



African, Caribbean & Black Wellness Resource Centre Annual Report

2024





Annual Report 2024

We are proud to share our ACB Wellness Resource Centre Annual Report 2024, highlighting the incredible progress we've made over the past year in advancing wellness, equity, and empowerment within our communities.

This report is a testament to the strength of our community and the unwavering dedication of our team, partners, and supporters. Together, we are building a healthier, more connected future.

Thank you for being on this journey with us.



2024 At A Glance



20 Programs & Events



1,140 Wellness Checks and Programming



999+ Vaccines administered



15,000+ Food Bank Visits



8360 Volunteer Hours

Executive Director's Message

Dear Community, Cherished Supporters, and Volunteers,

As we reflect on the past year, I want to extend my deepest gratitude on behalf of the African, Caribbean & Black Wellness Resource Centre (ACB).

Your unwavering support and commitment have made this year truly remarkable. We had meaningful achievements, impactful growth, and strengthened community ties.

The resilience, unity, and generosity shown by each of you have been nothing short of inspiring. Your contributions have not only propelled our mission forward but have also deepened the connection and strength within our vibrant and diverse community.

Thanks to your support, our programs and initiatives have flourished, bringing health and wellness campaigns, educational outreach, and vital resources to those who need them most. The work that this organization have done has been recognized nationally, and was rewarded with the King Charles III's Coronation Medal.

As we look ahead, ACB remains dedicated to uplifting and serving our community. Your continued support will be instrumental in shaping a future rooted in wellness, empowerment, and cultural pride.

From all of us at ACB, thank you for being the heart of our organization. May the spirit of gratitude and togetherness continue to guide us in the year to come.

Wishing you a joyful, healthy, and successful year ahead.

Anthonette Jacob

Executive Director / President





Who We Are

Board of Directors

Officers



Anthonette Jacob

President



Jacqueline Richards

Vice President



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Treasurer



Jannel Nyamiaka

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Directors



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Communications



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Shurmin James

Food Cupboard Director



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Deloris Grant

Head Volunteer



Beulah Peters

Head Volunteer



Bibi Muleka

Head Volunteer



Sylvie Mbuyi Kabengele

Head Volunteer

About ACB Wellness

The African, Caribbean & Black Wellness Resource Centre (ACB) is an organization committed to educating, enriching, and empowering residents of the Ottawa/Gatineau area. The centre seeks to strengthen our community by fostering unity, self-determination, cooperative economics, collective work, and creativity.

Making Connections, Our Community, Our Future!



Vision

Our vision is a society where all individuals enjoy equal rights, free from racial hatred and discrimination, achieved by strengthening capacity through literacy, community engagement, resource development, and the advancement of ACB and marginalized communities.

Mission

To provide a safe space for the ACB and marginalized community, to overcome barriers that prevent one's own self-empowerment, to reach and achieve their full potential.



Thank You To Our Supporters



VOLUNTEERS

We are proud and thankful to have received the support of over 200 dedicated volunteers over the past year. They have generously given their time, energy, and compassion to support the ACB Wellness Centre. We are truly grateful for their continued support and commitment to the wellness and empowerment of the African, Caribbean, and Black communities.

PARTNERS AND SUPPORTERS

Thank you to our incredible partners and supporters for your generous contributions and resources. Your support has empowered us to expand our programs, reach more individuals, and create meaningful change within our community. We are deeply grateful for your commitment and belief in our mission.

Ottawa City Council Declares “ACB Day”



On August 1, 2024, the City of Ottawa officially recognized ACB’s contributions by proclaiming “ACB Wellness Resource Centre Day.” This meaningful honour was presented by Ottawa’s first Black City

Councillor, Rawlson King, making the moment even more significant. The Proclamation celebrated ACB Wellness as Ottawa’s first Black-led holistic resource centre, recognizing its essential role in promoting health equity and supporting the well-being of Black communities in Overbrook and across the city.



THE PROCLAMATION FROM THE CITY OF OTTAWA, MAYOR SUTCLIFFE

FIRST BLACK HOLISTIC WELLNESS CENTRE. A FIRST FOR OTTAWA – AUGUST 1ST, ACB DAY.



Our Programs

Goals

Our programs are designed to directly address disparities by creating meaningful, community-led solutions. Our goal is to make a tangible difference in the lives of Black residents in Ottawa— especially in neighborhoods like Overbrook— by increasing access to culturally relevant health services, reducing barriers to employment and its impact, and building a stronger sense of belonging and well-being.

In Overbrook:

44.5%

Overbrook residents identify as racialized

31%

Black Youth unemployment

66%

Experienced mental health service barriers

\$29,200

Median income for Black residents



OVERBROOK
NEIGHBOURHOOD

Our catchment area

Quakelab report (2024)

Making the Connections

“Making the Connections” programs are designed to bridge gaps in health, wellness, and community support for Black individuals and families. Through workshops, support groups, and resource navigation, these initiatives help participants access culturally relevant services, build stronger networks, and improve overall well-being.

- **Connections**
- **Youth Financial Literacy**
- **Annual Girls Who Brunch**
- **Annual Boys Who Brunch**
- **Men’s Collective Alliance**
- **Seniors Social Group**
- **Growth spurts**
- **Black Table Talks**
- **In the Mirror Docuseries**

CONNECTIONS



35

Participants every other Tuesday

“THE QUEEN OF THE CITY, THANK YOU FOR THE INCREDIBLE IMPACT YOU’VE MADE ON OUR COMMUNITY. I AM BEYOND PROUD OF THE WORK YOU’RE DOING, ESPECIALLY FOR OUR YOUTH, SENIORS, AND ALL INDIVIDUALS WHO NEED THE SUPPORT OF OUR COMMUNITIES.”

-Hans Ain about Toni Jacob’s work on Connections

Connections provides a safe space for African, Caribbean and Black youth of ages 12 – 29 to interact with each other. During their stay, the youth learn about mental health,



Making the Connections

wellness, black identity, substance misuse and future planning. This is also an opportunity for youths to earn volunteer hours.

the financial system, build credit, avoid exploitation, and achieve long-term economic stability.

Youth Financial Literacy



120

Financial Literacy graduates

The Youth Financial Literacy Program equips Black Youth with practical skills in budgeting, saving, credit management, and financial planning. Our Financial literacy courses empower racialized newcomers in Canada with the knowledge and tools to navigate

Annual Girls Who Brunch



99

Attendees (3% inc. from 2023)

"LOVED BEING ABLE TO CHAT WITH SOME AMAZING, INTELLIGENT YOUNG WOMEN!"

-Danielle James on Girls Who Brunch

The purpose of this event is to help marginalized girls (ages 13-21 years old) increase their self-confidence, and achieve higher levels of success in multiple aspects of their lives. This all-day event featured a number of well-

Making the Connections

designed self-development workshops, breakout room activities, and a memorable guest speaker, all focused on themes of personal empowerment.

designed self-development workshops, breakout room activities, and a memorable guest speaker, all focused on themes of personal empowerment for boys 13-21 years old.

Annual Boys Who Brunch



78

Attendees

Our Girls Who Brunch event was successful for 2 years, so we launched our first annual Boys Who Brunch event this year. This a safe space for young Black men to connect, share experiences, and discuss topics like mental well-being, career growth, and personal development. This all-day event featured a number of well-

Men's Collective Alliance



20-30

Attendees per week

The Men's Alliance is a weekly community-driven initiative dedicated to providing a safe space for men to connect, share, and grow together. The program's focus areas include: mental health & wellness, building healthy relationships, and community engagement.



Making the Connections

Seniors Social Group



20-25

Seniors per week

**"FANTASTIC BONDING OPPORTUNITIES FOR SENIORS.
THANK YOU FOR ORGANIZING!"**

-Fatima Gimba on Seniors' Social Group

This Program enhances the well-being of seniors by providing social, physical, and mental stimulation in a supportive group environment. Our program includes Aging While Black (informational sessions about computer literacy and financial literacy) as well as access to counselling and referral services, group discussions, fitness classes, and cultural events.

Growth Spurts Series



12

Participants per week

Growth Spurts series is a youth program for ages 14+ designed to provide a safe, supportive environment where youth can learn, grow, and connect with peers and mentors.

Each session included a mix of workshops, discussions, physical activities, creative projects and mentorship opportunities.

Making the Connections

Black Table Talks



Black Table Talks is our YouTube channel dedicated to highlighting the experiences, challenges, and triumphs of the Black community in Ottawa and across Canada. Through open and honest conversations, we explore the realities Black individuals face, from navigating systemic barriers to celebrating successes and cultural identity. Each episode features insightful discussions, community stories, and expert perspectives on issues that matter- from career and education to mental health, social justice, and entrepreneurship.

In The Mirror Docuseries



Participants in the youth financial literacy course also took part in the In The Mirror docuseries, where 10 youth shared their lived experiences growing up in Canada as immigrants from Africa and the Caribbean, highlighting the racism and challenges they've faced.



Supporting the Community

Our “Supporting the Community” programs are dedicated to addressing immediate needs while fostering long-term resilience for Black individuals and families.

Through services like the food bank, meal support, and essential resource distribution, these initiatives help reduce barriers to food security and basic necessities, while strengthening community connections and promoting overall well-being.

- Food Cupboard
- The Hurricane Relief: St. Vincent & Grenadines
- Annual Knapsack Drive
- Afro Soul Food Program
- Annual Christmas Giving
- Canada Summer Jobs
- Career Services
- Settlement Services



The Knapsack Drive



ACB Food Cupboard

Supporting the Community

Food Cupboard



1000

Families supported every week

Every Wednesday, the Centre operates as a member agency of the Ottawa Food Bank. Our Food Cupboard program addresses food insecurity by providing nutritious groceries and culturally appropriate items to individuals and families in need.



\$341,850

Value of food distributed in a year

A huge thank you to Ottawa Food Bank for their support with this initiative!



The average ACB food bank user is a single adult woman who recently immigrated to Canada with very low household income. (< \$100/month).



Supporting the Community

The Hurricane Relief



800

Kilograms of emergency food and supplies

Annual Knapsack Drive



150

Youths (K1 to grade 9) received our donations

The Annual Knapsack Drive program supports students by providing school supplies and backpacks to children from low-income families.

By easing financial burdens and promoting academic readiness, the initiative helps young learners start the school year with confidence and the tools they need to succeed.

The Hurricane Relief initiative is a donation drive to help families in St. Vincent & Grenadines affected by Hurricane Beryl. Through coordinated donations and resource mobilization, the program helps families recover and rebuild, offering a lifeline during times of crisis.

Supporting the Community

Afro-Soul Food Program



275

Meals donated to the community

The Afro-Soul Food Program is a community initiative dedicated to providing nutritious meals while celebrating the rich culinary traditions of African, Caribbean & Black cultures. Through shared meals, cooking workshops, and food distribution efforts, we aim to promote food security, encourage healthy eating, and preserve cultural heritage.

Annual Christmas Giving



200

Families participated in this event

The Christmas Giving initiative is a heartwarming expression of community care, compassion, and unity that brings joy to families during the holiday season.

Supporting the Community



This cherished annual tradition has become a vital support system for newcomer families from Africa, the Caribbean, Syria, Afghanistan, and other regions who may be experiencing financial or emotional hardship during what can be an especially difficult time of year.

Beyond material support, the Christmas Giving program fosters a sense of belonging and celebration, offering moments of joy and human connection to families who are often navigating the challenges of settling into a new country.

Canada Summer Jobs



Through the support of the Canada Summer Jobs (CSJ) program, part of the Youth Employment and Skills Strategy (YESS), ACB Wellness was able to provide meaningful summer employment opportunities to Black youth in our community.

This partnership not only supports individual growth but also aligns with our broader mission to equip the next generation of Black leaders with the tools, exposure, and support they need to thrive in today's workforce.

Supporting the Community

Career Services



208-260

Appointments
made in 2024

Our Career Services mission is to equip individuals with the tools, resources, and guidance to secure meaningful employment.

We offer job application support, resume building, and help connect job seekers with opportunities—empowering them to navigate the job market with confidence.

Settlement Services



104-156

Appointments made
in 2024

Our settlement services include assistance with immigration applications, referrals to legal and employment resources and housing support.

Additionally, we connect newcomers with community programs that foster social integration and enhance overall well-being.

Securing our Future

“Securing Our Future” programs focus on protecting the long-term health and well-being of Black communities through proactive care and prevention.

By offering services such as vaccination clinics, health screenings, and wellness education, these initiatives help individuals stay informed, detect health concerns early, and reduce barriers to accessing essential healthcare—ensuring a healthier future for all.

- **Wellness Checks & Screenings**
- **Vaccination Screening**
- **Strong and Steady**

Strong and Steady



1000

Sessions offered in 2024

This is a free 10-week fall prevention exercise program, designed to help adults 65+ improve strength, balance and mobility.

Securing our Future

Vaccination Screening



999+

Vaccinations
administered in 2024

The Vaccination Screening Program, launched with Ottawa Public Health in 2019, addresses vaccine hesitancy in African, Caribbean, and Black communities through culturally sensitive outreach. OPH partnered with ACB Wellness Resource Centre—the region’s only Black holistic health hub—because of its trusted Black nurses and doctors who provided safe, community-based care during the COVID-19 pandemic.

Wellness Checks & Screenings



760-1140

Community members
attended health
screenings in 2024

By reducing stigma and improving health literacy, the program encourages proactive health management and contributes to improved outcomes.

Our health screenings include:

- Diabetes
- High Blood Pressure
- Cancer
- Hearing Tests
- Dental
- Vaccinations



Events



Annual Canada Day Celebration

Every year, we celebrate Canada's rich culture, history, and diversity with a day filled with fun activities, delicious food, and lively entertainment. For many Black immigrants, it's their first time celebrating Canada Day as members of the Canadian ACB community. As the first and only Black holistic wellness centre, we're proud to welcome them and help them explore what it means to be Canadian as they look forward to building their future here. We had 80 participants.



Mother's Day Brunch, "High Tea"

This special event is dedicated to honoring and uplifting 65 Black mothers, recognizing their love, resilience, and contributions to our community.

Events



Black Soirée

The first annual Black Soirée with over 200 participants is an elegant evening of culture, connection, and celebration, honoring the achievements and contributions of the Black community. It is hosted to bring together leaders, changemakers, and community members for a night of inspiration, networking, and entertainment.



Black History Month- Black Expressions

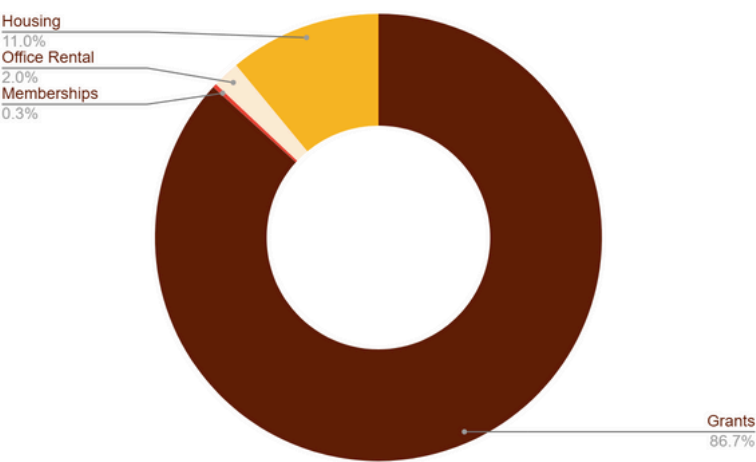
Black Expressions is a vibrant Black History Month event with 85 participants that amplifies the voices, talents, and artistry of the Black community. It is hosted to showcase spoken word, music, visual arts, and storytelling, providing a platform for creatives to share their experiences and perspectives. This event is particularly helpful to newcomers in Canada, who are celebrating Black History Month for the first time.

This educational display shows a slave house with enslaved people picking cotton to illustrate their lived experiences.

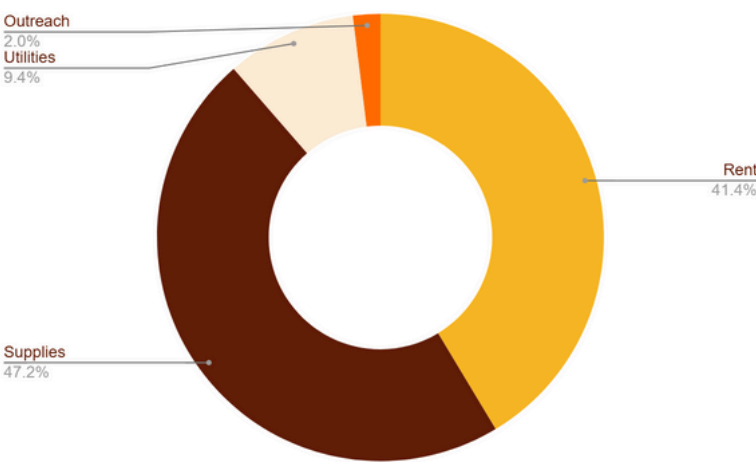


Financial Overview

Our funding



Our expenses



Financial Statement 2024	Amount
Revenue	\$425,322
Expenses	\$412,229

Future Projections



25% growth in
community outreach

ACB Wellness continues to grow as a trusted hub for holistic care, with a focus on sustainability, expanded outreach, and increasing our membership. As we look to the future, we're working toward opening 2 new locations, renovating for greater accessibility, adding a dedicated computer space, and upgrading our infrastructure to better serve the community.

FUTURE GOALS

- Sustainability
- More outreach
- Expanding memberships
- Expanding our locations
- Infrastructural upgrade

NEXT STEPS

Our growth will be driven by expanding partnerships, increasing program visibility through targeted outreach, and offering more accessible services both in-person and online.



Our Donors and Sponsors

We extend our heartfelt thanks to all our generous donors and supporters. Your contributions make it possible for the ACB Wellness Centre to continue providing vital programs, culturally affirming services, and a safe, inclusive space for African, Caribbean, and Black communities.

 <p>Ottawa Food Bank</p>	 <p>South-East Ottawa Community Health Centre Centre de santé communautaire du sud-est d'Ottawa</p>	 <p>Government of Canada</p>
 <p>OTTAWA POLICE SERVICE SERVICE DE POLICE D'OTTAWA <i>A Trusted Partner in Community Safety</i> <i>Un partenaire fiable de la sécurité communautaire</i></p>	 <p>CHUO 89.1 FM</p>	 <p>Restore MEDICAL CLINICS</p>
 <p>OTTAWA BLACK COALITION ENGAGE, EDUCATE, ADVOCATE. LA COALITION DES NOIRS D'OTTAWA ENGAGER, ÉDUIQUER, PLAIDOYER.</p>	 <p>mazon CANADA The Jewish Response to Hunger</p>	 <p>Ottawa Regional Cancer Foundation</p>
 <p>SOMERSET WEST COMMUNITY HEALTH CENTRE</p>	 <p>CBC OTTAWA</p>	 <p>Ottawa Black Mental Health Coalition</p>

<p>CENTRETOWN Community Health Centre</p>  <p>CENTRE DE SANTÉ communautaire du Centre-ville</p>	 <p>ADONIS Mediterranean market</p>	
		 <p>Canadian Mental Health Association Ontario</p>
		 <p>Centre de ressources communautaires RIDEAU-ROCKCLIFFE Community Resource Centre</p> <p>Overbrook • Forbes • Carson Grove • Minor Park Lindenlea • Rockcliffe • New Edinburgh</p>
		 <p>bgc Ottawa</p>
<p>SOCIAL PLANNING COUNCIL of Ottawa</p>  <p>Le CONSEIL de PLANIFICATION SOCIALE d'Ottawa</p>	 <p>the Caring and Sharing Exchange</p>	
 <p>Bank Canada Trust</p>	 <p>OTTAWA COMMUNITY FOUNDATION invested for good</p>	 <p>GreenShield™</p>



African, Caribbean & Black Wellness Resource Centre



Employment and
Social Development Canada

Emploi et
Développement social Canada



**Government
of Canada**

With special thanks to Council Members:

MPP Lucille Collard

MP Mona Fortier

Councillor Rawlson O'Neil King

Councillor Tim Tierney

Councillor Riley Brockington



Donate Today!

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