

Akoma

Akoma comes from the Akan word for heart, symbolizing endurance and understanding while representing love, unity, patience, tolerance and goodwill. Akoma launched as a pilot in January 2020 based on recommendations from a report by the Black Community Action Network (BCAN) which outlined issues facing Black children and families in Peel. The Akoma pilot grew into a full community wraparound service approach where Peel CAS, Roots Community Services, Free for All Foundation and BCAN work together to reduce racial inequalities and increase the well-being of Black Canadian families who are involved in the child welfare system in Peel.

Free For All Foundation: Internal

Program	Program Description	Age	Notes
Mental Health Counselling		From 14 years to 60+	Between 6-8 months
In-House Counselling		From 14 years to 60+	Between 6-8 months
Food For Security	Every Friday between 12-1:30	From 18 years to 60+	Ongoing support
Seniors program	Life skills programming for seniors (50+), Offer support, workshops and activities, Location: Brampton Communities of Mahogany and Springdale	From 45 to 60+	Ongoing support
Family support program (Household Items)	Age 20-55+, Resources are subject to a	From age 20 to 55+	Resources subject to availability
After School Program	After school learning and tutoring for high school students		
March Break and Summer Camp Program	Children (6-16) from July to August, 8am to 3pm Physical activities (basketball & baseball), STEM activities (building robots & experiments), Arts & Crafts, \$50 a week	From 6 to 15 years.	Seasonal program for school-age Children.
Leadership Development Management	Financial Literacy, Career Develop, Entrepreneurialism	Youth	
Crime Prevention Program	Provides youth with knowledge and resources to reduce crime in their communities, Learn about alternatives to violence and conflict management & resolution skills, Scholarship	Youth	

Free For All Foundation: External

Program	Program Description	Age	Notes
PHCS	Community Partner	From 25 to 60+ years	
Achev	Social Services and employment agency	From 16 to 50+ years	
Malton Neighbourhood Services	Social Services and employment agency	From 16 to 50+ years	
Legal Aid Ontario	Legal Aid certificate for legal issues	From 18 to 60+ years	The client must qualify for assistance
Victim Services of Peel	IPV Transitional Housing and Support Services	From 18 to 60+	There is a requirement that the clients must meet to qualify.
Catholic Counselling Services	Faith-Based counselling.	From ages 16 to 50+	
Birthright Brampton	Family support program and post-partum program.	From 0-6 years, children and mothers.	
Family Service of Peel	Trauma Inform counselling and support services for families.	From 25 to 60+ years	
SHIP	Services and Housing in the province. Mental Health Support Program	From 16 to 50+ years	

Roots Community Services

Program	Program Description
Enhanced Youth Outreach Worker	A program geared toward youth, 12 who may be experiencing challenges related to mental health, addictions, trauma, relationship violence, human/sex trafficking. Youth are provided with techniques to help them cope with the issues they are facing and connect them with services where they could build their self-esteem.
Fresh Start for Women	Helping women who have suffered abuse to make a fresh start and rise above their trauma. Women are supported as they build confidence and make meaningful decisions for themselves and their children. We offer one-on-one counselling and group sessions among other services.
Gender-based Violence Prevention	Providing individuals with solace and strategies to cope with intimate partner violence. Focus on women, especially trans women and those who have been trafficked. Based primarily at the Safe Centre of Peel (SCoP), a co-located, integrated and coordinated hub at the Davis Centre, 60 West Drive, Brampton, which addresses the needs of people experiencing family and intimate partner violence. This hub provides a safe and welcoming space where many agencies work together at one location.
Men's Program	Black Men Speak Up helps Black, African and Caribbean (BAC) men, age 18 years and older, get in touch with their emotions and provides support to those who are struggling to cope with mental health issues.

Student & Family Advocate	Supporting Black students and their families in the regions of Peel and Halton as they navigate the education system, this initiative addresses disparities in educational outcomes due to systemic and structural barriers.; Working from anti-Black racism, anti-oppression and cultural-safety lenses, the program promotes responsive education systems, positive student outcomes, and increased student belonging.
Healthy Minds, Strong Will	This psychotherapy programs provides clinical intervention services for youth 13 years as well as their parents/guardians and other caregivers to help youth develop healthy minds and a strong will to be successful. The program also offer experiential group counselling for youth and/or parents. Sessions are by appointment only.
High Priority Communities Strategy	RootsCS is one of 6 lead agencies in the Region of Peel that provide services to combat health concerns and awareness through HPCS. This strategy targets high priority communities that have been significantly impacted and face complex barriers to accessing social and health services and supports. It involves community outreach & education, providing access to wraparound supports.
BAC Community Support Line	A confidential and non-judgmental service that provides a listening ear to support callers from the Black, African and Caribbean communities, offer wraparound services, supply information and make referrals when appropriate.
Clinician Crisis Response Team (CCRT)	In collaboration with the Peel Region Police, Canadian Mental Health Association and Punjabi Community Health Services, community clinicians will be integrated in the police operations to respond to low-risk 911 calls to offer effective crisis intervention that is inclusive and client-centered. The primary objective is to minimize criminalization of mental illness and reduce unnecessary mental health apprehensions.
AMANI – (formerly SAPACCY)	Offers culturally responsive and affirming mental health and substance use health support for Black youth, ages 12–29, alongside their families and caregivers, in Peel/Halton Region. We provide a safe and welcoming space for Black, African, and Caribbean youth to talk about mental health and substance use health issues. The AMANI Mental Health & Substance Use Program (formerly known as the Substance Abuse Program for African Canadian and Caribbean Youth or "SAPACCY") provides a range of confidential, personalized services: Assessment and Treatment Planning, Counseling, Psychotherapy, Psychiatric Assessment, Diagnosis, and Treatment Plan, Group Therapy, Caregivers Support Group, Case Management/Service Navigation, Mental Health Promotion and Prevention
Healthy Active & Wise Seniors	The HAWS Program creates a sense of pride, belonging and independence among its members through initiatives that encourage them to live and maintain a healthy lifestyle. The programs offers seniors 55 years and over a variety of activities and services to meet the diverse needs of our members who range from those who are active and agile to those who have limited mobility. These are our core seniors programs.
Black Leaders of Tomorrow (BLT) – Youth Mentorship Program	<p>Through the Youth Business Mentorship Program, Black Leaders of Tomorrow, we inspire youth to embrace their identity, make healthy and safe choices, increase resiliency and make progress toward their identified goals, while providing opportunities for them to realize their passion and/or talent.</p> <p>The initiative focuses on mentoring youth who identify as Black between the ages of 16 and 24 years in the Region of Peel. It aims to help them to develop a strong cultural identity while building strong business skills that can be used in either their own business or in any career they choose.</p>

Social Enterprising & Entrepreneurial Development (SEED)	<p>Our SEED program helps racialized women develop entrepreneurial skills and enhance employment readiness. It offers women an opportunity to build their confidence, find their voice, and provides a forum to express themselves.</p> <p>Our program offers:</p> <ul style="list-style-type: none"> -A supportive, empowering space to help women launch or grow their businesses -A safe space for women healing from trauma and gender-based violence -Access to culturally-sensitive individual counselling and supports -Comprehensive guidance in building a successful business through our 12-week workshop -Training in administration, marketing, finance, merchandising, networking, digital literacy, distribution, and other key business skills -Mentorship by experienced business professionals and support in preparing a business plan.
Arts Literacy & Tutoring Club	<p>The ALT Club provides opportunities for marginalized students, primarily from the Black, African and Caribbean communities, to achieve higher grades while helping to develop their critical thinking, literacy skills, creativity, life-skills and build character in an environment which is safe, caring and fun. We use a culturally-relevant integrated approach to address social, emotional and educational challenges, expand learning opportunities and offer an enriched and balanced program to provide students with positive experiences. The longer-term outcomes we expect to achieve are a reduction in the high school drop-out rate, an increase in students with high literacy skills, and a higher percentage of students who feel confident in who they are and are enthusiastic about pursuing post secondary learning.</p>
Summer Camp	<p>The Summer Camp is an extension of the ALT Club providing a program during the summer to keep children engaged and provide them an opportunity to learn, explore and have fun, through developing their critical thinking, literacy and life skills in an environment which is safe, caring and fun-filled.</p>
Black Youth School Success Initiative	<p>RootsCS is a partner agency in the BYSSI, a product of a community collaborative comprised of a diverse group of agencies and institutions working together to support the Black community in Peel. BYSSI specifically provides culturally-appropriate, wraparound after school programming for Black students in Peel schools. We assist with tutoring support. This falls under the ALT Club program.</p>
Tax Clinic	<p>We offer free tax preparation service during the tax filing period (March and April) to eligible community members in collaboration with Canada Revenue Agency and the Region of Peel.</p> <p>Volunteer tax agents approved by CRA work with us to assist individuals and families to file their taxes going back up to ten years.</p>
Support Services	<p>In addition to the programs we offer, we provide services, some on an annual basis, to members of the broader community. These include:</p> <ul style="list-style-type: none"> • Food baskets • Gift cards • Training of College and University students; Placement students/volunteers • Advocacy

Mental Wellness Program	Provide deep clinical intervention with parents/guardians and other caregivers to help youth (13+) develop healthy minds and a strong will to be successful. Support families experiencing anxiety, stress, depression, indecision, fear, suicidal tendencies, lack of confidence, dilemma about future career path, guilt, self-doubt, constantly overwhelmed, anger, poor self-esteem, lack of motivation, poor time management skills, relationship issues, family conflicts, indulging in self-harm Group therapy
Community Assistance Subsidy Program	Provides rent subsidies to clients in need of support Currently on HOLD

Roots Building Healthy Families Program (BHF – Roots)

Program	Program Description
Building Healthy Families (BHF) - Peel CAS	A partnership with the Peel Children's Aid Society to provide culturally appropriate counselling to parents who struggle with managing their children when faced with many intersectional and conflicting problems.
BHF - Akoma	A partnership program with Peel Children's Aid Society (Peel CAS), Black Community Action Network and Free for All Foundation, funded by the Ministry of Children, Community & Social Services (MCCSS). The objective is to provide wraparound services to youth and their families involved with Peel CAS that would enable them to develop needed community support
BHF - Halton CAS	A partnership with Halton Children's Aid Society with the mandate to reduce the overrepresentation and disproportionality of Black youth and to implement solutions for early intervention and prevention of families being referred to the CAS.
BHF - Halton Rock	A partnership with Reach Out Centre for Kids (ROCK) in Halton Region to provide culturally sensitive and appropriate therapy to BAC families seeking services from ROCK.