



BROTHERS WHO CARE



Creating a Vibrant Community where you can stay Informed and Connected with Like-minded Individuals

Greetings to our Brothers Who Care Family, and Happy end of Summer time to each and everyone of you.

The team at Brothers Who Care wanted to take a moment to express our sincere gratitude for your support of the newsletter. Your decision to be part of our community of readers means a great deal to us.

By subscribing to our newsletter, you have not only shown your interest in the topics we cover but also demonstrated your trust in us to provide valuable information and insights. We truly appreciate your support and look forward to delivering high-quality content straight to your inbox.

Our team is committed to bringing you the latest updates, thought-provoking articles, and exciting announcements. We aim to create a vibrant community where you can stay informed and connected with like-minded individuals.

Your subscription allows us to continue producing and sharing content that we hope will educate, inspire, and entertain you. We highly value your feedback, so please don't hesitate to reach out to us with your thoughts, suggestions, or any specific topics you'd like us to cover.

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There is so much happening at Brothers Who Care, and the best way to stay up to date is by visiting us at <https://brotherswhocare.com/>.



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Distinguished Dialogue with David Griffiths

I have to admit; the last few months have been challenging for me. The modern world has become demanding and fast-paced, leaving me little time for relaxation and self-care. As a Black man, I know that we face unique challenges and expectations that can contribute to our experience of stress and busyness. Current societal expectations place pressure on men to be: strong, self-reliant, and successful in various areas of life. Striving to meet these expectations while juggling multiple responsibilities can become overwhelming, even for the strongest person.

There is the pressure of building a successful career, which can involve long hours, demanding deadlines, and high levels of responsibility. Balancing work commitments with personal life can be challenging and can contribute to feelings of being overwhelmed.

We also play various roles within our families: partner, father, caregiver; meeting the needs of family members, managing household chores, and participating in children's activities, all of this can add to the hecticness of daily life.

Let's admit it; Black men face additional challenges in seeking support for their mental and emotional well-being due to societal stigmas surrounding help-seeking behaviour. Balancing the demands of daily life while maintaining good mental health can be a struggle, one that our team is focused on assisting our community with.

I have some big, audacious goals that I want to pursue outside of my professional and family lives and most of these involve the work that we do here at Brothers Who Care. These goals provide me with a sense of purpose and direction, and motivate me to push beyond my comfort zone and strive for greatness. It pushes me to learn, adapt, and grow as I work towards achieving my objectives.

We have had a successful and exciting year so far, and we have been working diligently to make sure that we end this year on a high note. In our September newsletter, we will be giving sneak peaks of what is to come.

I want to remind my Black men to prioritize self-care and find strategies to manage the hecticness of life. Remember, it's okay to ask for help and take time for oneself to maintain a healthy balance in life.



Creating Opportunities to Accelerate Personal and Professional Growth

Black men have always been viewed as a threat to society and psychological fear has been ingrained in the minds of society. Unfortunately, as society progresses, we see regression in the progress of black men and this burgeoning fear is being recently played out through a series of attacks on black men.

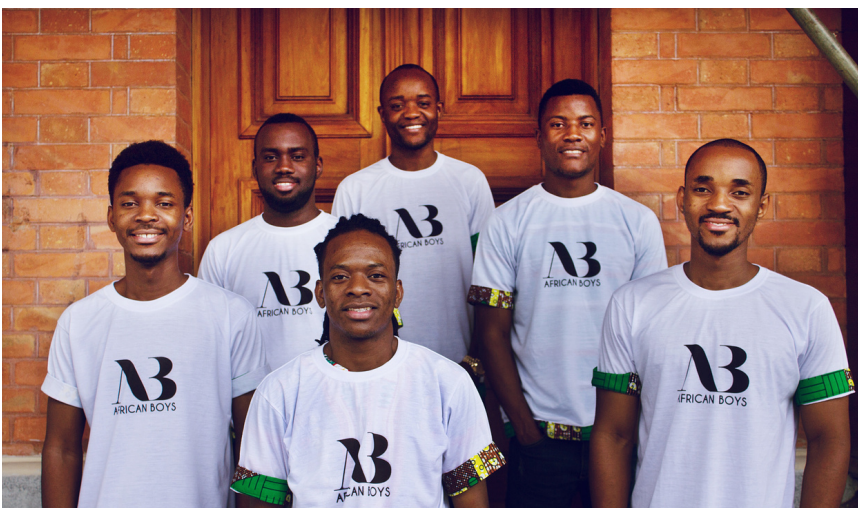
So how do we go about combatting that?

Care Leadership Development Alliance

The CLDA is a vehicle for Black Males to network and create opportunities to accelerate their personal and professional growth. The academy focuses on Mentoring, Coaching and Sponsorship to create the necessary connections and open up new pathways to success.

There are 6 key focus areas:

1. Leading Self Development
2. Leading People
3. Leading Change
4. Leading Innovation
5. Leading for Growth
6. Leading Social Responsibility



This year we will be undertaking our first ever Black Men's Retreat, a retreat that will focus on the importance of explore one's potential, setting and achieving meaningful goals, and leading a more fulfilling life.

Self-development helps men enhance their emotional intelligence, enabling them to understand and manage their emotions better. This will lead to improved mental health by reducing stress, anxiety, and other negative emotions, as well as fostering resilience in the face of challenges.

Men who invest in self-development are more likely to have healthier and more meaningful relationships; also, it often leads to improved skills and knowledge, which can translate into career advancement and personal success.

Whether in their professional or personal lives, men who continually strive to improve are better positioned to seize opportunities and overcome obstacles.

In our October newsletter, we will provide additional information on the retreat, some of the exciting activities we have in store for our men, speakers, and of course the venue of this groundbreaking initiative.

It is our vision to equip and inspire Black Male leaders to be all that they can be by drawing on the power of the collective and creating a Centre of Influence that mobilizes: social, political and economic growth and outcomes.

Preparing your Children for the new School Year

Preparing your children for the new school year involves a combination of practical, emotional, and organizational steps to ensure a smooth transition.

Every child is unique, so tailor your preparation approach based on their individual needs and personality. By taking certain steps, you'll be helping your children start the new school year on the right foot.

Now, be aware that most of these suggestions you may already know, but usually it is mother's who are left with majority of the responsibility. Our list has been put together for father's; there are different ways that you can be part of your child's back to school experience.

Organizational Skills

Teach your children how to use planners or calendars to keep track of assignments, tests, and extracurricular activities.

Emotional Preparation

Talk to your children about their feelings regarding the new school year. Address any anxieties or concerns they might have.

Remind them of past successful transitions to boost their confidence.

Social Skills

Reinforce good manners, conflict resolution, and making friends.

Talk to your children about kindness and empathy.



Communication

Contact teachers or school administrators if your child has any special needs or accommodations.

Make sure your contact information is up-to-date with the school in case of emergencies.

Safety Measures

Review safety rules for traveling to and from school.

Teach your children about stranger danger and when to seek help from adults.

Open Communication

Keep an open line of communication with your children about their experiences at school.

Listen actively and offer guidance when needed.

Mindset and Attitude

Model a positive attitude and enthusiasm for learning. Children often emulate their parents' behaviours, so demonstrating a curious and open mindset can inspire them.



Spotlight on our Sponsors

In the Skilled Trades industry, visible minorities are underrepresented. A more inclusive and diverse trade industry could go a long way in attracting more African Canadian professionals and financially empowering the next generation of entrepreneurs.

Brothers Who Care have collaborated with the **B.E.S.T (Black Entrepreneurship and Skilled Trades) Foundation Program** in partnership with Ontario Tech University to implement a series of customized modules and training specifically designed to guide aspiring entrepreneurs (ages 16 -39) in the Skilled Trades industry. Interested individuals have the option of being enrolled in: automotive, culinary, hospitality, construction, and service program streams.

This curated program provides the critical support students need to transition from a learning environment into the industry. Participants will be connected with industry leaders who will provide coaching so that they are able to present themselves to future employers. They will complete the program prepared to enter the workforce with a solid foundation allowing them to seamlessly transition into their careers.

AND THE BONUS...

Upon signing up for the program, your name will be entered into a draw for **FREE RAPTOR TICKETS**, sponsored by Brothers Who Care!

For more information, and to enrol contact **Simone Jennifer Smith** at simone@brotherswhocare.com.

Don't forget to **SHARE** this information with a young entrepreneur that you know.



CIBC Internships 2023 | CIBC Careers

CIBC, or the Canadian Imperial Bank of Commerce, is a leading financial institution in Canada. CIBC offers a variety of internship programs for students and recent graduates who are interested in gaining practical experience in the banking industry. CIBC's internship programs are designed to provide participants with hands-on experience in various areas of the bank, including finance, accounting, risk management, human resources, marketing, and more.

Interns are typically assigned to a specific team or department, where they work closely with experienced professionals to develop skills and gain insight into the banking industry. Throughout the internship, interns are given opportunities to participate in projects, attend training sessions, and engage in networking events. CIBC values diversity, inclusion, and collaboration and strives to create a supportive and inclusive environment for all interns.

The bank offers competitive compensation and benefits packages and fosters a culture of continuous learning and development. Overall, a CIBC internship can provide an excellent opportunity for students and recent graduates to gain practical experience, develop new skills, and explore potential career paths within the banking industry.

Internships are open; you can apply at <https://www.cibc.com/en/about-cibc/careers/students-and-graduates.html>

Create and Mobilize Millionaires across Canada by 2030

“From data collected during the pandemic, it was found that 37.5% of Black Canadians reported feeling financially insecure, and the damages caused by financial instability are not limited to the pockets of these communities. Mental health is one of the major epidemics affecting black communities; 38.8% percent of Black Canadians in difficult financial situations face mental health issues.

Statistics like this show that there is an urgent need to revamp the way that Canadians receive financial services; there needs to be equally shared opportunities in this new era of financial services.

Brothers Who Care began the LEGUP journey in 2022 with a goal of helping the Black & Visible Minority communities participate in building a more sustainable society, and feeling confident about meeting their financial goals in a changing and ever evolving digital world.

Our Vision

Our strategy is long term, and this means that we have had to break down our vision into smaller, achievable goals, which are time-bound, and aligned with our overall vision:

- **Engage 10,000 BIPOC citizens in generation wealth creation Masterminds by 2030**
- **Create and Mobilize 50 Millionaires across Canada by 2030**
- **Generate \$25 million, pooled resource incubator in LEGUP Investment Club by 2030**
- **Invest \$10 million in LEGUP Fund to facilitate Entrepreneurship & Business Startup by 2030**
- **Stay Tuned for the next LEGUP Symposium happening on March 31st, 2024**

We want to extend our heartfelt gratitude to TD Bank, our generous sponsors. Their support has played a pivotal role in the success of LEGUP, and we couldn't have achieved our goals without you.

Their sponsorship not only provided us with the financial resources we needed, but also sent a powerful message about their dedication to supporting LEGUP. Their partnership symbolizes a shared vision of making a positive impact in our community and beyond.

LEG-UP Community Hub

A pipeline of BIPOC professionals in line to increase financial health and work towards creating generational wealth as part of the next mastermind.



LEG-UP Mastermind

Serves as an Incubator for Idea maturation, Test 'n Learn and showcases real time examples of wealth creation in BIPOC communities



LEG-UP Wealth Symposium

A gathering of BIPOC: Dreamers, Builders, Trail Blazers who are disrupting the wealth creation process

We are: committed to developing our LEGUP community, and as we continue to build, we will share so that YOU can get involved!