

Beyond Words : BIPOC Art Series Wellness Package

From therapists to wellness organizations, this wellness package provides resources and safe spaces for your wellbeing. We would like to indicate that we choose the following therapists based on a direct or indirect relationship that we have with them. Please feel free to refer to these resources during the Beyond Words program, or anytime afterwards.

BIPOC Therapists

Art Healer

- Shiann Croft (*based in Toronto*)- <https://www.sincerelyshyy.com/>

Art Therapists

- Melanie Gray (art therapist for Beyond Words) - m11abg@outlook.com
- Claudia Corradia (*based in Mississauga and Burlington*)- <https://www.arterie.ca/claudia-corradetti>
- Carla Glanville (*based in Toronto*) - carlaglanville@gmail.com
- Lucy Lu (*based in Alberta*) - lucyluAT@gmail.com
- Pascale Annoual (*based in Montreal*) - <http://www.artracines.ca/>

Drama Therapists

- Lucy Lu (*based in Alberta*) - lucyluAT@gmail.com
- Michelle J Buckle (*based in Burlington*) - mjbpsychological@gmail.com

Psychologist

- Everett Lawrence Adams (*based in Kingston*)- <http://www.elapsychology.com/>

Cinical Social Worker

- Zelda Hippolyte (*based in Sydenham*)- <https://www.olmhs.com/>

Wellness Organizations

Queen's Clubs

- Four Directions - <https://www.instagram.com/fourdirectionsqueens/>
- Levana Gender Advocacy Centre- <https://levanagenderadvocacycentre.com/>
- Queens Collage Collectives (QCC) - <https://www.instagram.com/queenscollagecollectives/>
- Queen's For the Boys - <https://www.instagram.com/queensfortheboys/>
- Queen's Ladies for Fitness Training (QLIFT) - https://www.instagram.com/qlift_/
- Queen's Native Student Association - <https://www.instagram.com/qnsaclub/>
- Step Above Stigma - <https://www.instagram.com/stepabovestigma/>

Queen's Services

- Empower Me - <https://www.queensu.ca/studentwellness/empower-me>
- Human Rights and Equity Office (HREO) <https://www.queensu.ca/humanrights/>,
<https://www.queensu.ca/equity/>
- Groups, Events and Training -
<https://www.queensu.ca/studentwellness/groups-events-trainings>
- Office of Faith and Spiritual Life -
<https://www.queensu.ca/faith-and-spiritual-life/services>
- Therapy Assistance Online (TAO) - <https://www.queensu.ca/studentwellness/tao>

Kingston Wellness Organizations

- AMHS Mental Health Walk-In Clinic - <https://www.amhs-kfla.ca/>
- Kingston Mental Health Walk- In clinic -
<https://maltbycentre.ca/news/introducing-our-free-mental-health-walk-in-clinic-for-young-adults/>
- K3C Community Counselling Centres - <https://resolvecounselling.org/>

Other Organizations

- Be There - Help a Friend - <https://bethere.org/Home>
- Canadian Association for Suicide Prevention - <https://suicideprevention.ca/>
- Canadian Mental Health Association (CMHA) - <https://cmha.ca/>
- More Feet on the Ground - <https://morefeetontheground.ca/>
- Student Wellness Support Resources -
<https://www.queensu.ca/studentwellness/supports-resources>
- Suicide Information and Education Centre - (SIEC)- <https://www.suicideinfo.ca/>
- Telephone Aid Line Kingston (TALK) - <https://www.telephoneaidlinekingston.com/>

Do you have more resources to share? Please get in touch with us to update this list.

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