



IDEAA Newsletter

Inclusion, Diversity, Equity, Accessibility and Anti-racism (IDEAA)

The National Day for Truth and Reconciliation and Orange Shirt Day

Content warning: Contains sensitive and difficult information related to National Day for Truth and Reconciliation and Orange Shirt Day

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We acknowledge the land we live, work, and learn on as the land that belongs to the Indigenous peoples of Canada. Today, Toronto is still the home to many Indigenous people from across Turtle Island. We are grateful, honored, and humbled to have the opportunity to live and work in this city and this territory we call Turtle Island. We recognize that those of us who are settlers have roles and responsibilities that need to be engaged, to bring about a reconciliatory future.

Chi Miigwetch - Nia:weh - Merci - Thank you.

This resource is meant to be an educational resource for staff, volunteers, families and clients to build greater understanding of Indigenous history in Canada. If you are a former residential school student in distress, or have been affected by the residential school system and need help, you can contact:

- [National Indian Residential School Crisis Line](#): 24-hour crisis support for Survivors and their families, call the toll-free number at 1-866-925-4419.
- [The Hope for Wellness Help Line](#): For immediate emotional support for First Nations, Inuit and Métis people, Call the toll-free help line at [1-855-242-3310](tel:1-855-242-3310) or connect to the [online chat](#).
- [Talk4Healing](#) is a culturally grounded, fully confidential helpline available in 14 languages for Indigenous women in Ontario. Call the toll-free number at 1-855-554-HEAL (4325).
- [Indian Residential School Survivors Society](#): The Indian Residential School Survivors Society (IRSSS) is a provincial organization that provides essential services to residential school survivors and families experiencing intergenerational trauma. Call the toll-free number at 1-800-721-0066.
- [Anishnawbe Health Toronto](#): Mental Health Services.

The Survivors' Flag



The Survivors' Flag is an expression of remembrance, meant to honour residential school Survivors and all the lives and communities impacted by the residential school system in Canada. Please go to the National Centre for Truth and Reconciliation website to read more about each element in the flag. You can access the information [here](#).

The Orange Shirt - Every Child Matters



The Orange Shirt creates awareness of the individual, family and community inter-generational impacts of Indian Residential Schools to support Indian Residential School Reconciliation and promote the truth that EVERY CHILD MATTERS. To read more and understand the story behind the Orange Shirt go to the [Orange Shirt Society website](#).

What is the significance of September 30?

The [National Day for Truth and Reconciliation](#) and [Orange Shirt Day](#) takes place on September 30. The date was chosen because this was the time of year children were taken from their homes and placed in residential schools. The day honours the lost children and Survivors of residential schools, their families and communities. A vital part of the reconciliation process is through the public commemoration of the tragic history, and education around the ongoing impacts of residential schools.

The National Day for Truth and Reconciliation is intended to educate and remind Canadians about the history of residential schools, honour the victims and celebrate the survivors.

Orange Shirt Day is an Indigenous-led grassroots commemorative day that promotes the concept of "Every Child Matters". This day relates to the experience of [Phyllis Webstad](#), a Northern Secwepemc (Shuswap) from the Stswecem'c Xgat'tem First Nation. On her first day of residential

school, she arrived dressed in a new orange shirt which was taken from her. It is now a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.

Every Child Matters is a declaration that no matter how much they were ignored and dismissed during Canada's residential school era, the lives of Indigenous children matter.

The road to Allyship

Familiarize yourself with the [National Centre for Truth and Reconciliation](#), the [94 Calls to Action](#) made by the commission and the [stories of residential school survivors in their own words](#).

Start the conversation

- [Opening conversations about residential schools](#) by TVOKids
It can be difficult to talk about residential schools with your children. TVOkids has put together this video to help you open these important conversations about Indigenous history, colonization and ally-ship.
- [Honour to Senator Murray Sinclair](#) by [Alanis Obomsawin](#)
As described on the National Film Board website: "As the Chair of the Truth and Reconciliation Commission, Senator Murray Sinclair was a key figure in raising global awareness of the atrocities of Canada's residential school system. With determination, wisdom and kindness, Senator Sinclair remains steadfast in his belief that the path to actual reconciliation between Indigenous and non-Indigenous people requires understanding and accepting often difficult truths about Canada's past and present"

Educate

- **Learn about First Nations, Inuit and Métis (FNIM) cultural contributions** by reading [books from Indigenous authors](#) or watching films featuring FNIM culture, like those in the [National Film Board's selection of Indigenous Peoples in Canada films](#).
- **Consider the importance of educating ourselves both as historical settlers and future newcomers:** [Intercultural Dialogue - Bridging the Gap Between Newcomers and Indigenous People](#) (N4 - National Newcomer Navigation Network).
- **Understand words used in Indigenous content:** A [guide](#) to definitions of core words and terms including outdated terms to avoid and develop mindfulness around words used.
- **Complete an online course** such as one offered by [Ontario Health's Indigenous Relationship and Cultural Awareness Courses](#); the [University of Alberta](#) or the [University of Waterloo](#).

Take Action

- **Follow the steps** outlined by the On Canada Project in their [Settlers Take Action](#) project for more information.

Hidden stories

- [The First Nations pass system which restricted people living on reserves.](#)
- [The forced relocation of Inuit to farther northern regions.](#)
- [The Secret Life of Canada: Kanesatake 300 Years Later](#): 30 years since an event you may know as the Oka crisis, an examination of where the story begins
- [The Secret Life of Canada: The Indian Act](#): What is the Indian Act and why does Canada still have it on the books? The Secret Life team looks at the roots of this complicated policy, which after 143 years is still embedded in Canadian identity, from the policy that led to the Act to how it still impacts Indigenous identities today.

Land Acknowledgements

- [Holland Bloorview's Land Acknowledgement Guide](#)
- [Guidance for honouring the Land and Ancestors through Land Acknowledgments](#) (CAMH - Centre for Addiction and Mental Health)
- [Territorial Acknowledgments: Going Beyond the Script](#) (University of Alberta)
- [Guidelines for Land Acknowledgments within Mississaugas of the Credit First Nation \(MCFN\) Treaty Lands and Territory](#)
- To learn more about the land you are on, visit [native-land.ca](#) or [whose.land](#)

Academic

- [International Journal of Indigenous Health \(IJIH\)](#): Provides the newest research in Indigenous health directly from the field. The Journal focuses on utilizing community-based participatory research and Indigenous research methodologies.
- [National Collaborating Centre for Indigenous Health \(NCCIH\)](#)
A national Indigenous organization funded through the Public Health Agency of Canada (PHAC) to support First Nations, Inuit, and Métis public health renewal and health equity through knowledge translation and exchange.
- [Centre for Excellence in Learning and Teaching Indigenous Education](#) (Toronto Metropolitan University) Resources to further your own learning and to celebrate Indigenous knowledge and scholarship.
- [The Indigenous Medicine Stories: Anishinaabe mshkiki nwii-dbaaddaan podcast](#) aims to educate health professionals and the public about Indigenous healing.

Support Indigenous Children and Youth

- [Toolkit for Indigenous Youth](#): Explore self-help tools and resources with a community of peers.
- [The Gord Downie & Chanie Wenjack Fund](#) aims to build cultural understanding and create a path toward reconciliation between Indigenous and non-Indigenous peoples.
- [Jordan's Principle](#): Jordan's Principle is a child-first principle that aims to eliminate service inequities and delays for First Nations children. Jordan's Principle states that any public service ordinarily available to all other children must be made available to First Nations

children without delay or denial. See [here](#) for a documentary by Alanis Obomsawin that traces the story of Jordan River Anderson.

- [First Nations Child and Family Caring Society](#): It's mission is to provide reconciliation-based public education, research and support to promote the safety and wellbeing of First Nations children, young people, families and Nations.

This resource was created by the IDEAA office at Holland Bloorview. Please share your comments or questions with ideaa@hollandbloorview.ca