

HOW YOU CAN HELP

"My hope is that we develop courage. To try to have, try to learn to treat each other fairly, with generosity and kindness"

— Maya Angelou

Participate or Volunteer



KMFW offers ongoing long and short-term volunteer opportunities for those who are looking to get involved.

KMFW offers placements to secondary and post-secondary students.

Student Placement /Internship



Careers



KMFW seeks candidates who are committed to work relating to Black-identifying persons.

Donate/Sponsor

KMFW wants to make a difference in its community. If you wish to donate to help us continue the amazing work we are doing in our region email us or visit our website.



CONTACT US

Email:

info@kindmindsfamilywellness.org

Website:

www.kindmindsfamilywellness.org

Telephone:

226-336-1988

STAY CONNECTED WITH US!



@family_kind



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@kind.minds.family.wellness



KIND MINDS FAMILY WELLNESS

CULTURE
RESEARCH
COMMUNITY ENGAGEMENT



WWW.KINDMINDSFAMILYWELLNESS.ORG

QARNI YOUTH & SENIOR'S PROGRAM HIGHLIGHTS

Qarni (pronounced Ka-ni means Generations in Somali language)

“[I] wish [Qarni] happened more often and appreciate the program, it was a success!
— Senior Qarni Participant



“[Qarni] was much needed and super helpful!! Thank you so much!
— Youth Qarni Participant



PROGRAMS & SERVICES

Culturally Grounded Counselling

Counselling provided by professionals who are racially, culturally and spiritually equipped.

Research

Fostering culturally sensitive evidence-based practice through research.

Culturally Informed Educational Programs & Groups

Groups for youth (ex. Klib Liv), adults (ex. Fambul Tok), seniors (Wazee) & all ages (ex. Qarni)

Community Support & Engagement

Providing various supports to our community (ex. extracurriculars, food, housing etc.)

Advocacy & Education

Delivering workshops on anti-black racism & systemic oppression while also celebrating Black culture.

Career Services & Employment Support

Providing career and employment support to our community (ex. resume writing, mentorship, financial literacy etc.)

ABOUT KMFW

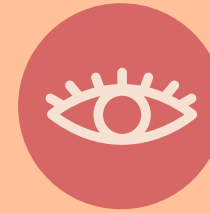
“When ‘I’ is replaced with ‘We’ even Illness becomes Wellness”

— Malcolm X

Welcome to Kind Minds Family Wellness. We are honored to be serving the Kitchener-Waterloo (KW) Region.

We acknowledge diversity and cultural identities in our provision of short and long-term culturally informed supports to our Black clientele. Our specialty is in Afrocentric/culturally grounded counselling, education and research advocacy that addresses anti-black racism and systemic oppression and fosters Black community empowerment/resilience, community services navigation supports, and the design and delivery of culturally suitable educational programs and groups for children, youth adults and seniors.

WHO WE ARE

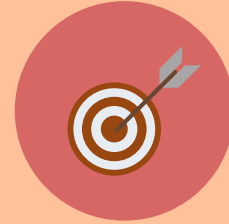


Our Vision

Equity, inclusiveness, and community engagement.

Our Mission

To transform personal narratives of Black persons, support and empower them as they navigate systems in order to attain positive Self-actualization and Holistic wellness.



Our Commitment

Respect. Equity. Inclusivity. Openness. Diversity. Dignity, and the Self-determination of our service users and their social and cultural networks.



Our Values

We are committed to providing equitable and culturally sensitive programs and services, within the context of an evidence-based practice. We are determined to foster a safe and positive space that encourages and respects our client's perspectives and feedback.

