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from Mardi to Coura

INTERPRETIVE CENTRE VIRTUAL TOUR

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and more!

**WE ARE
FUTURE FOCUSED**

Letter from the Senior Dean and Principal, Lakeshore Campus

While the Lakeshore campus remains a very quiet place, the Faculty of Social and Community Services continues to move forward with students, faculty and staff all engaged in exciting initiatives.

In this edition, you will find a showcase of student work, including some amazing photos from our Annual Forensic Identification Photo contest. Our alumni spotlight falls on Dr. Jill Andrews and David Morales, both making outstanding contributions to their communities, which for Jill includes the entire province of Ontario.

We also use the magazine to highlight the work of our Faculty and their ongoing research in areas such as Indigenous child welfare by Dr. Philip Burge and approaches to grief and COVID by Dr. Soheila Pashang. Congratulations to Jacqueline Benn-John on successfully defending her Ph.D. dissertation on *(Re)Defining Feminist Resistance, Activism and Empowerment in Rape Crisis Centres: Black women's perspectives and implications for education*.

Once again, we put a spotlight on our community partners, this time focusing on the work with our Bachelor of Social Science, Criminal Justice degree and Community and Justice Services diploma. I am also excited to share that Humber has launched a Collaborative Online International Learning (COIL) framework with multiple FSCS projects already underway, including work with partners from Jamaica, India and the Netherlands building on the great work that has been happening for years. Read about these projects in our section on Global Learning and International Initiatives.

And finally, I continue to applaud the work from our Principals Office and the ongoing efforts to bring our community together with a focus on wellness, and indigenous ways of knowing, being and doing. I hope you enjoy reading about all of these sessions and more, and I look forward to reading any **feedback you might have, using this form**.

Sincerely,
Derek Stockley
Senior Dean, Faculty of Social and Community Services
Principal, Lakeshore Campus
Humber College

Program Highlights

New OACYC Leadership

Passing the baton
from Mardi to Coura

Forensic Identification Photo Contest Winners

Work Anniversary Gallery Wall



First Place
“Sewing Machine” by Emily Gates



Forensic Identification Photo Contest Winners

We are excited to showcase the winners of the annual Forensic Identification (FI) photo competition. In the past we have displayed some of these photos in C205 on campus, but in lieu of viewing in person we have included a gallery view of them in this issue of the Faculty magazine.

FI Instructor, Mike Gamble, tasked his students with taking a photograph that filled the frame, had texture and motion and presented the subject in a self-exploratory way. The students were also asked to play with the colour temperature of the photos, by altering the white balance on their camera in a way that enhanced the image through a warmer or cooler colour tint. The 1st and 2nd prize photos were submitted under the theme of “filling the frame”. The 3rd prize photo illustrated the theme of “motion”. The students of the program selected the top 25 photos over the course of the term, and the final decisions for the top three were made by Forensic Identification faculty and staff. Congrats to our three winners, Emily Gates, Joyce Shen, and Vera Ushakova.

Second Place
“Face” by Joyce Shen



Third Place
“Water” by Vera Ushakova



Work Anniversary Gallery Wall

- We would normally celebrate these exciting milestones in person, but while working remotely, it's just as important to stop, reflect and appreciate the hard work, creativity, and innovation that each and every one of these folks bring to the FSCS community.
- Whether it's been 1 year or 15, our community has greatly benefitted from the work they have, and continue to, do. Please take a moment to celebrate with the Humber Community. Thank you for all that you do!

KAVELLE MAHARAJ

FT Support – Event Coordinator
and Community Liaison



CHRISTOPHER RUGO

FT Support – Experiential
Learning Facilitator



**5
YEARS**

ELIZABETH KITSON

FT Academic – Professor

JOHN KOSMOPOULOS

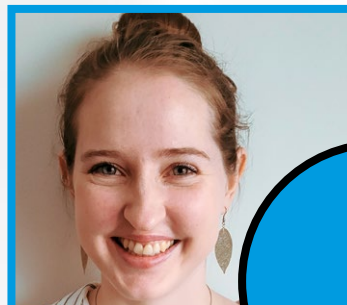
FT Academic – Professor



**10
YEARS**

KIMBERLY PAVAN

FT Administration –
Director, Professional &
Continuing Education



TAIYA BROWN

FT Support –
Placement Advisor



MEGAN OQUIAS

FT Support – Experiential
Learning Facilitator

**1
YEAR**



SARA JOUPPE

FT Administration –
Administrative Assistant to
the Senior Dean, FSCS &
Principal, Lakeshore Campus



ROMA MEHTA

FT Academic – Professor



ANDREA RUTHERFORD

FT Academic – Professor

**15
YEARS**



LINDA HILL

FT Academic – Professor

New OACYC Leadership

Passing the baton from Mardi to Coura

The Ontario Association of Child and Youth Care (OACYC) is the professional association representing Child and Youth Care Practitioners (CYCP) in the province of Ontario, Canada. The OACYC provides professional standards, regulations, support, and a Code of Ethics to its members thus ensuring integrity, accountability, and excellence. The OACYC is focused on building awareness about Child and Youth care in Ontario through advocacy efforts, elevating professional standards of practice and regulation/legislation.

The Association believes that all children, youth and families, regardless of race, religion, gender, sexuality, ability, trauma, oppression, or socio-economic status deserve and have the right to reach their full potential. We stand in solidarity with those with whom we work and their communities to support personal growth and social change. We believe in the transformational nature of utilizing daily life events to build genuine, respectful and caring relationships with young people and caregivers through which we are able to nurture strengths, abilities and foster overall change.

Mardi Ennis-Gregory was the President of the Ontario Association of Child and Youth Care from 2018-2020



Mardi Ennis-Gregory



Coura Niang

and is proud to hand over the Presidency to Coura Niang, after the completion of her two-year term. Coura has been part of the Executive slate at the Association in the role of Secretary as well as the Co-Chair of the Equity and Inclusion Committee. Mardi and Coura share a passion for Child and Youth Care and want to ensure it is equitable and inclusive, and this shared commitment is embedded throughout all the activities, initiatives and community stakeholder communications.

Coura and Mardi not only sit on the OACYC Board of Directors together but are also colleagues in the Child and Youth Care Program at Humber College. They believe strongly that the profession should be supported, recognized and respected, and have been actively advocating towards professionalization and regulation of the field. Mardi notes that *'as a leader, I can only start from the place that I have been led to, persevere, and then allow those who come after me to grow our profession further. Coura will do not only that, but more. I am excited to see where her leadership will take our field.'*

Coura hopes to continue creating an Association culture rooted in collaboration, consultation and communication; one that enhances communication with membership, community stakeholders, government and advocates with clarity to the betterment of the field of Child and Youth Care.

Work-Integrated Learning & Community Partners

WELCOME TO THE WIL CENTRE

KOLB'S
EXPERIENTIAL
LEARNING CYCLE

SPOTLIGHT ON COMMUNITY PARTNERS

AGENCIES FOCUSED ON
COMMUNITY JUSTICE



Welcome to the WIL Centre

Winter continues to be busy for the Work-Integrated Learning (WIL) Centre regardless of restrictions in Ontario. As students are now well into winter courses, our focus has shifted to the upcoming summer and fall semesters. Field Placement Coordinators are connecting with long standing partners of the FSCS to establish their needs and understand how Humber students can support their programs and services. Developing new relationships with community agencies provides an opportunity to diversify Work-Integrated Learning experiences.

Work-Integrated Learning has been a popular topic in the media in January 2021. Many news outlets have highlighted the many ways that institutions can continue supporting students. Derek Stockley and Corina Ivory from our Faculty of Social and Community Services have been highlighted in multiple news outlets: Post-secondary school work placements go virtual, Challenging times for post-secondary students, Community services web portal a stopgap on road to central Etobicoke hub: Humber college students working on virtual tool, and fast track your learning in the caring professions.



SPOTLIGHT ON COMMUNITY PARTNERS

AGENCIES FOCUSED ON COMMUNITY JUSTICE

The WIL Centre is excited to highlight a few justice-focused organizations in this edition that primarily support students in the Bachelor of Social Science, Criminal Justice degree and the Community and Justice Services diploma. These organizations are committed to providing students with great Work-Integrated Learning opportunities and have found ways to continue supporting students throughout this past year.

1 THE JOHN HOWARD SOCIETY

The John Howard Society – Bail & Supervision Program of Peel-Halton-Dufferin (JHSPHD) traditionally operates from office and court room settings. It provides an alternative to a remand in custody for individuals seeking bail releases with community-based justice programs for both adults and youth. This program works to educate, empower, and support the individual's ability to make the necessary changes to reduce recidivism (convicted criminals to reoffend).

Due to COVID-19, this program has managed to shift their work online, continuing to support community members and student opportunities virtually. JHSPHD is working closely with justice system partners to operate virtual courts, including the bail and diversion programs. They have also shifted to an entirely web-based phone and case management system to ensure quality of service in a virtual world. Clients are offered supervision, groups, and individual counselling by video or telephone and staff work with clients to find adequate technology.

2 FINGERPRINTS, IDENTIFICATIONS AND PARDONS SERVICES INC (F.I.P.S.)

Fingerprints, Identifications and Pardons Services (F.I.P.S.) is a Royal Canadian Mounted Police (RCMP) accredited agency since 2003, and family operated by two former Police Officers. F.I.P.S. has two locations in the greater Toronto area and includes services such as electronic (digital) fingerprinting, traditional ink-and-roll fingerprinting, conversion from ink prints to electronic format as well as Canadian Police Information Checks (C.P.I.C.).

Students that work with F.I.P.S. have the valuable experience of learning how to fingerprint clients who require criminal record checks for all levels of government and private companies.

3 SALVATION ARMY: CORRECTIONAL AND JUSTICE SERVICES

The Salvation Army Correctional and Justice Services provides a broad range of services to individuals affected by the justice system. Community Residential Facilities (CRF) delivers programs to men serving federal sentences to support reintegration back into the community. Staff provide counselling, employment support, and housing assistance, while monitoring conditions determined by the Parole Board of Canada. CRFs work closely with Correctional Services of Canada and Toronto Police Services to support public safety.

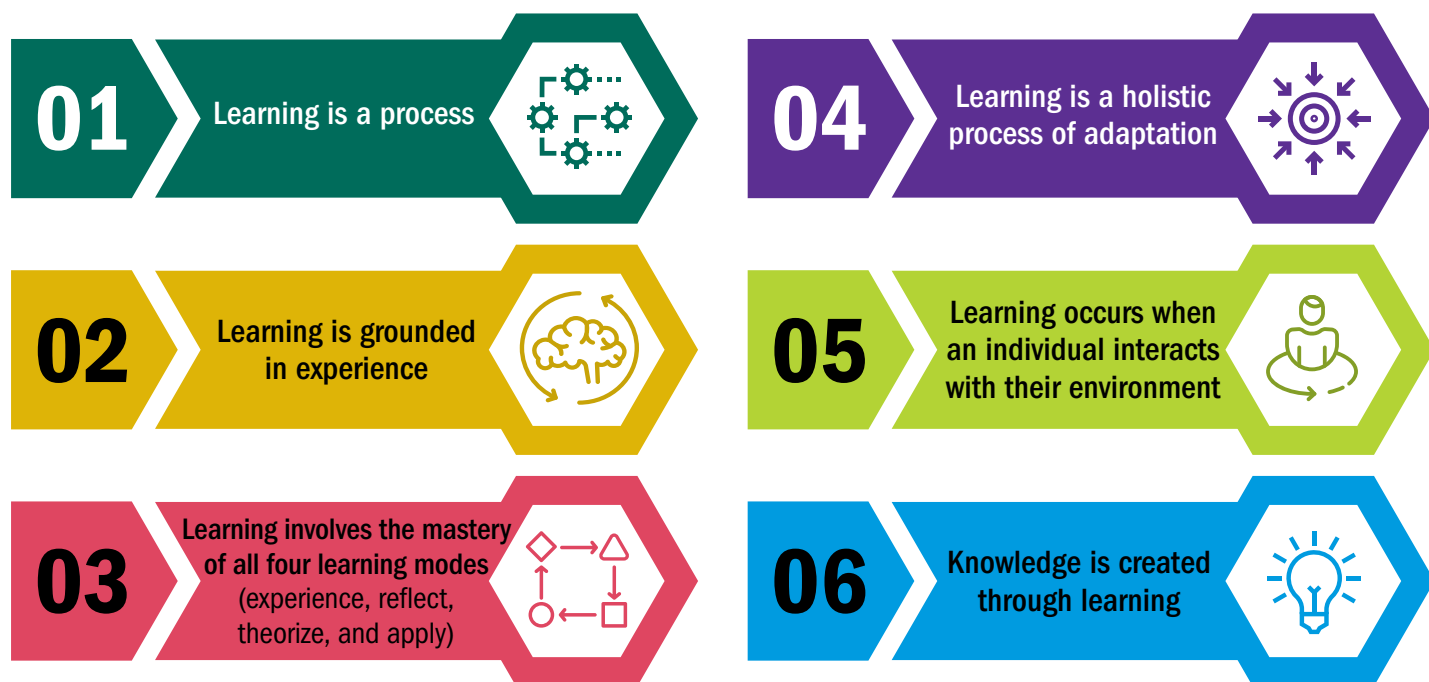
Humber students have an opportunity to engage in WIL at the three CRF's located in Toronto: Archibald Centre, Bunton Lodge, and Harbour Light. Students working with Salvation Army learn from the Support Workers, Caseworkers, and Community Resource Coordinators to support clients, starting with simpler tasks and transitioning to case management.

WIL Centre Highlight – KOLB'S EXPERIENTIAL LEARNING CYCLE

Theoretically grounded WIL ensures deliberate engagement, which promotes meaningful learning experiences. At Humber, Faculty Advisors and Seminar Instructors are connected to WIL courses to provide ongoing supervision and support while students engage in WIL. There are several pedagogies related to experiential education which have been developed with David A. Kolb, a major contributor

and educator to this area. Kolb's Experiential Learning Theory suggests that "learning occurs when an individual recognizes a personal experience and transforms that experience through their affect, perceptions, cognitions and/or behaviours" (HEQCO, 2016).

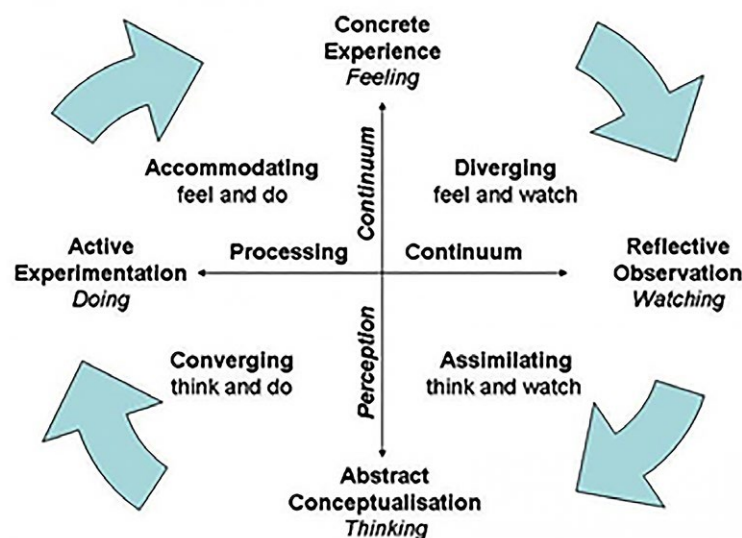
There are six core tenets of Experiential Learning Theory:



The Experiential Learning Cycle comprises 4 modes of learning:

- Concrete experience
- Reflective observation
- Abstract conceptualization
- Active experimentation

These 4 modes do not necessarily occur in a sequential manner but are instead integrated within a learning experience. Concrete experience emphasizes an individual's engagement with an experience. Reflective observation involves descriptive observations of what or how an event was experienced. Abstract Conceptualization occurs when a student applies logic, theory, and concepts to an experience. Active Experimentation emphasizes experimentation to alter an environment or experience. When each of these modes are present, an optimal level of learning occurs.



Higher Education Quality Council of Ontario (HEQCO). (2016). A practical guide for work-integrated learning. http://www.heqco.ca/SiteCollectionDocuments/HEQCO_WIL_Guide_ENG_ACC.pdf

Global Learning and International Initiatives

Humber's Launch of COIL Framework

**SPOTLIGHT
ON FSCS COIL
PROJECTS:**
PARUL, SAXION, UTECH

GLOBAL SPEAKER SERIES

CCID Conference Presentation:
Connecting The Virtual Campus

Humber's Launch of COIL Framework

Rebecca Fitzgerald, Associate Director, International Mobility and Strategic Partnerships, Humber International Centre, has shared that Global learning and engagement is soaring to new heights at Humber! COIL – Collaborative Online International Learning – is a dynamic form of virtual exchange that connects students with peers around the world. With COIL, faculty or staff co-create an experiential learning project or module with a faculty or staff “match” from a partner institution in another country.

COIL initiatives are a flexible to meet the mutual aims of partners. They can differ in length and format – from projects lasting only a few weeks, to initiatives lasting throughout a whole semester – and can be a blend of synchronous and asynchronous activity.

It is an exciting time for COIL at Humber. In March 2021, Humber is releasing its first COIL framework, which aims to formalize and unify the approach taken across the institution, add resources to support the COIL life cycle, and invite creative proposals from Humber faculty and staff, for COIL initiatives.

The following pages of this edition of SOC&COM magazine spotlight COIL partnerships that FSCS faculty and staff are currently engaged in, through partnerships in India, the Netherlands, and Jamaica, that are transforming the student experience. Visit Humber's new COIL website and take your first step toward joining our COIL community:

Humber COIL – Global Virtual Exchange website

SPOTLIGHT ON FSCS COIL PROJECTS

HUMBER – UNIVERSITY OF TECHNOLOGY (JAMAICA)



Programs: Developmental Services Worker (Humber) and Child & Adolescent – Disability Minor (UTech)



Project Deliverables: This project brings together students in classes at both Humber and UTech through a series of guest lectures embedded within the classroom curriculum, to learn about, share, explore and discuss the topic of supporting people with disabilities. Students at both institutions are involved in a similar end of term class discussions and Reflexive Photography assignments. Students will examine perspectives of disability, social privilege, inclusion and access to services across Canada and Jamaica.



Project Team: Andrea Rutherford, Loris Bennet, Stephanie Byer, Ayesha Amin (Humber)

Therrain Davis, Claudette Wilmot, Carol Hutchinson (UTech)

HUMBER – PARUL UNIVERSITY (INDIA)



Programs: Child and Youth Care Diploma (Humber) and Master of Social Work (Parul)



Project Deliverables: Developed as a WIL experience, Humber students participating in this project research best practices for youth in care within Canada, to identify service and policy gaps. Students meet with students in India, who are conducting similar research in the field with child and youth care organizations in India, to share learnings with one another, hear different perspectives, and to compare and contrast approaches to child welfare in both countries.



Project Team: Stephanie Byer, Ayesha Amin, Kelly Cassano (Humber)

Dr. Sunita Jolly, Nita Vaghela (Parul)

HUMBER – SAXION UNIVERSITY OF APPLIED SCIENCES (NETHERLANDS)



Programs: Bachelor of Behavioural Science (Humber) and Brain and Technology (Saxion)



Project Deliverables: Developed as a WIL experience, this project gives Humber students an opportunity to develop an evaluation for employers regarding hiring procedures for neurodiverse communities (people with autism diagnoses 'ASD'). Participating in regular check-ins with Saxion research students, who are involved in different forms of research with neurodiversity, students have the opportunity to share about their work, hear different perspectives and approaches regarding supporting people with ASD in the workplace.



Project Team: Stephanie Byer, Ayesha Amin, Lauri Angus (Humber)

Robert Estevez, Jan Willem de Graaf (Saxion)

The Faculty of Social and Community Services has continued to develop transformative global opportunities for students across a breadth of programming, while deepening global academic partnerships. By working virtually across borders, students can develop and apply any number of the essential 21st century skills articulated in the **Humber Learning Outcomes (HLO) framework** and gain a deeper understanding of their discipline through multiple perspectives. In turn, faculty and staff COIL leaders expand their professional network and portfolio, acquire fresh inspiration from different worldviews, and have the opportunity to engage in research on the Scholarship of Teaching and Learning (SoTL) with funding through Humber's **Teaching Innovation Fund**.

Read more about COIL [here](#), and learn about some of the resources that will be available to help in developing these initiatives.

Are you a faculty member in the FSCS interested in exploring a COIL initiative?

Please contact **Stephanie Byer**, Manager of International and Strategic Initiatives to discuss.



FACULTY VOICES – Testimonials from FSCS COIL Projects

CLAUDETTE WILMOT – Part-time Lecturer at the College of Health Sciences, School of Allied Health and Wellness, University of Technology, Jamaica

“As we embark on this project, I am mindful of the dreams of many parents and persons with disabilities in Jamaica, that Disability Studies would be offered at the University level. I am honoured and very excited to be involved in this collaboration. The Critical Issues in Disability Studies course at UTech, seeks to develop in students, a critical awareness of the factors operating in the world of disability.

This cross-cultural exchange will enable us to become aware of the different models that influence our approaches, ways in which different issues overlap, and the common challenges faced by people with disabilities. We will strategize feasible solutions that can help support persons with disabilities to live their best lives.



Humber – UTech COIL

DR. SUNITA JOLLY – Principal of the Institute of Social Work, and Dean of Faculty of Social Work, Parul University, India

“The COIL between the Child and Youth Care, at Humber College, with the Faculty of Social Work at Parul University, will be the stepping stone for a long-term professional and personal relationship.

This will surely help everyone participating in the project to understand existing service gaps in the context of Child and Youth care, and enhance learning in intercultural communication, cultural identity, humility and global fluency. There are multiple benefits to students, including learning, receiving an academic credit, certificates and access to expert sessions.



Humber – Parul COIL

JAN WILLEM DE GRAAF – Faculty, Saxion University, Netherlands

“The collaboration between Humber College and Saxion University centres around the topic of neurodiversity (autism). People are becoming more global, but this digital world often caters to the neurotypical ‘standard’ citizens of the world. But diversity is at stake! The running ‘in the loop’ that our globalized technological world generates, isn’t as easy for all people to adapt to. People who don’t fit in this ‘standard’ picture, are now often called neurodiverse. This partnership aims to stand up for neurodiversity and the amazing talents that neurodiverse people exhibit, to let them develop their uniqueness from an early age.



Humber – Saxion COIL



STUDENT VOICES – Testimonials from FSCS COIL Projects

KELENE THOMAS-BARRANT – 3rd year student, Bachelor of Science in Child and Adolescent Development, University of Technology

"Nothing is more expensive than a missed opportunity" – Unknown

“ I am thrilled to be a participant in this COIL between Humber College and UTech. The reason I decided to take part in this initiative is because I believe there is endless information to be shared, and so much we can learn from both local and international students and lecturers, with whom we will get to interact with for the duration of the project.

The introductory lecture, Social Justice by Ms. Loris Bennett already surpassed my expectations. I am especially looking forward to the cultural exchange aspect of the collaboration, sharing my experiences and implementing some of the strategies that we'll learn, to further develop my career goals and to advocate for persons with disabilities.



Humber – UTech COIL

AZEEZAT OLUWAKEMI SULE – 1st year student, Child and Youth Care Accelerated Advanced Diploma program, Humber College

“ As soon as I saw the invitation for this project as ‘an opportunity for international collaboration’, I decided to join. As a future Child and Youth Care professional, I am looking forward to working in the sector and learning from perspectives and synergies in Canada and other countries which I can integrate into my future practice.

Simply participating in the program will be a steppingstone for me, allowing me to focus on organization and time management skills to be able to attend the joint sessions with Parul University. I expect that this experience will help me to develop intercultural awareness and communication skills that will translate to being able to more effectively support youth and families. I am grateful for the opportunity.



Humber – Parul COIL

JARI VELING – 4th year student, Applied Psychology, Saxion University

“ I've learned from my own experience that living in a neurotypical world, can be harsh for neurodivergent people (with ASD or ADHD diagnoses) even with a high IQ. When my 10-year-old neighbour, with an IQ-score of 135+, was forced into a school for special education, I asked myself 'Why?'. What is the reason that a child as smart as him – who tells me stories regularly about the universe, computers, history and other difficult subjects – would be put into a class with kids who have learning difficulties?

When the opportunity to join the COIL project with Saxion and Humber arose, I jumped right in. This program offers a chance for me to learn more about people's diverse capabilities, to give me insight and explore what neurodivergent people need to gain access to their full potential. I'm looking forward to working with, and getting to know, students from another country.



Humber – Saxion COIL

To read more student voices, [click here](#).

GLOBAL SPEAKER SERIES

The Global Speaker Series is a set of webinars offered to students across programs in the Faculty of Social and Community Services (FSCS) at Humber College. Experts working in the field from Canada and across the globe, are invited to present on specialist topics.

Recently, two webinars were hosted on Child and Youth Care, on Feb. 23 and Mar. 16, which brought together experts working in child welfare and protection in Canada and India, to share their approaches with the students. Guest speakers at these sessions, included Ben Omoregie, Director of Operations at Youth Without Shelter, Cheyanne Ratnam, Co-Founder of the Ontario Children's Advancement Coalition, Irwin Elman, former Ontario Child Advocate, Priya Jagdale, Director of Baroda Citizen's Council (India), and – Dr. Juin Dutta, Founder and President of Srotoshwini Trust (India). Students from across Child and Youth Care programs at Humber, as well as the Master of Social Work programs at Parul University, in India, joined in to hear from these experts.

Keep an eye out for future Global Speaker Series events in different programs across the Faculty.



CCID Conference Presentation: Connecting The Virtual Campus

At this year's **45th Annual Conference**, Stephanie Byer and Ayesha Amin, from the Global Learning and Strategic Initiatives Team at FSCS, along with Rebecca Trautwein of Humber Global, co-presented **Connecting the Virtual Campus: Lessons Learned from Virtual Peer Mentoring Programming**, on the value of co-curricular programming for international student success, from the first cohort of the **FSCS International Peer Mentorship Program**. The presentation covered the context that led to the development of the program, the framework and student expectations, outcomes, feedback and lessons learned for cohort 2.



Connecting the Virtual Campus : Lessons Learned From Virtual Peer Mentoring Programming



Humber College – Faculty of Social and Community Services

Presented by:

Stephanie Byer Manager, International and Strategic Initiatives
Ayesha Amin Global Learning and Strategic Initiatives Coordinator
Rebecca Trautwein Manager, Global Learning and Engagement

The Community Colleges for International Development (CCID) conference brings together people across sectors in education, non-profit organizations and governments from across the world, to share and explore best practices in International Education for a better world.

Especially during these times, learning from other education providers, and sharing about programs that have helped students in feeling supported, engaged and connected, provides opportunity for inspiration as we continue to exist and evolve in virtual spaces.

Applied Research and Social Innovation

PHILIP BURGE

PUBLISHES ARTICLE
IN THE JOURNAL OF
PUBLIC CHILD WELFARE

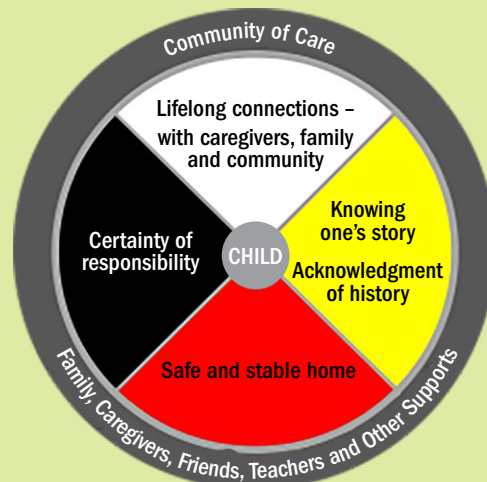
Soheila Pashang
Explores
New Approaches
to Grief and COVID

CJS Professor,
Jacqueline Benn-John
completes PhD Dissertation

PHILIP BURGE PUBLISHES ARTICLE IN THE JOURNAL OF PUBLIC CHILD WELFARE

If living through this pandemic can teach us anything, it the importance of belonging and family. A **publication** authored by our faculty member Philip Burge, recently published in the *Journal of Public Child Welfare* highlights some positive news in Canada's child welfare sphere. The paper focuses on findings from the Bringing Families Together project launched in Manitoba in the shadow of the long 'Sixties Scoop' of children, a the child welfare systems of the time conducted wide-spread apprehensions of Indigenous children and youth.

The charity **Until the Last Child**, launched and funded the intensive 2-year pilot program project, along with partners including the Government of Manitoba, the four provincial child welfare authorities, representatives from Indigenous communities, the University of Manitoba and Deloitte Canada. The publication highlights the high belonging and well-being target of 76% achieved for the approximately 150 children in care. More importantly, the paper features the novel permanency (or belonging) definition that the partnership devised and was informed by Indigenous concepts. As Indigenous communities break from the colonial past focus on legal permanency (i.e., success equals only a legal adoption) and stress the need for belonging factors to take precedence; the definition was operationalized and used to measure progress. Read the full article **here**.





CJS Professor, Jacqueline Benn-John completes PhD Dissertation

(RE)DEFINING FEMINIST RESISTANCE,
ACTIVISM AND EMPOWERMENT IN
RAPE CRISIS CENTRES: BLACK
WOMEN'S PERSPECTIVES AND
IMPLICATIONS FOR EDUCATION

Jacqueline Benn-John, is a professor in the Community Justice Services Program at Humber. She is an African/Black Diasporic, cisgender woman, mother and survivor. She has recently completed a PhD from Ontario Institute for Studies in Education at the University of Toronto. Jacqueline's doctoral research, *(Re)defining Feminist Resistance, Activism & Empowerment in Rape Crisis Centres: Black Women's Perspectives & Implications for Education*, sought to reveal and understand African/Black women's embodied experiences, perspectives on feminist organizing and contributions to the anti-rape movement in Ontario, Canada. In Jacqueline's work, particular attention is paid to the multifaceted and intersectional modes in which African/Black women express resistance.

Jacqueline's Masters research interrogates value systems and practices that serve to colonize African/Black women within Canadian spaces. This prior work recognizes the salience of race, particularly acknowledging how African/Black women are impacted differently by race and gender oppression than are African/Black men and White women. This work critically examined the notion of decolonization and identified concrete strategies to assist African/Black women in their own decolonization journeys.

Jacqueline has been teaching for the past 13 years across the greater Toronto area. Since 2012, Jacqueline has taught in the Community and Justice Services Programs at Humber; she formerly taught at George Brown College in the Assaulted Women's and Children's Counsellor/Advocate Program for 12 years.

Jacqueline is a community engaged educator. She has over 25 years of grassroots and professional work experience in the gender-based violence sector and anti-rape movement.

Alumni and Advancement

NEW SCHOLARSHIPS
available to support
Police Foundations
program students from
underrepresented groups

**YOU'RE INVITED TO
THE HUMBER CAFÉ!**

Humber Alumni Spotlight



New Scholarships Available to Support Police Foundations Program Students from Underrepresented Groups

The Faculty of Social and Community Services (FSCS) is thrilled to announce new scholarships from the Motorola Solutions Foundation that will support Humber's future first responders from underrepresented groups. This new scholarship program – the Motorola Solutions Inclusivity Scholarships for First Responders, will support 12 students from traditionally underrepresented groups in the Police Foundations Program in the FSCS, as well as in the paramedic and pre-service firefighter programs in the Faculty of Health and Wellness.

To read more about the Motorola Solutions Inclusivity Scholarships for First Responders please visit the Humber Today article [here](#).

To learn more about Humber's scholarship opportunities, visit Humber's [Scholarships and Bursaries](#) page.

You're Invited to the Humber Cafe!



If the importance of connections wasn't clear before, the last year has really shown the true value of having a broad network – both personal and professional, in-person and remote.

Humber Café provides an opportunity for students and recent graduates to connect with alumni to help develop such a network within their industry.

Students and recent graduates can:

- Gain a better understanding of what careers are available within their sector
- Develop their networking and communications skills, through real-world practice
- Build their network of Humber College alumni based on their industry and interests

Humber Alumni who join the Humber Café, can enjoy:

- Helping current students and recent graduates to shape their careers by sharing career advice and experience
- Developing their networking and mentoring skills through real-world practice
- Building their network of alumni and faculty

Interested? Here's how it works:

STEP 1

REGISTER HERE.



STEP 2

Once a month, you'll receive one introduction to a fellow student or alumni based on your career interests and goals.

STEP 3

Decide on a time to chat and share.

STEP 4

Receive an official LinkedIn certification to recognize your commitment to continuous learning and career advancement.

HUMBER ALUMNI SPOTLIGHT

Jill Andrew

Jill Andrew, Child and Youth Worker Alumni, is a transformational leader in contemporary culture. Since completing her diploma in 1998, she went on to become an award-winning columnist, public speaker, scholar, student equity advisor, youth, women's activist, and politician.

Jill is the Co-founder of the **Body Confidence Canada Awards (BCCAs)**, the national **#SizeismSUCKS** Campaign, and the **Toronto International Body Image Film & Arts Festival**. She is also an MPP in Toronto, and the first Black and Queer person to be elected to the Ontario Legislature.

Listen to Jill share her #MyHumberStory **here**.



Jill Andrew – #MyHumberStory

HUMBER ALUMNI SPOTLIGHT

David Morales

The combination of my lived experiences and educational background have served as a catalyst to becoming a social justice advocate and conduit for those that are deeply marginalized.

After being introduced to a Youth Justice network, I decided to join the Community and Justice Services (CJS) Diploma Program at Humber in 2011.

My time in the CJS program provided me the opportunity to meet other like-minded students and faculty that are knowledgeable, resourceful, and committed to student success. During my second year, I completed a field placement at Toronto Community Housing Corporation (TCHC), where I gained practical knowledge and tools to become an effective leader, navigator and connector in Toronto's non-profit sector.

Being involved and engaged while in the program gave me an opportunity to continue to learn outside of the classroom and broaden my experience. After my placement at TCHC, I was hired by Humber as a Research Assistant, and worked closely with faculty, staff and other stakeholders, on assessing the impact and service needs of what was at the time, the soon to open Toronto South Detention Centre. I also volunteered as a First Year Experience (FYE) Peer Mentor that focuses on students' transition into college, both academically and socially.

Shortly before graduating in 2013, I secured a full-time job with TCHC and have since held different roles and responsibilities there, including working in Active Living, Revitalization, Mental Health and Wellbeing, Community Development and most recently in Youth Violence Reduction as a Community Services Coordinator.

I enjoy sharing my involvement and support for key initiatives and the importance of cross-sector collaborations wherever possible. I have had the privilege of being involved in some notable community wellbeing projects across the city, including a basketball court mural done in collaboration with StreetARToronto and local youth, that was recently highlighted in a **MLSE Foundation/Toronto Raptors video**, and setting up a community-run food bank and Summer Produce Market with Daily Bread, for which I was awarded the Best in Class Community Impact Award in 2019. These opportunities continue to provide avenues to learn and contribute to a more socially just city.

I have a deep gratitude and appreciation for my experience at Humber, which allowed me to develop a foundation that supported my personal and professional growth. All these years later, I continue to learn from the communities that I support and work with, and look forward to, taking on the new challenges and opportunities that come my way.



“I enjoy sharing my involvement and support for key initiatives and the importance of cross-sector collaborations wherever possible.”

Principal's Office

Launch of Mindfulness Mondays

SPEAKER SERIES COLLAB:
**PRINCIPAL'S
WELLNESS TALKS**

HUMBER INDIGENOUS
TRANSMEDIA FELLOWSHIP
EXPLORES WHAT IT MEANS
TO BE 'NATIVE ENOUGH'

**Interpretive Centre
Virtual Tour**

**PRINCIPAL'S OFFICE
UPCOMING EVENTS**



Launch of Mindfulness Mondays



In February 2021, the Lakeshore Principal's Office launched the first ever, **Humber Mindful Monday Series!** This new series was an 8-week program geared to help support the health and wellness of Humber staff, faculty, and students – in personal and community-based settings. Every Monday from February 1-March 29, small groups have met to engage in mindfulness, meditation, or yoga sessions. This initiative was created to support our community's mental health and as part of a continued effort to create avenues for us all to get through this challenging time together.

An added bonus is that all the facilitators for the program are internal to Humber. Tina Lackner, a FSCS Professor has been leading the Meditation sessions, Debbie Krulicki, an avid mindfulness practitioner for 15 years has been leading the Mindfulness sessions and Nathania Bron, Fitness Coordinator at Lakeshore campus has been steering the Yoga practices.

The program boasts of various sessions including Mindfulness Senses, Yoga Desk Relief Flow, Yoga Nidra Meditation, Mindfulness Body Scan, Yoga – Afternoon Energy Flow, Loving-Kindness Meditation, Mindful Eating, and Yoga – Feel Good Flow.

Thus far, attendees' feedback has been positive with many stating that it is a great initiative that promotes self-care in this time.

Our Facilitators:



TINA LACKNER



DEBBIE KRULICKI



NATHANIE BRON

HUMBER MINDFUL MONDAYS

MARCH DATES

REGISTER TODAY!
LINK IN BIO

All sessions are at
12pm - 1pm

- 1 MINDFULNESS BODY SCAN
- 8 YOGA - AFTERNOON ENERGY FLOW
- 15 LOVING KINDNESS MEDITATION
- 22 MINDFUL EATING
- 29 YOGA - FEEL GOOD FLOW

"I already signed up for the full series, and I'm looking forward to it being a set aside 'break' in my day. I rarely eat lunch without also working, so having some time scheduled specifically for myself and mindfulness is a welcome change."

– Anonymous participant

"Scheduled time is ideal, and the sessions are well organized, delivered and are a welcome break."

– Anonymous participant

"These are great tools to have, especially during stressful times and when working remotely."

– Anonymous participant

Sessions will continue until March 29, 2021. To sign up for the session, click [here](#).



Speaker Series Collab: Principal's Wellness Talks

Humber Wellness Talks welcomes Indigenous experts Anthony Johnson and Dr. James Makokis

In 2021, Humber Wellness Talks kicked off with Representation Matters: Becoming Better Allies as its first topic for the year. We welcomed Anthony Johnson, LGBTQ2, Two-spirit and Diversity presenter and Dr. James Makokis, Canada's Two-Spirit, Diversity, Indigenous Health and First Nation presenter. The talk was hosted by the Principal's Office at Humber's Lakeshore Campus, in partnership with the Human Resources and Organizational Effectiveness Team, Humber Indigenous Education & Engagement, and Humber LGBTQ department.

Over 200 attendees explored the message of inclusivity, from Anthony's journey to Harvard that was long, arduous and riddled with racism personally and institutionally to Dr. Makokis experiences in Canada's healthcare system and how indigenous and LGBTQ+ persons have been viewed and treated.

Read more about this wellness talk in the article featured in Humber Today.

On February 18, 2021, the Principal's Office in partnership with HROE hosted Hamza Khan, multi-award-winning Marketer, Best Selling Author and Entrepreneur and Empowerment Expert for Humber Wellness Talk. Hamza explored with attendees the Burnout Gamble and how to achieve more by beating burnout and building resilience.

In the talk, Hamza explored the topic of burnout and stress, the importance of burning bright not out and what that may look like for everyone. Burnout is a sneaky but often debilitating feeling that many of us have experienced as a hidden by-product of the COVID-19 crisis. The pandemic has taken a big toll on our minds and bodies; with stress levels rising, boundaries between home and work eroding and overall feelings of helplessness and despair ever-present, it's not surprising when our bodies and mind suffer. This talk was a welcome and timely reminder, that intrinsically we are enough and deserve to take breaks from the chaos. During this event, Hamza also shared some of his experiences after experiencing burnout himself, not realizing it early enough and the causes of Stress or Performance Pressure (C.A.S.T.L.E) Competition, Alienation, Society, Technology, Loneliness and Economy.

Hamza encouraged us to know when to STOP working, to know it is okay to not be okay in these unprecedented times, taking regular breaks, defining what is ENOUGH for you, and the power of prioritizing calm over chaos. He explained the 12-6-1 Model:

12 Stages of Burnout

6 Strategies to deal with burnout using the D.R.A.G.O.N method:

- D** Deload Priorities - Embrace the Joy of Missing Out
- R** Reconfigure Focus - Audit your energy expenditure
- A** Assemble Boundaries - Know when to stop working
- G** Gain Mastery of Stress - Separate EUSTRESS from DISTRESS
- O** Overcome Overachievement - Take breaks or be broken
- N** Nurture Resilience - Slowly turn up the difficulty

1 Action – Prioritize CALM

In closing, Hamza encouraged “When faced with sudden adversary events in the future you are going to ask yourself this question WWADD, what with a DRAGON do?...What the calm, confident and powerful of YOU do and do it. Know that you will be able to do it over and over again because resilience is about sustaining productivity over a period of time for the long run.”

Our next wellness talk will be on March 25, 2021 and features Larissa Crawford from Future Ancestors Services Inc. The topic will address the intersection of climate justice and racial justice from the lens of ancestral accountability.

Registration opens on March 8, 2021 at www.humbewellnesstalks.eventbrite.ca

Read online at communityservices.humber.ca/news

Speaker Series Collab: Principal's Wellness Talks

The Burnout Gamble and how to combat it using the D.R.A.G.O.N method



Humber Indigenous Transmedia Fellowship explores what it means to be 'Native Enough'

On February 19, the Principal's office partnered with Humber Galleries and Humber Indigenous Education and Engagement to host the event Identity and Advocacy – Exploring the 2020 Indigenous Transmedia Fellowship (ITF). The event highlighted the student film Native Enough, created as part of the fellowship from 2020 by various Faculty of Creative and Media Arts Indigenous students.

The short film explored the topic of identity within Indigenous communities. It is an art-house short film that describes the negative effects experienced as a result of stereotypes and misrepresentations that shape Indigenous identities in Canada today. Native Enough was created to showcase the shared experiences common to many Indigenous youth who feel that their worth is graded on their blood quantum outlined in the Indian Act or by how accessible their culture has been for them. The experience was shared by all the Fellows and it has challenged and shaped their Indigenous identity, many of whom have felt they were not native enough to fit into the external social constructs placed upon them. Native Enough is a celebration of acceptance and community created through shared experience.

In the 3 months leading up to the event, a Digital Communications and Virtual Event planning internship was offered through the Principal's Office to support the planning of launch event with the support of Canada Summer Jobs funding. Mykelti Knott, an Advertising and Graphic Design student and one of the fellows who worked on the ITF film was the driving force behind envisioning the event and pulling all the pieces together. Mykelti has taken some time to reflect on her internship and what she has learned over the course with the team.

"My experience in the role of Digital Communications/Event Planner for the launch of Native Enough, a film created by the 2020 Indigenous Transmedia Fellows, was enriching and worthwhile. The resources that were provided throughout the process, allowed me to be successful and learn an entirely new skill set surrounding event planning. Although fast-paced, I was able to plan an event that allowed the 2020 Fellows to speak about their experience with Indigenous identity. The event was successful and well received. I am thankful to have had the experience of working with a great team at Humber." – Mykelti Knott



Newly Launched FSCS Wellness Program - Book Club & Cooking Club

Working virtually can lead to a social disconnect between colleagues and departments; we no longer chat while arriving to the office or grab a coffee or lunch together. To encourage our Faculty to build social bonds, we have launched the FSCS Book and Recipe Clubs. These clubs were created to provide new online spaces to connect socially across programs within our Faculty, that goes beyond projects and work tasks. From February until May, each club meets monthly for 1 hour, to discuss the chosen book or recipes.

The recipe club will be cooking using Madhur Jaffrey's "World Vegetarian" - a book with over 650 meatless recipes. Members of the recipe club, choose, shop and prepare for a new recipe each month and meet virtually via MS Teams to talk about the process, suggest new ideas and just engage in a fun conversation over a freshly cooked meal. So far, the group has been loving the simplicity of vegetarian cooking and how easy it is to add your own spin to things!

The book club is reading 1 book per month, starting with **"Burnout: The Secret to Unlocking the Stress Cycle"** by Amelia and Emily Nagoski. The members meet to discuss their take on the book, explore questions and assumptions and connect about what they read. The group will continue with the following reads: **"The Vanishing Half"** by Brit Bennett, **"The Guest List"** by Lucy Foley and **"Empire of the Wild"** by Cherie Dimaline.



Interpretive Centre

Virtual Tour

Your virtual-guided tour of the Interpretive Centre!

Hello friends, and welcome to the tour! Today we will be visiting the **Interpretive Centre's website** – your virtual connection to the heritage of the Lakeshore Grounds! First, please navigate to the homepage of our site: **lakeshoregrounds.ca**.



Our first stop today is the homepage. Recently redesigned for streamlined digital exploration, the page is your all-in-one toolkit to discover the histories that all share the Lakeshore Grounds region of South Etobicoke! The Lakeshore Grounds Interpretive Centre is based out of Humber College's Lakeshore Campus and charged with the mission to "Research, Preserve, and Share" the different histories of the area.

You can explore **virtual tours**, a **soundscape series**, videos of **past exhibits**, and read our self-published **Zine** all from this page!

Next, the "Soundscape Series" offers several guided audio tours of the Lakeshore Grounds. You can download a map and audio tour to explore the route in person or opt to watch a video version from home.

These immersive tour experiences were created by Maranda Tippins, a recent alumna of Humber College. Her tours help you to travel back to a moment in time, complete with imagined ambient audio of the time.

You can select from three different themes:



A Day at the Lakeshore Teachers' College



A Mystery at Humber College



Two Perspectives on the Lakeshore Psychiatric Hospital

There are many stories that connect to the Lakeshore Grounds; on this page we've organized the content by theme. The first theme offers an exploration of Indigenous heritage of the grounds, content that was made in partnership with Indigenous Education & Engagement. Other categories include histories of the Lakeshore Psychiatric Hospital, the natural histories of the Lakeshore Grounds and Colonel Samuel Smith Park, the Lakeshore Teachers' College, the Lakeshore Grounds on film, and the neighbourhoods that are close to campus.

I'm afraid this is where our brief tour wraps up, but there is much more to explore on our social media channels! You can find the **Interpretive Centre** (@LakeshoreGrnds) on Facebook, Twitter, and Instagram and YouTube. If you have any questions about our tour today, or want to reach out to learn more, please **email** us. Thanks for joining us!



Once it's safe to do so, we hope to see you on campus in a tour like this! Until then, stay safe!





Principal's Office Upcoming Events

The Principal's Office and partners are hosting many events for Spring 2021 geared towards staff, student and community health and well-being. Join us for one or all of our virtual events this semester. Stay connected on Instagram and Twitter by following [@humberlakeshore](#)

Please visit the **Humber Lakeshore Campus Website** for more events!

WEDNESDAY

MARCH 31

Principal's Office Wellness Wednesdays – Repair & Repurpose

12–12pm via MS Teams

Facilitators, Kate Motz and Tayler Buchanan, will introduce you to mending; by using simple hand stitching, garments can last longer, be stronger, and bring you more joy!

Sign-up [here](#).

WEDNESDAY

APRIL 21

Principal's Office Wellness Wednesdays – Virtual Paint

12–1pm via MS Teams

This facilitator-led painting session will help you to tap into your creative side, which can lead to lower stress and a happier lifestyle.

Details TBD.

Save the Dates on the Principal's Office Virtual Events Line-Up!

For more information on upcoming Principal's Office events, please contact Event Coordinator and Community Liaison, Kavelle Maharaj – kavelle.maharaj@humber.ca