I guess during the pandemic we did have some offices open, I believe, at the St. James and Waterfront location occasionally. So students can have access to our student nutrition access program, the snack program, giving free food to those in need and I guess the tax clinic will be virtual so is the legal clinic for students. They were also able to access the student academic support program at least online because we're advocating for the rights of students in accessible and equitable ways as possible. And we have an open letter to the college that was sent out in students' orientation packages but I've also been sending them out with the books that I've been sending out to students who were applying for the book group that we have, that the Community Care Centre has. But the open letter is an essay wide open letter to the college demanding action on ending anti-black and anti-indigenous racism at the college. So that's a really neat letter to check out if students haven't had a chance to read it yet. It's on the Student Association website. So it's [studentassociation.ca/open-letter-on-racism-at-george-brown-college](http://studentassociation.ca/open-letter-on-racism-at-george-brown-college), with dashes in between every word.

[Lavlet Forde:] That's great.

[Antoinette Salazar Medina:] Yeah. So I thought that was a pretty neat action that we've taken. We do a lot of campaigns around antiracism for one and consent and harm reduction. So this is one that's very near and dear to my heart.

[Lavlet Forde:] I'm glad you highlighted that, Antoinette because, it's -- this is, the time that we're in now it can be very challenging for a lot of people in different ways, that they might be facing racism, with the pandemic and there's isolation. And it's really great to hear how you guys are really advocating for students and trying to really get that support from George Brown College. And as well too I should -- and I know as well too, Shay and Cindy, you guys were talking about making referrals to different resources and sometimes students don't want to access it, sometimes they don't. Just highlight as well too that counselling service is always here to help and support students. We understand how they're going through such a difficult and challenging time right now for a variety of different reasons. And that it's a safe and confidential place that they can always come to and talk about what's going on for them and the challenges that they're experiencing as well too.

[Shayana Gayle:] Yeah, I definitely agree with that. We try to sell, and when I say sell, we try to promote counselling as much as possible because oftentimes in our community, you know, counselling is a stigma, like you must have a mental health issue if you see a counsellor. But you could also see a counsellor if you're happy too. So, you know, we always try to just like let them know, like there's somebody out there that wants to help you.

There's somebody that wants to listen so take advantage of this. And it's pro bono, covered in your tuition whereas it's something that's usually very expensive as I'm noticing now that I'm a graduate of George Brown. But yeah, like students, this is something that you should do definitely all the time.

[Lavlet Forde:] Yeah, definitely. It's free. It's confidential. We're open all the time. You know, we're here during intercession week. We're here during the summer and yeah, it's true what Shay is saying. Once you're outside and you're no longer a student, it is quite expensive, the counselling. So definitely take advantage of it while you can.

[Antoinette Salazar Medina:] For the Community Care Centre we actually have been working on financial supports for students. We're also providing students with free care kits for Black History month.

[Lavlet Forde:] Wow, can you tell us a little more about that and what's included in the kit?

[Antoinette Salazar Medina:] Yeah. So the care kits are actually going to be filled with black-owned business or black everything, products. So it'll have something like cocoa butter lotion or I believe we also have, is it tea made by a black-owned business and what are those hats called? Beanies? Also black-owned business with a silk lining.

[Lavlet Forde:] Wow. How do students, how do they sign up and to get a self-care kit which sounds lovely?

[Antoinette Salazar Medina:] Yeah. So we are asking students to just be vigilant of our social media for now at Community Care Centre on Facebook and Instagram because that's where we'll be posting like the signup information, how they can get their hands on a care kit. Yeah, so it's exciting because I'm just like, the care kits we usually get aren't as pressing because these care kits are literally just everything that's filled with anything that's black-owned business based. And yeah, a lot of time and effort was put into creating the care kit by myself and the black students support staff who unfortunately could not make it today [inaudible]. So the Community Care Centre black student support staff.

[Lavlet Forde:] That's great. It's so wonderful how at this time you're supporting small businesses as well as black-owned businesses to celebrate Black History Month.

[ Music ]

Yeah. Let's open up the conversation a little bit more and just chat more about what each of your organizations are doing for Black History Month. I got a chance to look on some of your social media feeds and it looks like that's where most students should go is the social media. Can you guys just shout out your social media? I know you just didn't -- Antoinette, just do it one more time, what your social media taglines are?

[Antoinette Salazar Medina:] Yeah, for Facebook and Instagram we are @communitycarecentre so all together, no spaces. And people could also always keep in touch via email as well. I can plug in my email. I'm [cacsupportstaff2@sagbc.ca](mailto:cacsupportstaff2@sagbc.ca).

[Lavlet Forde:] Great, and then for BSSN, where can people find you guys to get up to date? And then we'll just open up to what each of your organizations are doing for Black History Month. Where can people find BSSN on social media?

[Shayana Gayle:] You can find BSSN on Instagram. It should be your first spot and our Instagram is BSSN underscore GBC. We also have TikTok and Twitter. You could find us at BSSNGBC and for Facebook, our Facebook, just look for the Black Student Success Network and you'll see us pop up there.

[Lavlet Forde:] Awesome. Can you guys share a little bit more, Cindy and Shay, about what is BSSN doing, like what are the events, what are things that people can look forward to, to celebrate Black History Month?

[Shayana Gayle:] Well, Black History Month is obviously a month filled of a lot of events. So we are continuing our weekly programming. So on Instagram on Mondays we have motivational videos. Tuesday, we do something called Service Tuesday where we bring in a different service from George Brown. So that helps with the information and referral so that you get the information to you and what's being offered out there. On Wednesday we do Let's Talk. So that's where we have a different black business professional. It could be an entrepreneur. It could be a police officer. Different people come in and just, you know, motivate the students because we know that they'll graduate but it doesn't necessarily mean that you want to work in your fields. That's every Tuesday at 3:00 pm on Instagram Live. On Wednesdays we -- sorry, every Wednesday at 3:00 pm on Instagram Live, my apologies. We're also going to be doing a black historian pave the way tribute video. I'm not going to tell you about that. You have to just come on our Instagram to watch it. It's going to be really good. Also on the 17th of February, we'll be having a conversation with Desmond Cole. If anybody knows who Desmond Cole is, he's a Canadian author, activist and he used to be -- well, I guess he's still is a journalist that used to work for the Toronto Star. So he's coming to have a very tough conversation with us about systemic racism, sorry, and black student success. So definitely tune in for that. If you visit our Instagram page, we have a link in our bio and you will see all the events where you can sign up or attend our events. And also on the 24th of February, we'll be doing a Why Not Me? Black entrepreneurship panel which [inaudible] in GBC and that's where we have some black entrepreneurs come and just talk about their experiences as a black entrepreneur and, you know, some of the challenges they face or, you know, some of the good things about being a black entrepreneur. So tune in for that conversation as well. I'll let Antoinette talk about the SA event that we have with them.

[Lavlet Forde:] Sounds great and that's, yeah, I love all those different events that you're talking about. I'm so excited about Desmond Cole coming. When I heard about that I was just so thrilled. And, yeah, Antoinette, do you want to share about -- I know there's some different events that you guys are collaborating together. So the Student Association with BSSN is collaborating together. Can you share a little bit more about those events?

[Antoinette Salazar Medina:] Yeah, so around the final week of Black History Month or the final -- I know Black History Month doesn't actually end for all of us but --

[Lavlet Forde:] So true.

[Antoinette Salazar Medina:] But in the final week of February when Black History Month allegedly ends, we are having a series of events. So for instance, we do have Socacize that happens on a regular basis every Tuesday I believe. But I believe the final week we may do a double active component for students like, maybe yoga and then Socacize. And then I know that BSSN will be doing a Let's Talk that week and then the book group is happening that week following Let's Talk the next day. Our book group is highlighting a black author, Sadiyah Bashir who's a black young woman, Muslim, from the States dealing with like, I guess xenophobia and racism and sexism and you name it. But the poetry book that we're going to be giving to students out for free, we have signed copies.

[Lavlet Forde:] Wow.

[Antoinette Salazar Medina:] Yeah, signed copies of the –

[Lavlet Forde:] That's Very cool.

[Antoinette Salazar Medina:] -- the poetry book so students can have just a little, you know, a little piece of history with them. And then following that, I guess what Shay's mentioning is that we have a movie night, like a dinner and a movie night. So we will be giving students the opportunity to sign up with us to watch the film, Soul.

[Lavlet Forde:] Oh nice.

[Antoinette Salazar Medina:] And Soul, yeah, it's an animated film and I believe the creators are black. The main character is black and he -- I don't want to give away the entire story.

[Antoinette Salazar Medina:] The entire –

[Shayana Gayle:] I'm watching with them. I'm [inaudible].

[Antoinette Salazar Medina:] Yes, exactly. It's a lovely family-friendly film dealing with, you know, life and the afterlife and in a really funny, lighthearted way. The dinner portion, we are offering I believe like a gift card for those who arrive and attend the dinner and the movie so, yeah.

[Shayana Gayle:] Yeah, so that we can feel like we're having a big family dinner where we eat together and watch a movie but it's obviously provided by us.

[Antoinette Salazar Medina:] Mm-hmm. And like this year, we're just trying to focus on building our community connections, right, so.

[Lavlet Forde:] So many wonderful events that are taking place, from having a guest speaker Desmond Cole come, the black entrepreneurship panel as well, the self-care kits that you mentioned, Antoinette, the book club, the dinner and a movie. There are so many different ways that students can engage in Black History Month this month. And I like how you also shared, Antoinette, like it doesn't end, like it still goes on. Like Black History Month isn't just for the month of February. In reality, we're all black women who live as black women every day of the year. So I really like how you mentioned that as well too. I'm wondering for you guys, we're talking about Black History Month what George Brown College is doing, why do you think it's important to recognize, if you like to, for George

Brown College to recognize Black History Month, for each of us to celebrate it and for other people to recognize, if you just want to share what your thoughts. I'll leave it open. Whoever wants to jump in, feel free to jump in.

[Shayana Gayle:] I feel like this is a hard conversation. Why should George Brown, you know, be important in celebrating Black History Month? Personally for me, I think it's because, you know, just like Antoinette said, the black history doesn't stop and start in February but also for us too, like what we know about black history is slave history and that's not true. You know, that's not who we are. We're not just some slaves that came over on a ship to here and then created a new life for ourselves. We were actually Caribbeans before that. So I think that George Brown highlighting, you know, Black History Month is important for allies to understand that our history is not just slave history but, yeah, just get a better understanding of, you know, how to -- you know, a community with our community, how to be better allies to our community. So I think it's good that George Brown is celebrating it on the scale that we are celebrating it on.

[Lavlet Forde:] Mm-hmm, it's so true and I think just, if I can just even add to that, to celebrate to so many amazing black individuals and what they've done within Canada, within the world as well too and not letting that message or their stories not be heard as well too.

[Shayana Gayle:] Exactly because black is [inaudible]. Go ahead, Cindy.

[Cindy Hastings:] So I was going to say that on that point, like coming from being a student and now an employee there, like I want when Black History Month comes around. Well, not only February but I want the college to be openly having the conversations that we need to have and I see like Black History Month is the only time that anyone wants to have that type of, these type of conversations, you know. So acknowledgement, celebrations, indulging in this one thing, you know, continuing to have the conversations after the month has passed will show me that as my employer they care, they understand where we're coming from. And maybe, you know, February would be a learning period for them on how to do things differently in the future.

[Lavlet Forde:] Yeah, so many great points and just how -- yeah, I think we're all sharing like how it's good to recognize, kind of point to a broader spectrum but all of our own individual stories and that there's so many people with different backgrounds, that their voices are heard and their stories are heard as well too. Especially during this climate that we're in right now, I mean there's so much going on in this climate that we're in right now about just recognizing equality for all individuals.

[Antoinette Salazar Medina:] I also think it's like about recognizing the contributions that we've made throughout history and not just recognizing the tragedies that come with our stories.

[Lavlet Forde:] Yeah, mm-hmm. Yeah and it's interesting how people might have different perspectives of black individuals and their stories and how you're highlighting, Antoinette, throughout might be tragedy but there is so much celebration and there's so much accomplishment for black individuals. And I even think of my own personal story more like

family story but how my parents came as immigrants and, you know, did so much for themselves and for our family. And their story is something to be celebrated, you know, that they're really coming to a new country. I always get impressed, you know, and I often hear the same story for so many people whose parents are immigrants, how impressed you are for somebody to come to a new country to start a new life, to learn a whole new system, and to do so well within it. And those are different things that we can celebrate and recognize and not that it's always looking at a sense of tragedy but recognizing the celebrations of what each person is doing as well too in their individual story. And I think it's so amazing, like it's so great as we just chat and we're just learning more about what each of your organizations are doing for Black History Month and that you want that conversation to go further and that these events -- it sounds like not even these events but these sort of recognition and celebration should go further as well too.

[Cindy Hastings:] And I think that's a great thing about BSSN too because we have stated that, you know, Black History Month doesn't end with February and BSSN is a true representation of that. We operate and we have these conversations all year round even through intercession week, even through -- we're still here for our students, still providing support, still here for them talk to, even through Christmas break last year for instance. So we're still here. So BSSN is that representation that it doesn't just end in February. It's all year round.

[Lavlet Forde:] So true. It has been a wonderful treat to talk with all of you ladies and to learn more about all the different organizations and what you're each doing and contributing in your own different ways to Black History Month, to Student Association, to BSSN. I just want to -- if there's anything that we haven't got a chance to talk about or touch on or different things you just want to mention, I just wanted to open up again. If not that's OK. I just wanted to open up again if there's anything else that you guys thought you just wanted to add in as well.

[Shayana Gayle:] I just want to say thank you for inviting us to be on this platform. This is exciting. We get to be on a podcast, my dream come true, so thank you for inviting us. Thank you for allowing us, you know, in this space to just be free and just talk how we talk, you know. So I just want to thank you.

[Lavlet Forde:] Oh, my pleasure. Thank you so much for participating. We're so excited to have each of you here on the panel today and I'm so looking forward to all these events. Like I already have it marked in my calendar for some of these events and had also posted on our counselling team page about these different events. So hopefully we'll get a lot of people participating with it as well too.

[Shayana Gayle:] I'll say it again, our Instagram page is BSSN\_GBC. That is where you'll get all the information about all the things that we do. We're the most active there so follow us on Instagram.

[Antoinette Salazar Medina:] Yeah, we're also pretty active on Instagram but there's something I failed to mention.

[Lavlet Forde:] Mm-hmm.

[Antoinette Salazar Medina:] When I was talking about what we have planned, we also just released a Black History Month playlist.

[Lavlet Forde:] Nice.

[Antoinette Salazar Medina:] Or series of playlists on Spotify.

[Lavlet Forde:] OK.

[Antoinette Salazar Medina:] So if you follow Community Care Centre on Spotify like we have a compilation of playlist, Black History Month 2021, Black History Month black narratives, Black History Month music for black love, Black History Month music pioneered by black women, and then finally a playlist that's new and up and coming artists for Black History Month.

[Shayana Gayle:] I just followed you guys. This sounds awesome.

[Lavlet Forde:] That's great. I'll definitely take a look on that on Spotify. That's sounds amazing. And Antoinette, can you just do another shout out of where people can find you guys on social media?

[Antoinette Salazar Medina:] Sure, you can find the Community Care Centre on I guess Facebook, Instagram, and Spotify @communitycarecentre and people can always feel free to email me at cacsupportstaff2@sagbc.ca to learn more.

[Lavlet Forde:] Amazing. Thank you so much guys. So appreciate it and so appreciate your time and all the different events that you're facilitating, the outreaches that you're doing for black students. It's amazing.

[Antoinette Salazar Medina:] Thank you for bringing us to guest.

[ Music ]

So this concludes today's episode. Thank you for joining us. If you have any questions, feedback on our episodes, suggestions for future topics or wish to book an appointment with our counsellors please send us an email at letstalk@georgebrown.ca. Come by again and let's talk.