



What is individual discrimination?

Bias or treatment towards an individual based on the group that person belongs to.

How can we address individual discrimination?



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File a human rights complaint:

- Alberta Human Rights Commission
 - www.albertahumanrights.ab.ca/about/pages/contact.aspx
- Canadian Human Rights Commission
 - www.chrc-ccdp.gc.ca/eng

Community organizations you can contact for support:

- **Coalition for Justice and Human Rights**
 - www.coalition4jhr.org
- **Native Counselling Services of Alberta**
 - www.ncsa.ca
- **RARICA Now**
 - raricanow.org
- **Shades of Colour**
 - www.facebook.com/shadesofcolour.yeg
- **Rainbow Alliance of Youth in Edmonton**
 - rainbowallianceyeg.ca
- **National Coalition of Sexual Freedom**
 - ncsfreedom.org
- **Sexual Assault Centre of Edmonton**
 - www.sace.ca
- **Alberta Sex Positive Education and Community Centre**
 - aspecc.ca
- **The Family Centre Drop in Counselling**
 - www.familycentre.org
- **SAGE Seniors Association**
 - www.mysage.ca
- **The Pride Centre of Edmonton**
 - pridecentreofedmonton.ca
- **End Poverty Edmonton**
 - www.endpovertyedmonton.ca
- **Canadian Native Friendship Centre**
 - www.cnfc.ca
- **Bent Arrow - New in Town**
 - newintownedmonton.ca
- **Voices of Albertans with Disability**
 - vadsociety.ca
- **Self Advocacy Federation**
 - www.selfadvocacyfederation.ca
- **Caregivers Alberta**
 - www.caregiversalberta.ca
- **Kids Help Phone**
 - www.kidshelpphone.ca
- **S.A.G.E. Clan**
 - www.sageclan.ca
- **Edmonton Seniors Coordinating Council**
 - www.seniorscouncil.net
- **Islamic Family Social Services (IFSSA)**
 - www.ifssa.ca

Other ways:

- Be an active witness
- Contact labour boards, unions, employers, boards of directors, offices of safe disclosure, the media
- Address bystander responses
- Make it awkward
- Educate and advocate on social media