HANDS LIFTING HEARTS
INITIATIVES SOCIETY
RESOURCE 04

# CULTURALLY RESPONSIVE SUPPORT.

Support & help-seeking that respects who you are

**For African, Black and Caribbean families, youth, and caregivers in Alberta**

Seeking help is not a failure. It is an act of courage, protection and care for yourself, your children, and your community.

Family Violence Prevention / Breaking Silence, Building Safety

Sponsored by the Ministry of Children and Family Services, Government of Alberta

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Alberta Government

# *Culture, trust and asking for help*

Culturally responsive support recognizes the histories, identities, migration experiences, and cultural values of African, Black, and Caribbean (ABC) individuals and families. In family violence prevention, this means support that is safe, respectful, affirming and grounded in lived experience.

## *Why seeking help can feel risky*

| | |
|---|---|
| **01** | Fear of stigma or community judgment |
| **02** | Mistrust of systems based on past experiences |
| **03** | Immigration or child-welfare concerns |
| **04** | Cultural expectations around privacy and endurance |

## *Take support at your own pace*

This resource offers pathways to support, advocacy tools and education to help families seek help without fear or shame.

Click resource cards on the following pages to open their links. Service areas and access requirements vary.

# *Therapists and mental health resources*

01

### Find a Black or culturally responsive therapist

Psychology Today: search for Black therapists across Canada, including Alberta.

READ / OPEN RESOURCE

02

### Black Mental Health Canada

Therapists, programs, community supports and culturally grounded mental-health resources.

READ / OPEN RESOURCE

03

### Access Mental Health — Alberta Health Services

Support for finding appropriate mental-health programs and services. Check the service area and referral requirements.

READ / OPEN RESOURCE

04

### Black Communities — Mental Health Commission of Canada

Culturally adapted information addressing mental-health needs in Black communities.

READ / OPEN RESOURCE

05

### CAMH — Mental Health Disparities in Black Communities

Why culturally responsive care matters and how disparities affect help-seeking.

READ / OPEN RESOURCE

# *Family violence support pathways*

Canada-wide information and support resources.

06 **Stop Family Violence — Government of Canada**
Information on recognizing abuse, safety planning and available supports.

READ / OPEN RESOURCE

07 **Plan Your Safety — Government of Canada**
Guidance for creating a personal or family safety plan.

READ / OPEN RESOURCE

08 **ShelterSafe — Find Help Near You**
Searchable directory of shelters and family-violence services across Canada.

READ / OPEN RESOURCE

09 **iHEAL App (Canada)**
An app designed to support women who have experienced abuse.

READ / OPEN RESOURCE

Support can be accessed gradually, confidentially, and in culturally safe ways.

# *Community and newcomer support in Alberta*

Local organizations may have specific service areas or eligibility requirements.

10 **Calgary Immigrant Women’s Association (CIWA)**

Counselling, trauma-informed and culturally specific programs for immigrant women and families.

READ / OPEN RESOURCE

11 **Calgary Catholic Immigration Society (CCIS)**

Settlement services, family support and culturally responsive counselling.

READ / OPEN RESOURCE

12 **The Alex — Community Health Centre**

Integrated health, mental-health and social supports.

READ / OPEN RESOURCE

13 **Hands Lifting Hearts Initiatives Society (HLH)**

Culturally responsive family violence prevention, maternal support and community-led programming for African, Black and Caribbean families.

READ / OPEN RESOURCE

This list is not exhaustive. You can check for more information relevant to your situation.

# *Cultural healing and help-seeking*

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### Healing Intergenerational Trauma

Explore videos about cultural healing, resilience and breaking cycles of harm in Black communities. This link opens YouTube search results.

**EXPLORE VIDEOS / OPEN RESOURCE**

Preview individual videos for relevance and suitability before using them in a family or community session.

## *Seeking help is an act of courage.*

Protection and care for yourself, your children, and your community.

Images are AI-generated and do not depict HLH participants.