

Realize. **Learning** your way.

Be a strong community leader.

Toolkit Workshop Series

NAVIGATING ALLYSHIP: SHOWING UP AS AN EFFECTIVE ALLY



Aria Ramdeo



Sharon Kambale



Chasity Delorme



Dr. Fritz Pino

Sharon Kambale

Born in Stockholm, Sweden, originally from Kampala, Uganda **Sharon Kambale** was raised in Calgary Alberta. She eventually moved to Saskatoon Saskatchewan where she later completed Social Work and is now Registered with the Saskatchewan Association of Social Worker. With a background in women's study, and a diploma in criminology and addictions, she later pursued her work as a clinician with the Ministry of Health here in Saskatchewan. Most recently she became the mother of now three girls and holds a passion for supporting women and children. She continues to hold the desire to make change within Saskatchewan's Afro-community from a grassroots level. She recognizes the importance of holistic health in efforts of creating a strong society. In 2019 Sharon founded Afro-Mentorship Initiative (AMI). AMI is a community that approaches intergenerational trauma through holistic health by using mindfulness training and therapies (CBT, DBT, Narrative, Art, Music and Dance). AMI works to support children, youth and their families that identify with the Afro-Culture (African and Caribbean). AMI focuses on university mentorship, community engagement, and academic support. The goal is to achieve life and academic achievement through community development within a strengths-based, family-centered approach.

Chasity Delorme

Chasity is a proud Cree woman and member of Cowessess First Nation. As a member of the board of the Community Engagement and Research Centre, she brings Indigenous ways of knowing to community-based research and programming at the University of Regina. She has been recognized locally and internationally for her social justice advocacy work. As a student she was part of the Executive Board of the Canadian Federation of Students and chaired their national Aboriginal Caucus. She has a Masters Certificate in Sustainable Community Development from Royal Roads University and a BA in Health Studies from First Nations University of Canada. She has been awarded numerous scholarships and awards, including the CBC Saskatchewan Future Award. Her extensive community service includes currently lending her talents to the Board of the YWCA and teaching youth and adults Pow Wow Dancing. Chasity is Iskwewak Programs Leader for Chief Red Bear Children's Lodge, the new Cowessess First Nations-run child and family services agency that is working to change a system that has harmed Indigenous children and families, first with residential schools, then with the Sixties Scoop and since then through child and family services and foster care.

Dr. Fritz Pino

Fritz (she/her) is an assistant professor in the Faculty of Social Work at the University of Regina in Saskatchewan, Canada. Her scholarly work focuses on the lives and experiences of historically marginalized communities, particularly those who identify as LGBTQ+, racialized migrants, and older adults. These works are informed by critical intersectionality approaches, particularly from a queer diasporic and trans lens, which pays significant attention to the impact of transnational migration, nation-state of belonging, and normative discourses. She earned her Masters of Social Work and PhD in Social Justice Education at the University of Toronto. Dr. Pino was born and raised in the Philippines, where she completed her Bachelor's and Masters in psychology.

Aria Ramdeo

Aria (she/her) is a multi-hyphenate creative, and a passionate advocate for gender equality. Her commitment to social justice and community engagement led her to community based leadership roles, as Executive Director at the Heritage Community Association where she was fortunate to work with the vibrant inner-city community, and then to the University of Regina Students' Union (URSU) where until recently she served as the Director of Communications. As a public relations professional she has developed an intersectional approach to communications that prioritizes diversity, equity and inclusion. Aria is a Trinidadian-Canadian mixed heritage woman of colour, a DEI disruptor, and an invisible disability warrior.