

Where BMHC will Be for Black History Month

1. Western University Conference

Reclaiming Our Joy, Building Our Futures: A Black Legacy Conference

Date: Friday, January 30, 2026

Location: Western University

Overview:

Grounded in the *World Day for African and Afro-Descendant Culture* (UNESCO), this conference is guided by the theme **Black Joy, Reclamation, and Glory**, centering legacy, joy, and collective futures for Black communities.

2. Reshaping Our Culture – Youth Conference

Date: Saturday, February 7

Time: 12:00 PM – 5:00 PM (EST)

Location: Audley Recreation Centre, Ajax, ON

Overview:

A youth-focused conference dedicated to reshaping cultural narratives, empowerment, and identity through dialogue and community connection.

Get tickets here <https://www.eventbrite.ca/e/reshaping-the-culture-conference-tickets-1978625676662?aff=ebdsoporgprofile>

3. Film Screening – *It Comes in Waves*

Date: Thursday, February 27

Location: To be announced

About the Film:

It Comes in Waves follows Akai, a young man from a Rwandan refugee family navigating intergenerational trauma, substance use, and immigrant identity. The film premiered at the **American Black Film Festival** and is distributed in Canada by **Mongrel Media**.

Trailer:

<https://vimeo.com/1038030298>

4. Photography Project – *Healing the Boy Within: Unmasking the Mind of Black Men’s Mental Health*

Date: Friday, February 28

Location: 32 Lisgar St., Toronto, ON

Project Description:

A visual storytelling project exploring the mental health journeys of Black boys and men, highlighting emotional suppression from childhood and its long-term impact.

Visual Project Summary:

<https://imaniedwards.my.canva.site/evolving-in-bloom>