NOTES!

What do you do if you find a needle in public?

There are a variety of reasons you might find a needle in public, & there is a very easy & safe way for you to dispose of it!

1. Find a container that is safe for sharps.
This would be ideally be a sharps container, but if you don't have one, any container that is resealable, puncture-proof, and is made of thick plastic/ metal (e.g. coffee can, water bottle, etc.).

2. Safely pick up the needle
You can do this using tongs or gloves, or only grabbing the barrel of the needle. Never grab it by the tip or try to recap the needle.

3. Put the needle TIP DOWN into the container
Make sure you cannot prick yourself in this process.

4. Label the container with marker if not already labelled.

5. Bring the container to a safe disposal site & their staff can permanently dispose of it.
Positive Living Niagara (120 Queenston St., St Catharines) is one of our key disposal sites. There are also many public disposal containers in locations like public washrooms. Advocating for more disposal bins in the region will help with the ease of disposing needles when you fund them.

Pro-tip - You can also support those impacted by the stigma around needing to use needles by sharing these steps with your communities and by getting trained in harm reduction & Naloxone.

To get trained and get a Naloxone kit, please email claurie@positivelivingniagara.com.

DISORIENTATION GUIDE TO NIAGARA

VOL. 2

Options, alternatives & hidden gems in St. Catharines & the Niagara region!

Get involved in community initiatives, support independent businesses & restaurants, and find the affordable options & nature spots!

PIRG BROCK

Published 2021

COMMUNITY ACKNOWLEDGEMENTS

In all of our work, we must first acknowledge and be accountable to histories and ongoing processes of colonization and imperialism. In a country active in the continued colonial project, we must work in solidarity with and support the efforts on First Nations, Métis, and Inuit people and communities. Acknowledgements like these are only component Indigenous solidarity, and requires ongoing action, commitments to self-education, and support.

This DisOrientation Guide was conceptualized, researched, and created on the traditional and shared lands of Haudenosaunee, Anishinaabe, Wendat, and Chonnonton peoples. The Niagara region is also home to many Metis and Inuit people.

These lands are included in the Upper Canada Treaties and governed by the "Dish with One Spoon" pre-colonial agreement. This treaty between the Anishinaabe, Mississaugas and Haudenosaunee binds them to share the territory and protect the land. Subsequent Indigenous nations and peoples, settlers and all newcomers, have been invited into this treaty in the spirit of peace, friendship and respect. In learning about the treaties and agreements in this region, it is also integral to understand the 1764 Treaty of Niagara as a foundational agreement in nation-to-nation relations.

Legacies of colonization, racism, and capitalism are upheld everyday by our failure to address ongoing attacks on Two Spirit, trans, and gender non-conforming Black people, Indigenous people, People of Colour, who have always been at the forefront of calling for essential societal change, which this far too often ends up in their criminalization and deaths. In thinking about building creative spaces for societal change, we must be prioritizing these discussions and supporting the creative and political work of Indigenous and Black people and communities within Niagara, across this country, and across the world.

With so many resources available in Niagara and online, ignorance is not an option. We must to take action to do better.

ANNUAL KEY DATES

MARCH

Mar 4 - Berta Flores' Birthday
March 8 - International Women's Day
March 10 - Harriet Tubman Day
Mar 20 - Spring Equinox
Mar 20 - Anniversary of the BLM Toronto Encampment
Mar 21 - International Day for the Elimination of Racial Discrimination
Mar 25 - International Day of the Remembrance of the Victims of Slavery and the Transatlantic Slave Trade
Mar 31 - Trans Day of Visibility

APRIL

Apr 6 - National Caregivers' Day
Apr 10 - Dolores Huerta's Birthday
Apr 22 - Earth Day
Apr 28 - Day of Mourning for those killed or injured at wo

JULY

July 2 - Sylvia Rivera's Birthday
July 14 - International Mad Pride Day
July 16 - Assata Shakur's birthday
July 29 - Anniversary of the first collective agreement for farm workers (United Farm Workers)

AUGUST

Aug 1 - Emancipation Day
Aug 9 - International Day of the World's Indigenous Peoples
Aug 10 - Prisoners Justice Day
Aug 24 - Marsha P. Johnson's Birthday

NOVEMBER

Nov 1-12 - United Nations Climate Change Conference
Nov 10 - Anniversary of first teach -in of the Idle No More Movement
Nov 16 - Anniversary of murder of Metis Leader Louis Riel
Nov 20 - Trans Day of Remembrance
Nov 22 - National Housing Day
Nov 25 - Int'l Day for the Elimination of Violence against Women
Nov 25-Dec 10 - The 16 Days of Activism against Gender-Based Violence
Nov 29 - International Day of Solidarity with the Palestinian People

DECEMBER

Dec 1 - World AIDS Day
Dec 3 - International Day of Persons with Disabilities
Dec 6 - National Day of Remembrance and Action on Violence Against Women
Dec 21 - Winter Solstice
Dec 26-Jan 2 - Kwanzaa

JANUARY

Jan 26 - Angela Davis' Birthday
Jan 27 - Holocaust Remembrance Day
Jan 28 - Anniversary of R. v. Morgentaler - Legalization of Abortion in Canada
Jan 29 - National day of remembrance for the Quebec City mosque shooting

FEBRUARY

Feb 1-28 - Black History Month
Feb 5 - Anniversary of the Toronto Bathhouse raid "Operation Soap"
Feb 14 - National Day of Action for Missing & Murdered Indigenous Women, Girls, and Two Spirit people
Feb 20 - World Day of Social Justice

MAY

May 1 - May Day
May 4 - Anniversary of the Yonge Street Uprising
May 15 - Jackie Shane's Birthday
May 15 - 101st Anniversary of Winnipeg General Strike
May 19 - Stacey Park Milbern's Birthday

JUNE

June - Pride Month
June 19 - Juneteenth
June 20 - Summer Solstice
June 21 - National Indigenous Peoples Day
June 28 - Anniversary of the Stonewall Riots

SEPTEMBER

Sept 6 - Labour Day
Sept 21 - International Day of Peace (UN)
Sept 22 - Autumn Equinox
Sept 22 - Anniversary of first legally sanctioned Safe Injection Facility in Canada
Sept 26 - International Day for the Total Elimination of Nuclear Weapons
Sept 30 - Orange Shirt Day

OCTOBER

Oct 4 - Sisters in Spirit Vigil
Oct 11 - Coming Out Day
Oct 15 - International Day of Rural Women

Pro-tip:
Use the OUTniagara Community Calendar at www.outniagara.org/events to find & promote community events!

Resources and campaigns to take action on Indigenous solidarity!

- 1492 Landback Lane
- Families of Sisters In Spirit
- Grassy Narrow
- Idle No More
- Medicine for the Resistance
- One Dish One Mic
- Indigenous Canada Free Course
- Indigenous Environmental Network
- www.native-land.ca
- Native Youth Sexual Health Network
- RAVEN Trust
- ReDress Project
- Stories From the Land
- Tiny House Warriors
- Warrior Life Podcast
- Wet'suwet'en Solidarity
- Yellowhead Institute
- Yinka Dene Alliance
- @youthformmiwg

Resources & campaigns to take action to addressing racism!

- #StatusforAll Campaign
- Black Owned 905
- Black Lives Matter Toronto
- BIPOC Resource Guide (Brock HRE)
- Coalition of Black Trade Unionists
- dismantlingracism.org
- Harriet Tubman Tours
- Islamaphobia-is.org
- Matter of Black
- Movement 4 Black Lives
- No One Is Illegal - Halifax/K'jipuktuk
- Showing Up for Racial Justice (SURJ)
- Toronto Prisoners' Rights Project

More local resources throughout the guide!

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WHAT IS THIS GUIDE?

The DisOrientation Guide to Niagara V. 2 is the second volume of our zine to showcase the community alternatives and options often missed in the mainstream media and promotions of the region.

The guide includes information on useful services, ways to get involved in community activism, independent businesses, freelance artists and vendors, arts & media options, & so much more! Things are always changing, so make sure to follow up with the names, tags, and links in this guide to ensure the most up-to-date infromation.

Rooted in a mandate of supporting social, economic, and environmental justice, OPIRG Brock is focused on a strategy of community connections & collaboration to ensure good people know good people doing good things!

NIAGARA REGION

Niagara Living Wage: $18.12 per hour

(Source: www.ontariolivingwage.ca/living_wage_by_region)

Photo source: www.niagaradocs.ca/ndocs/aboutus.html

GOVERNMENT OFFICIALS

Many calls to action ask that you contact your local representatives! Use this information to follow up on these calls for change! More information (phone numbers, regional councillors, etc.) can be found at www.opirgbrock.com/contact-your-reps .

Provincial Reps (MPPs)

- Niagara West: Sam Oosterhoff
  - sam.oosterhoff@pc.ola.org
- Niagara Centre: Jeff Burch
  - JBurch-QP@ndp.on.ca
- Niagara Falls: Wayne Gates
  - wgates-qp@ndp.on.ca
- St. Catharines: Jennifer (Jennie) Stevens
  - JStevens-QP@ndp.on.ca

Federal Reps (MPs)

- Niagara West: Dean Allison,
  - dean.allison@parl.gc.ca
- Niagara Centre: Vance Badawey
  - Vance.Badawey@parl.gc.ca
- Niagara Falls: Tony Baldinelli
  - Tony.Baldinelli@parl.gc.ca
- St. Catharines: Chris Bittle
  - Chris.Bittle@parl.gc.ca

Niagara Regional Council

This body acts as the final decision-making body for Niagara Region and serves as the Board of Health. All councillors hold office until Nov. 14, 2022

Regional Council Membership

- One regional chair
- 12 elected mayors from Niagara's area municipalities
- 19 elected representatives from Niagara's area municipalities
- Find all of their contact at **www.niagararegion.ca/government/council/profiles**

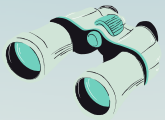
Municipal Representatives (contact info on following websites)

- www.stcatharines.ca/en/governin/MayorCouncil.asp
- www.niagarafalls.ca/city-hall/council/members.aspx
- www.welland.ca/Council/Council.asp
- www.notl.org/content/lord-mayor-and-council
- www.thorold.ca/en/city-hall/council.aspx
- www.forterie.ca/pages/MayorCouncillors
- www.wainfleet.ca/en/town-hall/council.aspx
- www.lincoln.ca/council/2018-22-councillors
- www.pelham.ca/en/town-hall/council.aspx
- www.portcolborne.ca/en/city-hall/council.aspx
- www.grimsby.ca/en/town-hall/aldermen.aspx
- www.westlincoln.ca/en/township-office/mayor-and-council.aspx

NATURE, HIKING, BEACHES, RECREATION

St. Catharines based areas

- Welland Canal Parkway Trails
- Centennial Gardens
- Montebello Park
- Twelve Mile Creek
- Burgoyne Woods
- Lakeside Park Beach
- Sunset Beach
- Niagara Escarpment (behind Brock)
- Canal Valley
- Port Weller Dry Docks
- Short Hills Provincial Park
- Malcomson Eco Park
- Glenridge Quarry Naturalization Site



Niagara region based areas

- Niagara Glen
- Niagara Gorge
- Fort Erie Friendship Trail
- Charles Daly Park
- Grimsby Beach
- Waverly Beach
- Humberstone Centennial Beach
- Elco Beach
- The Incredible Shrinking Mill
- Rockway Conservation Area
- Saint Johns Conservation Area
- Balls Falls Conservation Area
- Woodend Conservation Area
- Heartland Forest
- St. John's Conservation Area
- Dufferin Isalnds
- Blue Ghost Tunnel (Merritton Tunnel)
- Beamer Memorial Conversation Area
- Louth Conservation Area

Pro-tips:

- If you see someone sleeping or camping in one of these spaces, leave them alone (or say a passing hello when applicable)
- Check the water quality before heading to any beach at niagararegion.ca/beaches
- Some Niagara beaches have implemented a residents only bylaw - check this ahead of time to avoid fines
- Geocaching can be a great family activity for getting outside!
- Please follow social distancing guidelines when exploring these beautiful spaces!
- If people need to use public transit to access these spaces, please believe they are doing their best to access transport in a safe way.

More activities!

Throughout the region, there are a variety of independent bowling alleys, as well as indoor and outdoor skating rinks!

COVID 19 INFO

COVID-19 Statistics in Niagara

Active Daily Cases & Vaccination Tracking

- www.niagararegion.ca/health/covid-19/statistics/statistics.aspx

Testing and Lab Results for COVID-19

- www.niagararegion.ca/health/covid-19/testing.aspx

Niagara Community Guidelines

- www.niagararegion.ca/health/covid-19/community-guidelines.aspx

Niagara Business Guidelines

- www.niagararegion.ca/health/covid-19/reopen/sector-specific-guidelines.aspx

A BIG THANK YOU TO OUR SPONSORS!

Sociology & Criminology STUDENT ASSOCIATION

MA SOCIAL JUSTICE & EQUITY STUDIES

Brock University
Labour Studies

Brock University
Women's and Gender Studies

Brock University
Faculty of Applied Health Sciences

Ontario Public Interest Research GROUP - Brock Chapter (Niagara region)

OPIRG Brock: A brief history

Working in Niagara since 1988, OPIRG Brock is a campus and community social, economic, & environmental justice organization with chapters across the U.S. & Canada.

Throughout the past 30+ years, OPIRG Brock has worked on:

- Running the downtown info-shop & bike space
- Certifying Brock as a fair trade institution
- Co-founding the Brock campus garden & Student Justice Centre
- Increasing water fountains (rather than bottled water) at BrockU
- Brock DIG & community gardens
- Supporting Community Action Groups
- DisOrientation Week & Alternative Frost Week
- Rebel Hearts & Ears Playlist

Connect with us!

@OPIRGBrock
@BrockOPIRG
www.opirgbrock.com
info@opirgbrock.com

OPIRG Brock is a member-based consensus-based organization working with a volunteer Board of Directors, staff members, & volunteer teams! Grounded in our Safer Space Policy, OPIRG Brock hosts a wide range of opportunities, projects, & events!

Interested in starting a social, economic or environmental justice group? Contact OPIRG Brock for support!

FARMERS MARKETS, CSAS, GARDEN PLOTS

Community Garden Plots

- Niagara Community Garden Network
- Brock Community Gardens
- Niagara Falls Community Gardens - Project Share

All year Niagara Farmers' Markets

Market	Location	Times
St. Catharines Farmers Market	91 King St. (Market Square)	Tuesdays, Thursdays, Saturdays 6am-2pm
Welland Farmers Market	50 Welland Market Square	Saturdays 6am-Noon
Niagara Falls Farmers Market	5943 Sylvia Place	Saturdays 6am-1pm

A few seasonal Niagara Farmers' Markets

Market	Location	Times
Brock University Farmers Market	Jubilee Court, BrockU Main Campus	Thursdays 11:30am-1:30pm June-September
Grimsby Farmers Market	56 Main St. W	Thursdays 3-7pm May-October
Farmers Market at the Village	111 Garrison Village Dr., NOTL	Saturdays 8am-1pm May-October
Port Colborne Farmers Market	66 Charlotte St.	Fridays 6 am-1pm

Local farmers & CSAs

- Rhizome Farms
- Chez Nous Farms
- Creek Shore Farms
- Dahlia May Flower Farm
- Fertile Ground Farm
- Forty Mile Creek Farm
- Thiessen Farms
- Rumar Farm
- Niagara Honey
- The Honey Bee Store

Pro Tip: Many farmers markets have reduced hours & put locations for free grocery giveaways during the pandemic.

Independent Businesses

Independent Grocery Options

- 06 Cheng Noodles
- Afro Caribbean Variety Food Market
- Alnoor Halal Food Market
- Bun's Masters Bakery
- Coven Plant Based Marketplace *Hamilton based, but do often do deliveries in St. Catharines
- Chrispy African Market
- Dihn Dihn Asian Foods
- Harvest Barn
- Los Amigos Latin Grocery
- Madina Halal Meat & Grocery
- Meg Africana
- Pupo's Food Market
- The Grove Niagara
- The Peanut Mill
- Tony's Fish Market
- Tropical Delight
- Trybe Meals
- Vibrant Soul Food
- Freshco & Food Basics (most affordable chain grocery stores)

Tattoo Shops

- Muthership Tattoo Parlour
- Studio 4
- Three Keys Tattoo
- Downtown Saints

Bicycle Repair Shops

- Rapid City Cycles
- Liberty! Bikes
- Inception Cyclery
- Bikefit

Bookstores, Comics, & Toy shops

- Mostly Comics
- Big B Comics
- Someday Books
- The Write Bookshop
- Thistle Bookshop & Cafe
- Sketchbook Comics & Games
- Dusk + Dawn Books
- Hannelore Headley Old& Fine Books
- The Toy Trove
- 3 R's Used Books (online only)

Music Stores

- Long & McQuaid
- Meyer's Music
- Murphy's Music
- Ryson's Music
- Thorolod Music

Check out Brock HRE's BIPOC Resource Guide for more local options!! Available at **www.brocku.ca/human-rights/wp-content/uploads/sites/208/BIPOC-Resource-Guide-FINAL.pdf**

OPIRG Brock Events & Opportunities

Ongoing events, projects, & volunteer opportunities!

- The Free Store
- Niagara Skills Network
- Community Toolbox Series
- The Coming Out Monologues V.2
- 2021 Activist Animal Calendar
- Online Community Markets
- Grant writing & fundraising
- Support & consultation for local groups
- Button production - only $1 per button (your designs!)
- Crafts & Creative Team
- Impacts of Ford in Niagara Campaign

Become a Patron on Patreon!

For **only $5 a month** you can help sustain the work being done by OPIRG Brock, become a member, & access increasing services & reources!

***Other patron tiers are available**

Other ways to support!

- Become an OPIRG Brock member
- Sponsor our events and projects
- Become a Community Partner Organization
- Coming out to/ logging onto events
- Follow us on social media & share content

Check out www.opirgbrock.com for an up-to-date list of webinars, online events, petitions, fundraisers, rallies, etc.!

All CUPE 4207 members are OPIRG Brock members. Register your membership to access the benefits at opirgbrock.com/membership

CUPE·SCFP Local 4207

Niagara Free Store

Taking the perfectly good items you no longer use and giving them back out to the community!

ITEMS WE ACCEPT:

Accessories	Instruments
Art	Kitchenware
Collectibles	Pet Supplies
Electronics	School Supplies
Bikes	Sm. Appliances
Books	& Furniture
Gardening	Sports Gear
Clothing	Tools
Hobby & Craft	Toys & Games
Housewares	

Pro-tip: Use #NiagaraFreeStore to share items you want give away online!

COMMUNITY GROUPS & ACTIVISM

- **Bear Clan Patrol - St. Catharines** - FB page: @bearclanpatrolstcath
- **Fight for $15 & Fairness Niagara** - FB page: @fairwagesniagara
- **Links for Greener Learning** - linksforgreenerlearning.org
- **Matter of Black** - FB page: @matterofbalack
- **Migrant Rights Network** - migrantrights.ca
- **Migrant Workers Alliance for Change-Niagara** - www.migrantworkersalliance.org
- **Migrant Workers Interest Group** - FB Page: @NMWIGEng
- **Next To Lead** - FB page: @NextToLead
- **Niagara Movement for Justice in Palestine-Israel** - FB page: @nmjpi
- **Niagara Poverty Reduction Network** - www.wipeoutpoverty.ca
- **Niagara Reproductive Justice** www.niagarareproductivejustice.com
- **Niagara Tenants Union** - FB Page: @niagaratenantsunion
- **Niagara Workers' Activist Group** - Public Facebook Group
- **No Fighter Jets** - nofighterjets.ca
- **Niagara Region Anti-Racism Association** FB page: @TheNRARA
- **OUTniagara** - www.outniagara.org
- **Red Box Project**-@redboxprojectniagara
- **Senior Pride Network Niagara** - www.seniorpridenetwork.com
- **TOES Niagara** - www.toesniagara.ca
- **Transgender Niagara** - www.transgenderniagara.com

Active Campaigns!
Please learn about, support & get involved with the following campaigns & projects in our region:

Make Brock a $15 & Fairness Campus
@fairwagesniagara

No COVID Evictions
www.powerofmany.ca/nocovidevictions

No Fighter Jets
www.nofighterjets.ca

Informed, Inclusive, Indivisible: Collectively Advancing 2SLGBTQ+ Equality in Niagara+
www.outniagara.org/our-work/project

Paid Sick Days
www.allianceon.org/Campaign-Paid-Sick-Days

Status for All
www.migrantrights.ca/status-for-all

OUTniagara
Uniting Niagara's Sexual and Gender Diverse Community

BLACK OWNED 905

Launched in 2020, Niagara welcomes **Black Owned 905**, as a leader in community markets. Showcasing Black business owners in the region, new local businesses are being added on a regular basis!

Follow, like, bookmark & share Black Owned 905

@blackowned905 www.blackowned905.com

Niagara Region Food & Coffee

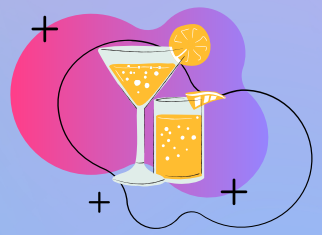
- Casablanca (Niagara Falls)
- Cafe Nautica (Niagara Falls)
- Cracker Jack's (Thorold)
- Country Fresh Donuts (famous wonton soup!) (Niagara Falls)
- Frankie's Donuts and Pizza (Niagara Falls)
- Frijoles Fresh Mex Burritos (Niagara Falls)
- Font Coffee Bar (Font Hill)
- Garage Pizza (NOTL)
- Habaneros (Beamsville)
- Indian Flame Bar & Grill (Allanburg)
- Karma Kameleon Gastropub (Thorold)
- Kool Katts (Niagara Falls)
- Leisure Loft (Welland)
- Niagara Samosa Factory (Fort Erie)
- Nyce'n Spicy (Niagara Falls)
- Queen Bee Cafe (Niagara Falls)
- Revalee Brunch Café (Vineland)
- Root 8 (lincoln)
- Station 1 Coffeehouse (Grimsby)
- Suzie's Gluten Free Kitchen (Grimsby)
- The Kasbah Mediterranean (Niagara Falls)
- The Lock Wood Fired Pizza (Port Colborne)
- The Pie Plate (NOTL)
- Third Space Cafe (Niagara Falls)

INDEPENDENT FOOD & DRINK SPOTS

St. Catharines Food & Coffee

- 416 Coffee Co.
- Amakara
- Balzac's Coffee
- Baraka Shawarma
- Bansaree Indian Cuisine
- Beechwood Doughnuts
- Brazen Cafe
- Caribbean Eatery
- Chang Noi's Thai Cuisine
- Chile & Agave
- Chocolates Etc.
- de la terre Cafe + Bakery
- East Izakaya
- Edible Options
- Eh Jose's
- Fiesta Empanada
- Fine Grind Cafe
- FUUL by eatz
- Heraki Grill
- Hewad Kabob & Shawarma
- Hometown Ice Cream
- Hot Kitchen Fast Food Indian Restaurant
- Huong's Kitchen
- It's About Thyme
- Itty Bitty Pie Company
- Jamrie Irie Jerk
- Kwong Chow
- Lang Hot Pot & BBQ
- Lester D's
- Lock Street Brewery
- Ludology Boardgame Cafe
- Ma Chinese Cuisine
- Mahtay Cafe & Lounge
- MJ's Own Munchies
- Nan King Chinese Cuisine
- Pho Dau Bo
- Pho Ngon
- Rise Above
- Rollin' Pizza
- Rozie's Breakfast Cafe
- Sahla Thai
- Score Pizza
- Seoul Korean Cuisine
- Shawarma House
- Signal Coffee Co.
- Sips & Suds
- Small Town Bakes
- Spicy Thai
- Soulicious Pepper Sauce
- Taco Embassy
- Taibah
- Tamales Mexico
- The Kolkata Club
- The Lemon Tree
- Touch of India
- Trybe Meals
- Wind Japanese and Thai

Pro-tip: Use this list throughout the year as a community scavenger hunt for your household



LABOUR UNION NETWORKS IN NIAGARA

- **Niagara Poverty Reduction Network** www.wipeoutpoverty.ca
- **Niagara District Labour Council** www.niagaralabour.ca
- **Niagara District CUPE Council** www.niagara.cupe.ca
- **OFL Power of Many Rapid Response Network-Niagara FB Group** www.facebook.com/groups/243877946706861

UNIONS AT BROCK

- BUFA
- IATSE, Local 461
- CUPE 2220
- CUPE 4207 Units 1, 2, 3
- OSSTF - District 35
- CUPE 1295
- Brock University Students' Union (BUSU)
- Graduate Student Association (GSA)

ACTIVISM GROUPS & CLUBS AT BROCK

- **American Sign Language Club** - brockaslclub@outlook.com
- **Black History Month at Brock** - @bhmbrock
- **Black Female Empowerment Society** - @brockbfes
- **Brock Sharing Circles** - @brockcircle
- **Brock Eco Society** - @brockecosociety
- **Brock Niagara Rotaract Club** - @brockniagararotaract
- **Brock Pride** - @BrockPride
- **Brock University Ghana Association (BUGA)** - @bugabrock
- **BUSU Advocacy** - @busuadvocacy
- **Brock Student Justice Centre (SJC)** - @BrockSJC
- **Decolonial Reading Circle** Email Dr. Robyn Bourgeois at rbourgeois@brocku.ca for info
- **NO COPS ON CAMPUS: Brock U** - @ncocbrock
- **President's Advisory Committee on Human Rights, Equity, & Decolonization (PACHRED)** - pachred@brocku.ca

The Brock Student Justice Centre hosts a variety of social justice workshops every semester! This is a great paid opportunity for campus & community activists $ prioritizes BIPOC facilitators!

NIAGARA SOCIAL & CULTURAL SERVICES

- **Abbey House** - www.abbeyhouse.ca
- **CARSA (Niagara Sexual Assault Centre)** www.niagarasexualassaultcentre.com
- **CASON (Community Addiction Services of Niagara)-** www.cason.ca
- **Community Care & Food Banks -** www.communitycarestca.ca
- **De dwa da dehs nye>s Aboriginal Health Centre** www.aboriginalhealthcentre.com
- **Distress Centre Niagara-** www.distresscentreniagara.com
- **Erica's Embrace** - www.ericasembrace.com
- **Fort Erie Friendship Centre -** www.fenfc.org
- **Gillian's Place -** www.gilliansplace.com
- **LGBTQ+ Youth Collective** - Every Monday 4-5:30, NFCHC
- **Mainstream Community Support Services** - www.mainstreamservices.com/site/home
- **Niagara Chapter of Native Women** - www.ncnw.net
- **Niagara College Dental Clinic** www.niagaracollege.ca/allied-health-studies/dental-clinic
- **Niagara Community Information Database -** niagara.cioc.ca
- **Niagara Community Legal Clinic** www.niagaracommunitylegalclinic.com
- **Niagara Falls Community Health Centre (NFCHC) -** www.nfchc.ca
- **Niagara Folk Arts Multicultural Centre** - www.folk-arts.ca
- **Niagara Furniture Bank** - www.niagarafurniturebank.com
- **Niagara's Mobile Closet** - @niagarasmobilecloset
- **Niagara Regional Native Centre** - www.nrnc.ca

Pro-tip: Most municipalities have their own Service Ontario & Service Canada offices for doing things like renewing ID.

- **Service Ontario locator:** www.ontario.ca/locations/serviceontario
- **Service Canada locator:** www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp

ARTISTS ORGANIZATIONS & SPACES

Arts Orgs/ Groups

- Kakekalanicks Indigenous Consulting Company
- Brock Art Collective
- Niagara Artists Centre
- Pepsi Girls
- Queen Street Artists
- Rodman Hall Art Centre
- St. Catharines Poetry Slam
- The HUB on Queen
- Willow Arts Community

Film

- The Film House
- Can-View Drive-In
- Ridge Film House
- That's Entertainment

Museums

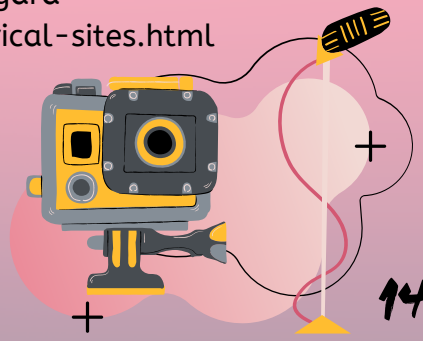
- British Methodist Episcopal (BME) Church
- Welland Museum
- Niagara Falls History Museum
- Niagara Historical Society Museum
- St. Catharines Museum & Welland Canals Centre
- Virtual Indigenous Niagara Living Museum Tour
- ** Full list of museums & historical sites can be found at: www.summerfunguide.ca/niagara-region/museums-galleries-historical-sites.html

Performance Venues

- FirstOntario Performing Arts Centre
- Mahtay Cafe & Lounge
- Marilyn I. Walker School of Fine & Performing Arts (MIWSFPA)
- Merchant Ale House
- Niagara Artists Centre
- Oast House
- Oddfellows Temple
- Queen Bean Cafe
- Taps Brewery
- The Bell Tower
- The Green Room
- The Robby (NFAMC)
- Third Space Cafe
- Warehouse

Independent Theatre Groups

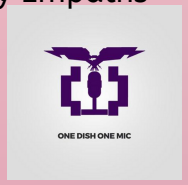
- Carousel Players
- Essential Collective Theatre
- Suitcase In Point
- Tethered the Ghost



PODCASTS, MEDIA, & ARTS EVENTS

Podcasts, Media, & Radio

- One Dish, One Mic Podcast
- Medicine for the Resistance Podcast
- BBBBLANC*
- Black Fathers Matter Podcast
- CFBU 103.7FM
- The Sound (newspaper)
- Niagara Podcasters Network
- Mindbomb Records
- Pridio FM
- The Everyday Empaths Show



Pro-tip: Sometimes the First Ontario Performing Arts Centre hosts free events!

Festivals / Events (check for online & COVID safe options)

- Brock Black History Month (February)
- ReDress Project (February)
- Harriet Tubman Day (March)
- Brock Pride Week (March)
- Folk Arts Festival (May)
- City-based Pride months (June)
- In the Soil Arts Festival (June)
- African & Caribbean Soccer Tournament (July)
- Emancipation Day Events (August)
- Livestock Niagara (August)
- Celebration of Nations (September)
- Nurturing Our Roots Traditional Pow Wow (September)
- OpenStreets Festival (September)
- Niagara Leadership Summit for Women (October)
- Cicada Music & Arts (October)
- Sacred Fire in Centennial Gardens (December)
- National Day of Remembrance & Action on Violence Against Women (December 6)
- Weekly Open Mics! (Mahtay, Third Space, & more)
- Tennessee Jamboree (Monthly at Mahtay)
- St. Catharines Poetry Slam (First Friday of every month, Mahtay Cafe)
- Ongoing LGBTQ+ In the City Presents: “Coming Out Stories
- Performances at the MIWSFPA

NIAGARA SOCIAL & CULTURAL SERVICES

- **Niagara Region Sexual Health Clinics -** www.niagararegion.ca/living/health_wellness/sexualhealth/ Sexual-Health-Centres.aspx
- **Ontario Disability Support Program (ODSP) Niagara Office** - (905) 688-3022 | 301 St Paul St, St. Catharines | 8:30am-5pm
- **Ontario Works (OW) Niagara Office** - (905) 354-3561 | 5853 Peer St, Niagara Falls | 8:30am-4:30pm
- **Out of the Cold -** startmeupniagara.ca
- **Out of the Heat -** FB page: @outoftheheatniagara
- **PECAN (Partners to End Child Abuse Niagara)** - www.endchildabuseniagara.com
- **PASAN (Prisoners' HIV/AIDS Support Action Network) -** www.pasan.org
- **PFLAG Niagara -** niagara.pflag@gmail.com
- **Meetings the second Tuesday of the month at Quest**
- **Quest Community Health Centre -** www.questchc.ca
- **Positive Living Niagara & Streetworks** - www.positielivingniagara.org)
- **Project Share** - www.projectshare.ca
- **Silver Spire United Church** - www.silverspire.ca
- **Start Me Up Niagara, SMUN Work Action Centre** - startmeupniagara.ca
- **Three Fires Community Justice Program** - threefirescommunityjustice.ca
- **Underdogs Boxing Club** - www.underdogsboxing.org
- **YMCA of Niagara** - ymcaofniagara.org
- **YWCA Niagara Region** - www.ywcaniagararegion.ca
- **Unitarian Congregation of Niagara** - www.unitarian-stcatharines.org
- **Youth Wellness Hub Niagara** - www.jhs-niagara.com/youth-wellness-hub

Pro-tip: Many of these organizations are looking for volunteers, and have online COVID safe options for getting involved!

BROCK UNIVERSITY SERVICES

A-Z Learning Services
- Website: www.brocku.ca/learning-services
- Instagram: @brockazlearning

Aboriginal Student Services (AbSS)
- Website: brocku.ca/aboriginal-student-services
- FB page: @BrockUAbSS

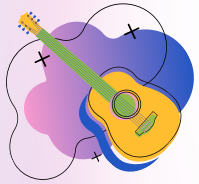
Experiential Learning
Website: brocku.ca/ccee/experiential-education

Faith & Life (F&L)
- Website: brocku.ca/faith-and-life-centre
- Instagram: @faithlifebrock

International Student Services
- Website: brocku.ca/international
- Instagram: @brockuintl

Student Wellness & Accessibility Services (SWAC)
- Website: brocku.ca/health-wellness-accessibility
- Instagram: @brockswac

Human Rights and Equity (HRE)
- Website: brocku.ca/human-rights
- Instagram: @brockhre
- Facebook: @BrockUHRE
- Anonymous disclosure services for human rights infringements at Brock
- Hosts events, trainings, support groups covering accessibility, anti-racism, gender & sexual violence, intercultural relations, & more!
- Offers a range of support and self-education resources on their website
- Volunteering & student job opportunities



ARTISTS, MUSICIANS, PROJECTS, WRITERS

- Art of the City
- Cathy Sisler
- Chance Mukutu
- Colleen McTigue
- D.Scribe
- Delta Don
- Freedom: A Mixtape
- fxgrl
- J-Marsh
- Jasmine Whyte
- Kayla Jenkins
- Lydia Collins
- Magdolene Dykstra
- Marcel Stewart
- Meryl Ochoa
- Nicole Joy Fraser
- Pokeroni
- Ralph Bryant
- Ren Reid
- Roselyn Kelada-Sedra
- Saint Stone
- Shannon Kitchings
- Shawnee
- Sue Batson Patterson
- Sylvia Lee McCormick

ARTS, UPCYCLED, HANDMADE, VINTAGE, & THRIFTING

- Cree Tylee Art
- CND 3D
- Eva Vintage
- Grandma's Basement
- lumen gloom
- Noctis Resin
- Olive & Ronnie Candles
- Soft n Slow
- Spruci Co.
- The Pour Project
- True Rouge
- Jes L'heureux
- Emma Lee Fleury
- Sara Lou Stuart
- Spit 'n Shine
- Toadstool Illustrates
- Cozy Bones
- Equal Beaver Coffee
- Amiibuddies
- Art by Jen
- Bad Apple NF
- Bear's Basket
- Emily Smiles Shop
- Gale's Vintage Clothing
- Heather Fraser Art
- Hempress Solutions
- Instant Niagara
- Isolation Art Niagara
- Joe Gottli
- Kaiko Anne Art
- Little Green House Store
- Little Moth Shop

- Martina Doom
- Matt Gazzola
- Meadowws
- Myling Pak
- Naughty Tree Woodworking
- Smalltown Zine
- Sour Made Gifts
- Oh Honey Handicraft
- Plant Rescue Canada
- {pocket} CHANGE
- Tayluna
- Twin Flame Vintage
- Violet's Vintage
- Virgos Thrift

Thrift Stores
- Christian Benefit Thrift Shop
- Evergreen Thrift
- Goodwill
- NAC Thrift Shop/Roly Poly Records
- Niagara Flea Market
- Plato's Closet
- Value Village