

LEARN ABOUT YOUR CURL PATTERN



Identify your current curl pattern:
What's your type of curl?

Look up more information:
What hair care routines will help your hair?
What are some tips for washing and styling your hair?
What products are best?

Check out this resource to get you
started:

naturallclub.com/blogs/the-naturall-club-blog/the-ultimate-curl-pattern-guide

LEARN FROM LIBRARY BOOKS



Hair for Mama by Kelly Tinkham
Hair Love by Matthew A. Cherry
Don't Touch My Hair by Sharee Miller
Hair Twins by Raakhee Mirchandani
When We Were Alone by David Robertson

available from the [Mississauga Library](#)

LEARN FROM PRODUCTIONS



Self Made: Inspired by
the Life of Madam C. J. Walker
available on [Netflix](#)

Indigenous Hairstyles
available on the [Museum of Indian Arts and Culture](#)
[YouTube](#)

Tangled Roots:
Decoding the History of Black Hair
available on [CBC](#)

Pick
available on [CBC Gem](#)

HAVE A CONVERSATION



Talk about your own hair journey and learn from others about theirs!

Ask your friends and family about the different hair traditions people practice in the countries they or their ancestors come from.

EXPRESS YOURSELF



Create artwork that tells your hairstory! You can share it on social media using the hashtag **#MiHairstory**.

Drawing
Photograph
Poem
Short story

BURY YOUR HAIR IN YOUR GARDEN



Anishinaabe Grandmother Kim Wheatley of Shawanaga First Nation recommends that you return your hair to the earth.

Let the earth get to know you!

LEARN ONLINE



About the Indigenous lands you live on
available from native-land.ca

About the Truth and Reconciliation
Commission of Canada's 94 Calls to Action
available from the [National Centre for Truth and
Reconciliation](http://NationalCentreforTruthandReconciliation.ca)

About beauty stores and salons as sacred
spaces for Black women
available from [teenvogue.com/story/black-girl-church-
documentary-on-black-hair](http://teenvogue.com/story/black-girl-church-documentary-on-black-hair)

DONATE YOUR HAIR



Wigs for Kids
wigsforkids.ca

Angel Hair for Kids
acvf.ca/hair-donation-guidelines

Chai Lifeline Canada
chailifelinecanada.org

DONATE HAIR PRODUCTS



The Mississauga Food Bank
themississaugafoodbank.org

Mississaugi Women's Shelter
mississaugi.com/womens-shelter.html

Embrace: Agency to End Violence
embrace.ca

Armagh House
armaghhouse.ca

GET INVOLVED WITH THE COMMUNITY



Toronto Kiki Ballroom Alliance
(TKBA)
Follow them on [Facebook](https://www.facebook.com/TKBA) and [Instagram](https://www.instagram.com/TKBA)

#BoyswithBraids
[facebook.com/boyswithbraidsteachings](https://www.facebook.com/boyswithbraidsteachings)

Museums of Mississauga
New Youth Council
[culture.mississauga.ca/event/small-arms-inspection-
building/new-youth-council-0](http://culture.mississauga.ca/event/small-arms-inspection-building/new-youth-council-0)