

RESOURCE

AN INTERSECTIONAL RESOURCE GUIDE



**WELCOME HOME
MUSTANGS**

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Resources for
different race and
ethnic
backgrounds.



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Resources for
different religious
communities.



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different gender
identities.



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Resources for the
LGBTQ+ community.

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DEDICATION

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I would also like to give a big thank you to the UWO Cultural Clubs that

helped provide resources as;

Africans Students' Association,

Bangladeshi Students' Association,

Black Students' Association,

Caribbean Student Organization,

Chinese Students' Association, Hillel

at Western, Hong Kong Student

Association, Polish Student

Union, Punjabi Student Association,

and Taiwanese Student Association.

Thank you all.

- Jess Omorodion, Editor

jomorodi@uwo.ca



RACE + ETHNICITY



BLACK COMMUNITY

BARBER

United Kutz
147 King St
Ox and Bow
205 Oxford St E #102
Five Star Barber Shop
91 Wellington St #b

BRAIDS

@styledbychiaa
@Mac_hairstyling
Folashade: 6479782166

BEAUTY SUPPLY STORE

K-Laba
632 Dundas St

FASHION

@jn_customz

HAIR SALON

Jennifer Naturals
@_juststyle

MAKEUP

@Oribbeauty

WIGS

@deeteebeauty
@kinahinc
@mizzahair



BLACK COMMUNITY

COUNSELLING

Jennifer Slay 8777867190

FOOD MARKETS

Payless African Market
875 Hamilton Rd

RESTAURANTS

Vas Cuisine
89 Wharncliffe Rd N
Rose's Tree of Life
1225 Wonderland Rd N
Addis Adaba
465 Dundas St
Triniman Kitchen
700 Richmond st
Rose's Tree of Life
1225 Wonderland Rd N
Caribbean Stove Pickup
205 Wellington St
Reggae's Caribbean Restaurant
1050 Kipps Ln Unit 8a
Indulge Cuisine Caribbean Restaurant
789 Dundas St E
Irie Bites Cafe
91 Wellington St



EAST ASIAN COMMUNITY

BUBBLE TEA

CoCo

654 Wonderland Rd N

Chatime

541 Oxford St W

The Alley

735 Wonderland Rd N Unit 15

Royaltea

530 Oxford St W #10

Teappuccino Bubble Tea

1149 Western Rd

Real Fruit Bubble Tea

1680 Richmond St

ENTERTAINMENT

Zodiac KTV

530 Oxford St W

Remix KTV

689 Oxford St W

RESTAURANTS

ChiChop

654 Wonderland Rd N

8090 Teahouse London

931 Oxford St E

Congee Chan

735 Wonderland Rd N #20

Hui Lau Shan

701 Wonderland Rd N

Jinli Szechuan Flavour

530 Oxford St W #8

99 Mythic Taste

666 Wonderland Rd N #5B

Sugar Marmalade

735 Wonderland Rd N #14

Kings BBQ Restaurant

1066 Adelaide St N

D Delicious

1700 Hyde Park Rd



EUROPEAN COMMUNITY

ACTIVITIES

Harcerstwo (ZHP Scouts)

Szczep Bór and Szczep Piastowski
Gród

Monday Evenings at 80 Ann S

CLUBS

Canadian-Italian Awareness
Organization

Croatian Club

German Club

French Club

Polish Students' Union

Romanian Students

Serbian Society

Ukrainian Students Club

FOOD MARKET

Alicia's Fine Foods

1290 Trafalgar St

Angelo's Italian Bakery & Deli

755 Wonderland Rd N

Europa Foods

1498 Dundas St

European Delights Delicatessen

735 Wonderland Rd N

RESTAURANTS

Budapest Restaurant

348 Dundas St

David's Bistro

432 Richmond St

Marienbad Restaurant & Chaucer's

122 Carling St

Mykonos Restaurant

572 Adelaide St N



INDIGENOUS COMMUNITY

CLUBS

Indigenous Student Association

Infinite Reach: Métis Student
Solidarity Network

JOB OPPORTUNITIES

Indigenous Student Centre (ISC) Job
Board

<https://indigenous.uwo.ca/students/student-life/job-board.html>

ON CAMPUS SUPPORT

Indigenous Circles of Support

<https://indigenous.uwo.ca/students/programs/circles-of-support.html>

Indigenous Leadership Program

<https://indigenous.uwo.ca/students/programs/leadership-program.html>



MIDDLE EASTERN COMMUNITY

ACTIVITIES

Rising Moon Bellydance
190 Wortley Rd Unit LL5

CLUBS

Arab Students' Association
Canadians for Justice and Peace in the
Middle East at Western
Palestinian Cultural Club
Western Iranian Student Association

CLOTHING STORES

Hana Style
11-769 Southdale Rd E

HALAL FOOD MARKETS

Aladdin's Food
611 Wonderland Rd N #9
Desi Point
458 Southdale Rd E
Mona's Fine Meats
699 Wilkins St
Westmount Halal Food Store
490 Wonderland Rd S



MIDDLE EASTERN COMMUNITY

RESTAURANTS

Aleppo Restaurant

666 Wonderland Rd

Babaz Shawarma

243 Wharncliffe Rd N

Barakat Restaurant

1149 Western Rd

Bamyan Afghaan Cuisine

573 Richmond Street

Dooly's Shawarma and Falafel

1345 Huron St

Omzzy's Shawarma

1229 Richmond Street

Shelby's

1673 Richmond Street Unit 5A

Sultan Pizza

260 Blue Forest Drive

Tahinis

595 Fanshawe Park Rd W

Yasmine's Authentic Lebanese Cuisine

1737 Richmond Street #102

SHISHA

Crazy Joe's

405 Wharncliffe Rd S

The Shish Shawarma and Grill

1401 Ernest Ave, unit #16



SOUTH ASIAN COMMUNITY

CLUBS

Bangladeshi Students' Association
 Pakistani Student Association
 Sri Lankan Student Association
 Tamil Student Association at Western
 Western's Indo-Canadian Students
 Association
 Western Punjabi Association

FOOD MARKETS

Indo-Asian Groceries and Spices
 689 Oxford St W
 Desi Point
 458 Southdale Rd E
 Nepali Bazar
 1295 Highbury Ave N, London
 Food Island Supermarket
 530 Oxford St W, London
 United Supermarket
 1062 Adelaide St N

MENTAL HEALTH SUPPORT

Bharosa Support Group
 Jasnoor Khurana (WPA) :
jkhuran@uwo.ca

RESTAURANTS

Turmeric Indian Eatery
 276 Wharncliffe Rd N
 Bombay Bistro
 117 Dundas St
 Aroma of India
 350 Dundas St
 Punjabi Rasoi
 1295 Highbury Avenue
 Massey's Fine Indian Cuisine
 174 King St
 Mint Leaves Indian Kitchen
 1080 Adelaide St N



SOUTH EAST ASIAN COMMUNITY

ACTIVITIES

Khmer Cuisine Cooking Classes
Traditional Khmer Ballet Robam
Language Education
<http://www.corelondon.ca/>

CLUBS

South-East Asian Association
Canadian Asian International Students
Association

HAIR

Hair Studio
1472 Huron St
InStyle
121 Oxford St E
Myne Studio
437 Ontario Street

NAIL SALONS

Fantastic Nails and Spa LTD
725 Wellington Rd
Diva Nails & Spa
1080 Adelaide St N
Regal Nails, Salon & Spa
1275 Highbury Ave N
Blossom Nails & Spa in Lambeth
2295 Wharncliffe Rd S #7
Tina's Nails
639 Southdale Rd E

SPAS

Thai Massage
539 Ontario St



SOUTH EAST ASIAN COMMUNITY

FACEBOOK GROUPS

London Vietnamese Association

<https://www.facebook.com/LVA.CharityLondonOntario/>

Hoi Nguoi Viet tai London (Ontario)

<https://www.facebook.com/groups/592963551132306/>

Filipinos in London Ontario

<https://www.facebook.com/pages/category/Blogger/Filipinos-in-London-Ontario-343434166163850/>

London-Ontario Filipino Community

<https://www.facebook.com/PinoyLondonOntarioCommunity/>

London Ontario Pinoy Group

<https://www.facebook.com/groups/1907560229373404/>

Bayanihan Filipino Federation in London, Ontario and Area

<https://www.facebook.com/bayanihanfederation/>

Thai Cuisine in London

<https://www.facebook.com/Thaicineingainsborough/>

UWO Malaysian & Indonesian Students

<https://www.facebook.com/groups/1513380378975337/>

UWO Malaysian & Indonesian Students

<https://www.facebook.com/groups/1513380378975337/>



SOUTH EAST ASIAN COMMUNITY

FOOD MARKETS

Indo-Asian Groceries and Spices

689 Oxford St W

London-Asian Foods

1332 Huron St

Superking Supermarket

785 Wonderland Rd S

Food Island Supermarket

530 Oxford St W

Thai Asia Grocery

1249 Huron St

United Supermarket

1062 Adelaide St N

Lyda Asian Grocery Store

Oakville Ave

Oriental Mart, Hanul Food Inc.

515 Wharncliffe Rd S Unit 4

Pinoy Filipino & Asian Grocers

994 Huron St

Nepali Bazaar

1295 Highbury Ave N



SOUTH EAST ASIAN COMMUNITY

RESTAURANTS

Thuan Kieu Vietnamese Restaurant

1275 Highbury Ave N #116

Vietnam Restaurant

1074 Dundas St E

Quynh Nhi

55 Wharncliffe Rd N

Tamarine by Quynh Nhi

118 Dundas St

Pho Lee Restaurant

1030 Adelaide St N #8C

Thuan Thanh Restaurant

1472 Huron St

Vietnam Taste

666 Wonderland Rd N

Pepes Filipino Restaurant

994 Huron St Unit 5)

Viet Thai Restaurant

216 Horton St E

Bangkok Pad Thai

735 Richmond St

Thai Cuisine

1025 Gainsborough Rd

Thaifoon Kitchen + Bar

120 Dundas St

Meesai's Thai Kitchen

1271 Commissioners Rd W

Dragonfly Bistro

715 Richmond St

Rasa Indonesia by Petojo Food & Catering

522 Dorinda St #6



SOUTH AMERICAN COMMUNITY

ACTIVITIES

London Salsa Dance Company

236 Dundas St 2nd Floor

London Salsa Academy

533 Clarence St

CLUBS

Spanish American and Latin Students Association

GROCERY STORES

Latino Market

470 Dundas St

Festival Food-Mart

456 Southdale Rd E

HAIR

Elencanto Hair Studio & Spa

284 Commissioners Rd E

Beauty Supply Outlet

45 Oxford St W

OFF CAMPUS ORGANIZATIONS

Canadian Latin American Association (CALA London)

<http://www.calalondon.org/>

Brasileiras de London

<http://www.brasileirasdelondon.com>

London Multicultural Community Association (LMCA)

<http://www.londonmulticultural.com>

RESTAURANTS

Cos Comales

561 Southdale Rd E

Casa Cubana

411 Hamilton Rd

Che Restobar

225 Dundas St

Sante Fe Latin Grill

137 Wellington St

Los Lobos

580 Talbot St



RELIGION



CHRISTIANITY / CATHOLICISM

BIBLE STUDY

Connect Groups at Gateway Church
890 Sarnia Rd
Prayer and Bible Study at Faith Bible
Chapel
439 Moore St

CLUBS AT WESTERN

Refuge Adventist Christian Fellowship
Power to Change - Western
The Well at Western
Western's Christian Orthodox Campus
Ministry Association
Newman Catholic Students
Chinese Christian Club
Korean Christian Fellowship
London Chinese Catholic Community
Asian Christian Fellowship

PLACES OF WORSHIP

https://chaplain.uwo.ca/opportunities_for_worship.html



ISLAM

CLUBS AT WESTERN

Muslim Students' Association
Ismaili Students Association

PLACES OF WORSHIP

https://chaplain.uwo.ca/opportunities_for_worship.html

PRAYER ROOMS ON CAMPUS

King's University College
Wemple Building, Room 056
Main Campus
University Community Centre, Room 38A
Brescia College Auditorium
(Last room on the left)
Huron College
Basement Room V209



JUDAISM

ACADEMIC ACCOMMODATIONS RESOURCES

Western Hillel can help you navigate religious needs accommodations at your university. Western has an excellent Student Experience office, Equity & Human Rights Services, and accommodating educators but sometimes you may need a little help navigating the process.

CLUBS ON CAMPUS

Western Hillel
Israel on Campus

CONTACT

<https://hillelontario.org/western/ScottGoldstein>
Senior Director of Western
Hillelscott.goldstein@hillelontario.org
416-913-2428 x 8

CULTURAL/RELIGIOUS LONDON SERVICES

Temple Israel (Reform)
templeisraelondon.ca
Shalom (Conservative)
orshalomlondon.org
Beth Tefilah (Orthodox)
bethtefilah.org
Jewish Federation of London
(Community Programming)
jewishlondon.ca



JUDAISM

JEWISH STUDENT-FOCUSED PROGRAMMING PROVIDERS

Hillel

Pluralistic Jewish student club and service organization focused on Jewish campus life and leadership development

Chabad

Orthodox Jewish student services organization focused on supporting religious learning and growth that is open and welcoming to all.

KOSHER FOOD

Metro

1030 Adelaide St. N

Has a small kosher dry-goods section, a frozen meat section, as well as some cold items (hummus, cheeses)

Loblaws

1740 Richmond St N

Has a small kosher dry-goods section and a frozen meat section

Hillel

Chicken Soup Hotline, shabbat meals, and other events

Chabad

Shabbat meals and other events

PLACES OF WORSHIP

https://chaplain.uwo.ca/opportunities_for_worship.html



ALL OTHER RELIGIONS

***ALL RELIGIONS ARE EQUALLY IMPORTANT; WE WERE JUST UNFORTUNATELY UNABLE TO FIND AN EQUAL AMOUNT OF RESOURCES**

CLUBS AT WESTERN

Hindu Student Association

Western Sikh Student Association

PLACES OF WORSHIP

https://chaplain.uwo.ca/opportunities_for_worship.html



GENDER



WOMEN RESOURCES

ABUSE

London Abused Women Centre

<https://www.lawc.on.ca/>

My Sister's Place

<https://cmhamiddlesex.ca/about-cmha/msp/>

HEALTH

Women's Health Clinic of London

<https://www.lhsc.on.ca/women-s-health/welcome-to-womens-health-0>

London Health Sciences Centre

<https://www.medpoint.ca/samedayclinics>

CLUBS ON CAMPUS

Women in Fitness

Women in STEM

Western Women in Leadership

Empower

One Love Western



MEN RESOURCES

HELP GROUPS

Changing Ways

<https://www.changingways.on.ca/mens-programs>

Canadian Centre for Men and Families

<https://menandfamilies.org/>

SUPPORT SERVICES

Support Services for Male Survivors of Sexual Abuse

https://www.attorneygeneral.jus.gov.on.ca/english/ovss/male_support_services/



NON-BINARY RESOURCES

ON CAMPUS RESOURCES

Equity and Human Rights Services

www.uwo.ca/equity

Pride Library

www.uwo.ca/pridelib/

Sexuality and Gender Research Group

www.uwo.ca/womens/research/research_group.html

Western Queer Caucus

queer-caucus@uwo.ca

OFF CAMPUS RESOURCES

Alphabet Community Centre

Call or text at (519) 765-5000

Coming Out Over Coffee

www.familyservicethamesvalley.com/

Forest City Queerios

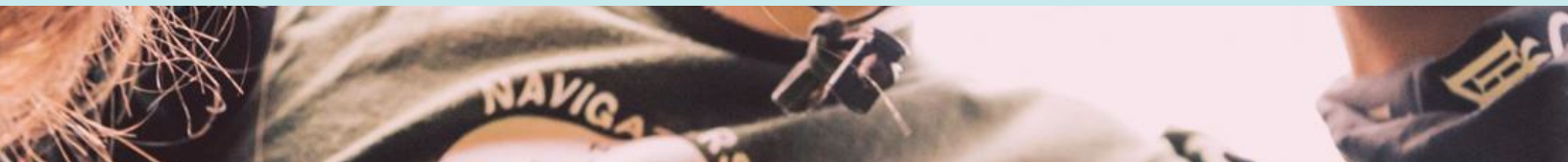
www.meetup.com/Forest-City-Queerios

Spot of Delight

www.spotofdelight.com



SEXUALITY





ON CAMPUS RESOURCES

ALLYWESTERN

AllyWestern works to create a more inclusive university campus, with a focus on understanding and celebrating campus diversity. They organize free educational workshops which promote acceptance, inclusivity, and diversity. They work to reduce fear of discrimination and harassment, and to create a visible support network for the entire Western community.

PRIDE LIBRARY

The Pride Library serves to provide information and materials by and about members of the LGBTQ+ communities. Pride Library is located at the D.B. Weldon Library.
www.uwo.ca/pridelib/

EQUITY AND HUMANS RIGHTS SERVICES (EHRS)

EHRS provides information on the university's discrimination and harassment policies and human rights related issues. They are dedicated to making Western an equitable and safe environment. Find out more at their website.

PRIDE WESTERN

Pride Western is a USC Peer Program that serves as a resource and support for students who are part of LGBTQ+ communities. The organization promotes awareness and advocacy on LGBTQ+ issues through a variety of programs, including discussion groups, social events, and awareness days.



ON CAMPUS RESOURCES

TRANS CARE TEAM

The Trans Care Team comprises a group of physicians from Student Health Services and Psychological Services who work together to provide specialized psychological counselling and medical care to students in an LGBTQIA2S+ affirmative environment.

TRANSFORMATIONS

TRANSformations is a psychoeducation and support group for trans, non-binary, and gender questioning students (closed group, not drop in). Registration in the link above.

<https://www.uwo.ca/health/psych/LGBTTIQQ2SA+.html>

WESTERN QUEER CAUCUS

Western Queer Caucus is a group for members of LGBTQ+ communities, graduate students, allies, and people engaged in various forms of queer academic work. The caucus connects people across faculties, schools, and departments, and is intended to help create community, facilitate academic alliances, provide a venue for activism, and encourage diverse discussions.



OFF CAMPUS RESOURCES

ADVENTUROUS WOMEN OF LONDON (AWOL)

AWOL is a safe social group for lesbian and other women. Free membership includes monthly newsletters.

<https://www.adventurouswomenoflondon.com>

Phone Number: 519-471-2177

Alphabet Community Centre

Alphabet Community Centre facilitates weekly support groups for trans and questioning youth (ages 12-20), medical/legal accompaniments, social service referrals, and employment programs.

COMING OUT OVER COFFEE

Coming Out Over Coffee hosts a support meeting every 2nd and 4th Tuesdays of the month from 6:30p.m.-8:00p.m. at Family Service Thames Valley.

www.familyservicethamesvalley.com/
Phone Number: 519-433-0183

FOREST CITY MEN'S GROUP

Forest City Men's Group provides a connection for gay, bi, & gay-positive men within the London & Southwestern Ontario area. The purpose is to cultivate friendships & male camaraderie through its online site & various social events.

<https://www.facebook.com/pages/category/Community-Organization/Forest-City-Mens-Group-472892886396263/>



OFF CAMPUS RESOURCES

FOREST CITY QUEERIOS

Forest City Queerios is a social group for LGBTQ+ identified people. Events range from pub nights, dinners, board game nights, festivals in the park, movie nights, and more.

<https://www.facebook.com/groups/327103831377431/>

London Transgender Coffee Social Club

The London Transgender Coffee Social Club social networking and support group for Transgender communities and allies within London and region. Meetings are held on the first Monday of each month from 7-9pm, (check Facebook page for notification).

<http://www.openingthecircle.ca/services/providers/9>

YOU BELONG SUPPORT GROUP

The You Belong Support Group is a social-support group, run by Youth Opportunities Unlimited, for youth 16-24 years old who identify within the LGBTQ2SA+ spectrum, as well as their allies. Group meets Wednesdays from 6:30 - 8:30pm at The Cornerstone Building, 332 Richmond Street.

<https://www.facebook.com/YOUBelongLondon>