



President's Action Committee on Anti-Racism (PACAR)

Minutes

January 27, 2025

4:00-5:00 pm

TEAMS

Attendees:

Amanda Cockshutt, Cindy MacKenzie, Jane McMillan, Lorraine Reddick, Sabina Skinner, Robert Upshaw, Elizabeth Yeo, and *Jennifer Sylvester (Recording)*

Regrets

Marcel Desmond, Jennifer Desmond, Megan Fogarty, Gord Gallimore, Cindy MacKenzie, Blair Maltby, Ornella Nzindukiyimana, Kerry Prosper, Tara Reddick, Kaison Stevens, Ann Sylliboy

Welcome and Land Acknowledgement was offered by E. Yeo.

J. McMillan motioned to accept the agenda as presented, motion seconded by L. Reddick.

The minutes of December 11, 2024, were accepted as presented.

Co-Chair updates

The Black Student Success Centre, The Dr. Agnes Calliste Academic and Cultural Centre has launched African Heritage Month a schedule of events which will start with a community flag raising on January 30th at Chisholm Park. The email that was sent out to the StFX Community will be extended to our community members.

E. Yeo welcomed Lorraine Reddick to today's meeting with thanks and recognition for all the valuable knowledge and expertise that she provides to the Centre. Lorraine's community knowledge and meaningful insights will continue to lead the great work and services we provide.

Student Services has applied for the Youth Mental Health Fund. This fund would enhance Indigenous mental health, building on the StFX Continuum of Care model, and informed by the Thunderbird (2015) First Nations Mental Wellness Continuum Framework, Tajikeimik's Mental Wellness and Healing Framework, and the Medicine Wheel Model. Initiatives include peer mentorship fostering belonging and mental health literacy; Elders to provide ceremony and cultural connection; non-clinical case management to link students with campus and community resources; and culturally aligned mental health counseling. These efforts reduce barriers, improve access to care, and support holistic well-being in a culturally safe environment, enabling Indigenous students to thrive academically, socially, and personally. This project will enable



strong partnership with NS Health, L' Nu Nursing, Tajikeyimik Mi'kmaw Health and Wellness and Mi'kmaq community organizations. This approach offers a scalable model to benefit other student populations and institutions across Canada.

Cindy Thompson has provided a proposed communication plan for StFX and community external to campus. Action: At the end of each PACAR meeting the group could assess if anything needs to be communicated by whom and to what audience.

The next PACAR meeting is scheduled for February 26th, 2025.

Meeting adjourned at 5:05 PM.