



## What You Can Do

Learn more about Indigenous perspectives, history, colonial impacts, and current issues.

Take the free UofA Indigenous Canada course, UofT Aboriginal Worldviews and Education course, UofVictoria Reconciliation through Indigenous Education course, or other online classes.

Develop a program like the Manitoban Department of Conservation and Climate *Certificate of Indigenous Relations Program (CIRP)*.

You can learn more about Indigenous perspectives, history, colonial impacts, and current issues. Take the free University of Alberta Indigenous Canada course, University of Toronto Aboriginal Worldviews and Education course, University of Victoria Reconciliation through Indigenous Education course, or other online classes. The University of Alberta's 12-module course offers information from an Indigenous perspective and explores key issues facing Indigenous peoples today from a historical and critical perspective.

Reconciliation Through Indigenous Education: <https://pdce.educ.ubc.ca/reconciliation/>

Aboriginal Worldviews and Education: <https://www.coursera.org/learn/aboriginal-education>

Indigenous Canada: <https://www.coursera.org/learn/indigenous-canada>

In 2016, the Department of Conservation and Climate, with the department of Agriculture and Resource Development in 2018, developed and launched the Certificate of Indigenous Relations Program (CIRP). In 2020, the program won the Gold Medal at the IPAC Deloitte Public Service Leadership and Excellence Awards. By participating in CIRP (and other relevant training), public servants will be better equipped to build relationships with Indigenous Elders, leaders and communities that help to advance reconciliation. The ultimate goal is to establish a high level of capacity within the departments to meaningfully and respectfully engage with Indigenous Peoples and communities.

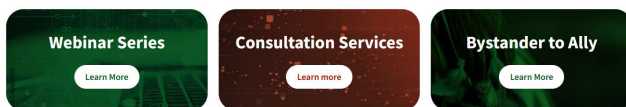


## Cultural Safety and Competency Training Courses

### Core Training



### Advanced Training



Indigenous Cultural Competency Training (ICCT)

San'yas Indigenous Cultural Safety Training

Indigenous Cultural Safety (ICS) Learning Series

### Indigenous Cultural Competency Training (ICCT)

<http://www.ofifc.org/indigenous-cultural-competency-training-icct>

The Ontario Federation of Indigenous Friendship Centre's Indigenous Cultural Competency Training (ICCT) program enables participants to build skills, knowledge, attitudes and values essential to fostering positive and productive relationships with Indigenous people.

This is built up over 4 cycles the begin with introducing relevant info to better serve Indigenous peoples (foundational knowledge to improve relations); contemporary issues and frameworks that have impacted Indigenous peoples; in-depth look at treaties, sovereignty, self-governance, and ways of knowing and doing; and a cultural-based framework for participants to an organization vision for reconciliation and an action plan for cultural competency.

### San'yas (San'yas Indigenous Cultural Safety Training)

<http://www.sanyas.ca>

The San'yas: Indigenous Cultural Safety Training Program was designed to enhance self-awareness, and strengthen the skills of participants who work with Indigenous peoples. The goal of the training is to develop understanding and promote positive partnerships between service providers and Indigenous people.

Facilitators guide and support each learner through interactive course materials. The course participants examine culture, stereotyping, and the consequences and legacies of colonization. Participants will learn about terminology; diversity; aspects of colonial history such as Indian residential schools and Indian Hospitals and a time-line of historical events.

### The National Indigenous Cultural Safety Learning Series

<http://www.icscollaborative.com>

The Indigenous Cultural Safety (ICS) Learning Series is an ongoing series of webinars developed by the Provincial Health Services Authority Indigenous Health in partnership with the Southwest Ontario Aboriginal Health Access Centre. The series is for anyone who's interested in increasing their understanding of cultural safety, enhancing their skills in addressing racism, and establishing positive relationships with Indigenous peoples.

Indigenous Reconciliation Awareness Module (IRAM)

<https://jedinb.ca/iram>

The Indigenous Reconciliation Awareness Module provides education for Management and Staff on the history of Indigenous Peoples and how to implement reconciliation within your workplace to foster Indigenous inclusion in New Brunswick's economy.



## **Cultural Safety and Competency Training Courses**

### **Indigenous Awareness Canada**

Indigenous Awareness Canada offers online awareness training and facilitates in-person workshops.

### **The Path**

Nvision offers a number of courses to help increase Indigenous cultural awareness and understanding and Indigenous engagement.

Indigenous Awareness Canada

<https://indigenousawarenesscanada.com/>

Indigenous Awareness Canada offers online Indigenous Awareness Training and facilitates in-person workshops. Their mission is to assist Canadians to learn about Canada's Indigenous People and to help non-Indigenous Canadians and Indigenous peoples move toward reconciliation.

The Path

<https://nvisiongroup.ca/the-path-indigenous-cultural-awareness/>

Nvision offers a number of courses to help increase Indigenous cultural awareness and understanding and Indigenous engagement.



## **Insight Courses**

### **Circles for Reconciliation**

The goal is to establish trusting, meaningful relationships between Indigenous and non-Indigenous peoples as part of the 94 Calls to Action.

### **Returning to Spirit**

Offers workshops like Seeds of Reconciliation for groups with an interest in creating a shared reconciliation language to build from, or former participants wanting to revisit concepts and learn new ones.

#### **Circles for Reconciliation**

<https://circlesforreconciliation.ca/>

The aim of Circles For Reconciliation is to establish trusting, meaningful relationships between Indigenous and non-Indigenous peoples as part of the 94 Calls to Action from the Truth and Reconciliation Commission. The means to achieve this is the creation of small gatherings of an equal number of Indigenous and non-Indigenous people in discussion circles.

#### **Returning to Spirit**

<https://www.returningtospirit.org/>

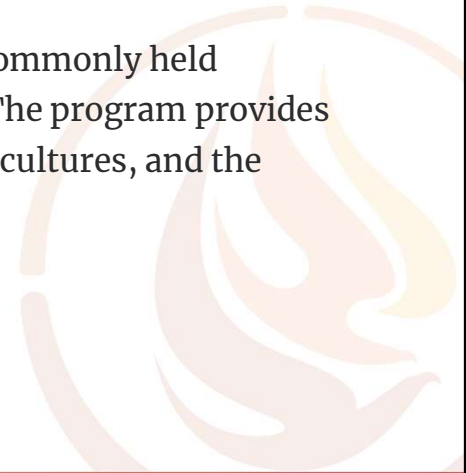
Returning to Spirit is an Indigenous-led non-profit organization aimed at bringing Canadians together in a spirit of mutual respect, trust, and equality to create possibility, responsibility and reconciliation. They offers workshops like Seeds of Reconciliation for groups with an interest in creating a shared reconciliation language to build from, or former participants wanting to revisit concepts and learn new ones.



## Insight Courses

### Indigenous Insights

Designed to educate Canadians and clarify commonly held misconceptions about Indigenous Peoples. The program provides an overview of Indigenous Peoples' history, cultures, and the relationship with Canada.



#### Indigenous Insights Program

<https://www.uwinnipeg.ca/indigenous-insights/>

The program is designed to educate Canadians and clarify commonly held misconceptions about Indigenous Peoples. It's ideal for educators, public health workers, employees in the public and private sectors, NGOs, faith-based and spiritual organizations, and those seeking to enhance their knowledge and understanding of Indigenous Peoples. It is an overview of Indigenous Peoples' history, cultures, and the relationship with Canada.

#### Toronto Council Fire Native Cultural Centre

<https://www.councilfire.ca/>

The Toronto Council Fire Native Cultural Centre is an autonomous, vibrant cultural agency that involves and serves the Indigenous community with confidence for and commitment to their well-being. Their mandate is to provide counselling, material assistance and other direct services to First Nations people as well as to encourage and enhance spiritual and personal growth.



## **Courses and Training for Businesses**

### **Indigenous Works**

Offers online inclusion training, advisory services, and workplace inclusion diagnostics.

### **Canadian Council for Aboriginal Business**

Offers business development training and certification for Indigenous and non-Indigenous businesses and companies.

### **Indigenous Corporate Training Inc.**

Offers training in awareness, relations, consultation and engagement to improve competency in working with Indigenous Peoples.

#### Indigenous Works

<https://indigenousworks.ca/en>

Indigenous Works, formerly the Aboriginal Human Resource Council, was founded as a non-profit with the mandate to improve the inclusion and engagement of Indigenous people in the Canadian economy. Indigenous Works offers online inclusion training, advisory services, and workplace inclusion diagnostics. They assist in developing partnership skills and strategies to foster better relationships between organizations.

#### Canadian Council for Aboriginal Business

<https://www.ccab.com/programs/progressive-aboriginal-relations-par/>

CCAB provides an array of business development offerings and certification for Indigenous and non-Indigenous businesses and companies. Progressive Aboriginal Relations (PAR) is a certification program that confirms corporate performance in Indigenous relations. Certified companies promote their level (gold, silver, bronze) with a PAR logo signaling to communities that they are good business partners; great places to work; and committed to prosperity in Indigenous communities.

#### Indigenous Corporate Training Inc.

<https://www.ictinc.ca/>

The ICT mission is to provide training to get everyone Working Effectively with Indigenous Peoples® in their day-to-day jobs and lives. We do this by providing a safe training environment for learners to acquire the knowledge, skills, and attitude required to be effective.



## French Training and Education

### Ashukan

A training platform named after the Algonquian word for a “bridge” between shores. Ashukan creates these bridges between people and organizations through education about Indigenous Peoples and history.

### Mikana

An Indigenous non-profit whose mission is to work towards social change by educating different audiences on the realities and perspectives of Indigenous peoples.

#### Ashukan

<https://ashukan.co/>

Ashukan is a training platform named after the Algonquian word for a “bridge” between shores. Ashukan creates these bridges between people and organizations through education about Indigenous Peoples and history.

Ashukan est une plateforme de formation qui propose de nouveaux ponts pour renforcer les équipes de travail et les réseaux d’alliance des organisations. Ashukan est un mot universel dans les langues Algonquiennes qui réfère à l’idée de « pont » entre les rives. Sur le plan symbolique, il renvoie à l’idée du lien qui unit les gens, les cultures et les organisations. Ce sont ces nouveaux ponts que se propose de créer Ashukan, afin de renforcer les équipes de travail et les réseaux d’alliance des organisations.

#### Mikana

<https://www.mikana.ca/>

Mikana is an Indigenous non-profit organization whose mission is to work towards social change by educating different audiences on the realities and perspectives of Indigenous peoples.

Mikana est un organisme autochtone sans but lucratif qui a pour mission d’oeuvrer au changement social en sensibilisant différents publics sur les réalités et perspectives des peuples autochtones.





## KAIROS Blanket Exercise



The Blanket Exercise is a tool that walks participants through the history of relationships between Indigenous and non-Indigenous peoples in Canada.

It helps participants understand why reconciliation is needed and how to take steps toward reconciliation and new relationships.

KAIROS Blanket Exercise

<https://www.kairoscanada.org/>

<https://www.kairosblanketexercise.org/>

The Blanket Exercise was developed by KAIROS Canada following the report of the Royal Commission on Aboriginal Peoples. It's a tool that walks participants through the history of relationships between Indigenous and non-Indigenous peoples in Canada. It helps participants understand why reconciliation is needed and how to take steps toward reconciliation and new relationships.



## **Treaty Commissions**

### **Treaty Relations Commission Manitoba**

Strives to strengthen, rebuild, and enhance the Treaty Relationship through education, facilitation, and research.

### **Office of the Treaty Commissioner of Saskatchewan**

Ensures everyone has an understanding of treaties, the treaty relationship and reconciliation through education, training, and events.

### **BC Treaty Commission Office**

An independent body that advocates for and facilitates the recognition and protection of Indigenous rights and title.

Treaty Relations Commission Manitoba

<https://trcm.ca/>

Everyone benefit from Treaties and have a shared responsibility to maintain our Treaty relationship. The TRCM strives to strengthen, rebuild, and enhance the Treaty Relationship between First Nations and Canadians through education, facilitation, and research.

Office of the Treaty Commissioner of Saskatchewan

<http://www.otc.ca/>

Ensures everyone has an understanding of treaties, the treaty relationship and reconciliation through education, training, events, and sharing the stories of people's call to action.

BC Treaty Commission Office

<https://www.bctreaty.ca/>

An independent body that advocates for and facilitates the recognition and protection of Indigenous rights and title, including the implementation of the UN Declaration, through the negotiation of modern treaties, agreements and other constructive arrangements.



## Visit former residential schools and research centres

Residential School History  
and Dialogue Centre

St. Eugene Resort  
(Cranbrook/Kootenay)

Shingwauk Residential  
Schools Centre (Shingwauk)

Woodlands Cultural Centre  
(Mohawk Institute)



Residential School History and Dialogue Centre

Residential School History and Dialogue Centre <https://irshdc.ubc.ca/>

The Indian Residential School History and Dialogue Centre (IRSHDC) at UBC addresses the colonial legacy of residential schools and other policies imposed by the Canadian government on Indigenous Peoples, and ensures that this history is acknowledged, examined and understood within the UBC community.

St. Eugene Resort (Kootenay) <https://www.steugene.ca/en/about-us-culture-heritage/>

The Kootenay residential school was redeveloped in the 1990s. The St. Eugene golf course opened in 2000, the Casino in 2002, followed by the St. Eugene Hotel in 2003. Inside the lower level of the hotel is the Ktunaxa Interpretive Centre which displays handcrafted items and culturally significant artifacts of the Ktunaxa culture and offers educational programming and Indigenous cultural awareness training.

Shingwauk Residential Schools Centre <http://shingwauk.org/srsc/>

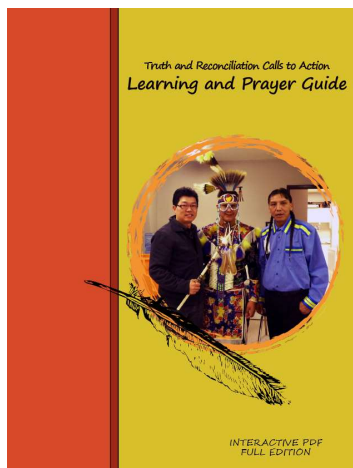
The Shingwauk Residential Schools Centre (SRSC) at Algoma University, is a joint initiative with the Children of Shingwauk Alumni Association.

Woodlands Cultural Centre <https://woodlandculturalcentre.ca/>

Woodland Cultural Centre serves to preserve and promote Indigenous history, art, language and culture. We welcome you to visit and learn with us as we bring the story of the Haudenosaunee people of the Eastern Woodlands to life through innovative exhibitions and programs.



## Christian Prayer Guide and Resources



### Truth and Reconciliation Prayer Guide

Developed to help raise awareness for the impact of residential schools and to offer the opportunity for intentional prayer through the TRC's Calls to Action.

### Doctrine of Discovery: Stolen lands, Strong Hearts

The purpose of this film is to provide education and insight into the racist foundations of many of our property and other laws still in existence to this day.

### Truth and Reconciliation Prayer Guide

<https://www.cmacan.org/trc-prayer-guide/>

This learning and prayer guide has been developed to help raise awareness for the impact of residential schools and to offer the opportunity for intentional prayer as you are guided through the TRC's Calls to Action and additional relevant information and resources. Let this expression of faith and hope in action renew our hearts and minds so that by the Spirit of our Creator God, we may honour one another as image-bearers and be reconciled.

### Doctrine of Discovery: Stolen lands, Strong Hearts

<https://www.anglican.ca/primate/tfc/drj/doctrineofdiscovery/>

This film is about a devastating decision, made over 500 years ago, which continues to profoundly impact Indigenous and Settler people worldwide. Pope Alexander VI ruled that the lands being discovered by European explorers at the time was "empty" land and its millions of Indigenous inhabitants were "non-human." The purpose of this film is to respond to the calls to action by helping to provide education and insight into the racist foundations of many of our property and other laws still in existence to this day.

### Praying through the United Nations Declaration on the Rights of Indigenous Peoples

<https://network.crcna.org/sites/default/files/documents/Praying%20through%20the%20United%20Nations%20Declaration%20on%20the%20Rights%20of%20Indigenous%20Peoples-printable%20resource%20%281%29.pdf>

The Christian Reformed Church has connected each of the 6 weeks of Lent to one or two themes in the Declaration, such as self-determination, and offered exercises and prayers for each week. Alone or (even better!) with a group, take the week to read the articles and reflect on the theme through the suggested prayers and exercises. For weeks with two themes, consider beginning your reflections on the first theme on

Sunday and on the second theme on Wednesday.

Month of Prayer Surrounding Missing and Murdered Indigenous Women and Girls

<https://network.crcna.org/sites/default/files/documents/Month%20of%20Prayer%20-%202018%20update.pdf>

The Christian Reformed Church invites you to enter into a month of prayer that focuses on the injustices that surround the missing and murdered Indigenous women and girls in Canada. It is our prayer that we can join together, in prayer, to pray for these women and their families, those who committed the offenses and their families, the justice system, and their communities. Let us pray too for healing, justice, and reconciliation for all those involved in each story.



## Reflection for National Truth and Reconciliation Day

The CRC Canadian Indigenous Ministry Committee created a prayer reflection video and podcast for National Truth and Reconciliation Day.

The reflection talks 1 hour and guides folks through three Calls to Action with prayer and reflection prompts.



The CRC Canadian Indigenous Ministry Committee created a prayer reflection video and podcast for National Truth and Reconciliation Day. The reflection talks 1 hour and guides folks through three Calls to Action with prayer and reflection prompts.

<https://network.crcna.org/biblical-justice/reflection-national-truth-and-reconciliation-day>

<https://anchor.fm/do-justice/episodes/Reflections-for-National-Truth-and-Reconciliation-Day--Season-3-Bonus-e170l14>



## TRC Reading Guide / Toolkit

The primary goal for the toolkit, its guiding questions and activities, is to show how to read and apply the TRC Report to support non-Indigenous organizations in situating themselves in the context of ongoing oppressive systems and build the capacity of service providers who are interested in dismantling those systems.

### GETTING STARTED

#### HOW TO USE THIS KIT

Use this kit as a guide for your organization to read and apply the TRC report. This toolkit will be most helpful for organizations that have already begun the work of decolonization, and understand some of the concepts and analysis therein. A clear understanding of social justice, the social determinants of health, systemic discrimination and anti-oppression will be necessary to fully engage with the content of this kit. If members of your organization may be new to such topics, it's a good opportunity to contact a trainer in your area to work on that first.

This guide includes both a study guide and activities for your organization. It is essential to do both! Reading and information gathering is an important foundation to the work you will do in the activities to apply the TRC Report to your organization. This kit includes the following:

**CONSIDERATIONS / PAGE 6:** Things to consider when starting the project of reading and applying the TRC Report with your team.

**INTENTION ACTIVITIES / PAGE 7:** Activities to do before reading to start thinking about the role of non-Indigenous organizations and your team intentions in reading and applying the TRC.

**READING GUIDE / PAGE 9:** Questions to guide your independent reading and questions to reflect on and discuss as a team.

### TRC Reading Guide

<https://www.kanikanichihk.ca/wp-content/uploads/2019/12/2018-MRHN-TRCGUIDE-FINAL-WEB.pdf>

Use this kit as a guide for your organization to read and apply the TRC report. This toolkit will be most helpful for organizations that have already begun the work of decolonization, and understand some of the concepts and analysis therein. A clear understanding of social justice, the social determinants of health, systemic discrimination and anti-oppression will be necessary to fully engage with the content of this kit. If members of your organization may be new to such topics, it's a good opportunity to contact a trainer in your area to work on that first.



## Where to buy books

Where to buy:

- <https://www.strongnations.com/>
- <https://goodminds.com/>
- <https://www.massybooks.com/>
- <https://irondogbooks.com/>

First Nations, Inuit, and Métis Publishers and Distributors:

- <https://guides.library.utoronto.ca/Aboriginalpublishers>



Lists of books for children K-G12:

- <https://www.cbc.ca/news/indigenous/10-books-about-residential-schools-to-read-with-your-kids-1.3208021>
- <https://www.savvymom.ca/article/books-about-residential-schools-for-kids-of-all-ages/>
- <https://bookriot.com/residential-schools-picture-books/>
- <https://www.kitchencounterchronicle.com/books-about-residential-schools-for-kids/>
- <https://bookcentre.ca/news/orange-shirt-day-reading-list>

Lists of books for adults:

- <https://calgary.bibliocommons.com/list/share/1262380287/1915798449>
- <https://www.cbc.ca/books/48-books-by-indigenous-writers-to-read-to-understand-residential-schools-1.6056204>
- <https://bookriot.com/indian-residential-schools-books/>
- [https://www.torontomu.ca/content/dam/aec/pdfs/TRC\\_reading\\_and\\_film\\_list.pdf](https://www.torontomu.ca/content/dam/aec/pdfs/TRC_reading_and_film_list.pdf)





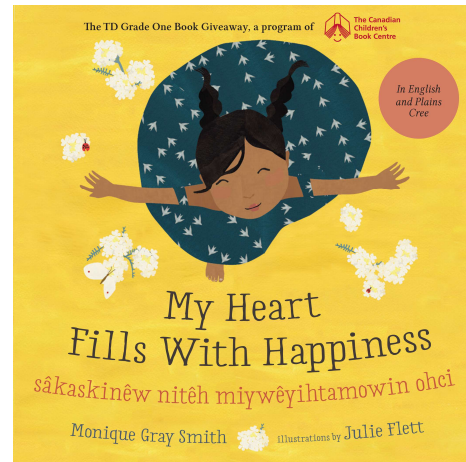
## Recommended Books - For Young Kids

My Heart Fills with Happiness (Monique Gray Smith)

Shi-shi-etko (Nicole I. Campbell)

When We Were Alone (David A. Robertson)

When I was Eight (Christy Jordan-Fenton and Margaret Pokiak-Fenton)



- My Heart Fills with Happiness (Monique Gray Smith)
  - This book serves as a reminder to reflect and cherish the joyful moments in life. It encourages mental wellness and reflecting on what makes us happy.
- Shi-shi-etko (Nicole I. Campbell)
  - Before she goes to residential school, Shi-shi-etko gathers her memories for safe-keeping while her family shares valuable teachings that they want her to remember.
- When We Were Alone (David A. Robertson)
  - Is a story of a young girl's curiosity about her grandmother who shares her experience at residential school and why she wears her hair long and speaks her language.
- When I was Eight (Christy Jordan-Fenton and Margaret Pokiak-Fenton)
  - A younger ages friendly version of Margaret's story of attending residential school in the western arctic.



## Recommended Books - For Kids

Fatty Legs (Christy Jordan-Fenton and Margaret Pokiak-Fenton)

A Stranger at Home (Christy Jordan-Fenton and Margaret Pokiak-Fenton)

My Name is Seepeetza (Shirley Sterling)

These are my Words (Ruby Slipperjack)

Speaking our Truth (Monique Gray Smith)



- Fatty Legs and A Stranger at Home (Christy Jordan-Fenton and Margaret Pokiak-Fenton)
  - A memoir about Margaret who desperately wanted to go to school to learn to read. She attended residential school for several years and returns home to her parents a stranger.
- My Name is Seepeetza (Shirley Sterling)
  - This autobiographical novel, chronicles the life of Seepeetza, renamed Martha Stone who attended a BC residential school.
- These are my Words (Ruby Slipperjack)
  - A fictional story that follows Violet Pesheens at a residential school in the 1960s.
- Speaking our Truth (Monique Gray Smith)
  - Shares the lives of Survivors and readers will learn from allies who are putting the findings of the Truth and Reconciliation Commission into action.



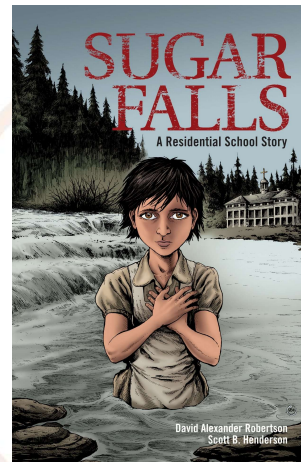
## Recommended Books - For Teens

Sugar Falls (David A. Robertson)

7 Generations (David A. Robertson)

The Marrow Thieves (Cherie Dimaline)

Three Feathers (Richard Van Camp)



- Sugar Falls (David A. Robertson)
  - This graphic novel tells a fictional story of a young girl who attends a Catholic residential school which based on the story of Elder Betty Ross. It is a shorter book but doesn't shy away from the abuses suffered.
- 7 Generations (David A. Robertson)
  - In this series of 4 graphic novels, the story of one boy's family through war, disease, and residential school helps him tackle mental health struggles and provides the prospect of hope when facing an unknown future.
- The Marrow Thieves (Cherie Dimaline)
  - This novel is set in a bleak future where the world and humanity have been devastated by climate change. Frenchie and his friends struggle to survive by hiding from the marrow thieves who are after their ability to dream.
- Three Feathers (Richard van Camp)
  - This novel follows three Indigenous young men who are sent to live on the land to atone for the vandalization they caused. While away they must learn to take responsibility for their actions and the humility to return home.



## Recommended Books - Non-Fiction

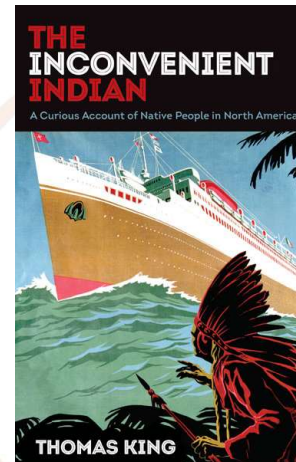
The Inconvenient Indian (Thomas King)

21 Things You May Not Know About the Indian Act  
(Bob Joseph)

From the Ashes: My Story of Being Métis,  
Homeless, and Finding My Way (Jesse Thistle)

Warrior Life: Indigenous Resistance and  
Resurgence (Pam Palmater)

The Skin We're In (Desmond Cole)



- The Inconvenient Indian (Thomas King)
  - Is a personal reflection of the author that explores the relationship between Indigenous and non-Indigenous peoples since the 15th century and looks at how popular culture has shaped Indigenous identity.
- 21 Things You May Not Know About the Indian Act (Bob Joseph)
  - Is a guide to understanding the Indian Act and its repercussions on Indigenous peoples. The book also discusses how Indigenous communities can return to self-governance, self-determination and self-reliance.
- From the Ashes: My Story of Being Métis, Homeless, and Finding My Way (Jesse Thistle)
  - Is a memoir of the life of Jesse Thistle, a Metis-Cree man and his experiences in the child welfare system, life on the streets overcoming addiction and trauma, and discovering who he is today.
- Warrior Life: Indigenous Resistance and Resurgence (Pam Palmater)
  - Is a collection of writings and a critique of the Canadian colonial system that addresses empty promises, racism, genocide, and government lawlessness.
- The Skin We're In (Desmond Cole)
  - Which touches on the authors experiences with white supremacy, microaggressions, anti-Black racism, police brutality, and oppression of Indigenous peoples.



## Recommended Books - Fiction

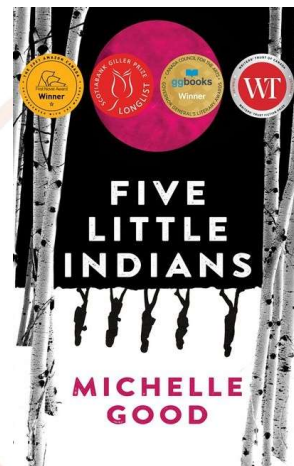
Five Little Indians (Michelle Good)

In Search of April Raintree (Beatrice Mosionier)

Son of a Trickster (Eden Robinson)

Split Tooth (Tanya Tagaq)

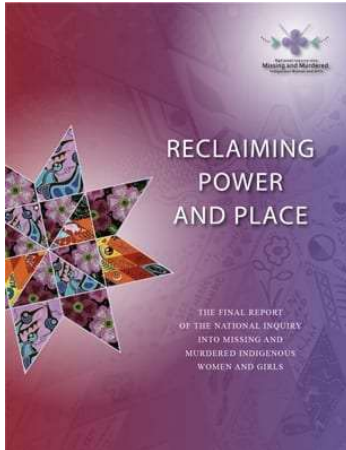
Indian Horse (Richard Wagamese)



- Five Little Indians (Michelle Good)
  - Tells the story of 5 friends and the struggles they meet and the trauma they must overcome after attending the Missing Residential school.
- In Search of April Raintree (Beatrice Mosionier)
  - Takes readers on a journey of 2 sisters who are placed into foster care and the trials and trauma they must overcome over the course of their young adulthood.
- Son of a Trickster (Eden Robinson)
  - Is a coming of age story that touches on topics of broken families, peer pressure, drugs, alcohol, poverty but also magic in the form of the trickster Wee'jit.
- Split Tooth (Tanya Tagaq)
  - Tells the story of a young Inuk woman growing up in the Canadian arctic in the 1970s and is a mixture of fiction, a memoir, poetry, and folklore.
- Indian Horse (Richard Wagamese)
  - A young Indigenous boy becomes involved in hockey, but his life and career are troubled by the traumas of his residential school experience.



## What You Can Do



Explore guiding documents like:

- United Nations Declaration on the Rights of Indigenous Peoples (46 Articles)
- Truth and Reconciliation Commission of Canada's Calls to Action (94 Calls)
- National Inquiry into Missing and Murdered Indigenous Women and Girls Calls for Justice (231 Calls)

Exploring guiding documents such as the:

United Nations Declaration on the Rights of Indigenous Peoples (15 pages):

[https://www.un.org/esa/socdev/unpfii/documents/DRIPS\\_en.pdf](https://www.un.org/esa/socdev/unpfii/documents/DRIPS_en.pdf)

Truth and Reconciliation Commission's calls to action (20 pages):

[http://trc.ca/assets/pdf/Calls\\_to\\_Action\\_English2.pdf](http://trc.ca/assets/pdf/Calls_to_Action_English2.pdf)

National Inquiry into Missing and Murdered Indigenous Women and Girls calls for justice (48 pages):

<https://www.mmiwg-ffada.ca/wp-content/uploads/2019/06/Calls-Web-Version-EN.docx>



## Recommended Movies

Where the Spirit Lives (Bruce Pittman, 1989)

We Were Children (Tim Wolochatiuk, 2012)

Indian Horse (Stephen Campanelli, 2017)

Birth of a Family (Tasha Hubbard, 2017)

Alanis Onomsawin – any of her movies!

Colonization Road (Michelle St. John, 2016)

This River (Katherena Vermette, Erika  
MacPherson, 2016)



Where the Spirit Lives – 1hr38min <https://www.youtube.com/watch?v=7aW4tzkITLQ>

We Were Children – 1hr23min [https://www.nfb.ca/film/we\\_were\\_children/](https://www.nfb.ca/film/we_were_children/)

Indian Horse – 1hr41min <https://www.indianhorse.ca/en/film>

<https://www.youtube.com/watch?v=bba6T00iZVo>

Birth of a Family – 1hr19min <https://www.nfb.ca/directors/tasha-hubbard/>

Alanis Onomsawin's films – We Can't Make the Same Mistake Twice – 2hr43min

<https://www.nfb.ca/directors/alanis-obomsawin/>

Colonization Road – 49min <https://gem.cbc.ca/media/firsthand/season-2/episode-9/38e815a-00b9abca4fc>

This River – 19min [https://www.nfb.ca/film/this\\_river/](https://www.nfb.ca/film/this_river/)



## Recommended Movies

Finding Dawn (Christine Welsh, 2006)

The Road Forward (Marie Clements, 2017)

After the Apology (Larissa Behrendt, 2017)

Nîpawistamâsowin: We Will Stand Up  
(Tasha Hubbard, 2019)

Shadow of Dumont (Trevor Cameron, 2020)

Monkey Beach (Loretta Todd, 2020)



Finding Dawn – 1hr13min [https://www.nfb.ca/film/finding\\_dawn/](https://www.nfb.ca/film/finding_dawn/)

The Road Forward – 1hr41min [https://www.nfb.ca/film/road\\_forward/](https://www.nfb.ca/film/road_forward/)

After the Apology – 1hr21min <https://vimeo.com/ondemand/afterapology>

Nîpawistamâsowin: We Will Stand Up – 1hr38min <https://www.nfb.ca/directors/tasha-hubbard/>

Shadow of Dumont – 1hr33min <https://shadowofdumont.com/>

Monkey Beach – 1hr45min <https://monkeybeachmovie.com/>





## Recommended Movies

Beans (Tracey Deer, 2020)

Home from School: The Children of Carlisle (Geoffrey O’Gara, 2021)

Night Raiders (Danis Goulet, 2021)

Slash/Back (Nyla Innuksuk, 2022)

For Love (Matt Smiley, 2022)

Rosie (Gail Maurice, 2022)



Beans – 1hr32min <https://www.emafilms.com/en/film/beans/>

In 1990, two Mohawk communities enter into a 78-day armed stand-off with government forces to protect a burial ground from developers. The experience is depicted through the eyes of a girl nicknamed "Beans."

Home from School: The Children of Carlisle – 55min

<https://www.pbs.org/independentlens/documentaries/home-from-school-the-children-of-carlisle/>

Among the many who died at Carlisle Indian Industrial School were three Northern Arapaho boys. Now, more than a century later, tribal members journey from Wyoming to Pennsylvania to help them finally come home.

Night Raiders – 1hr41min <https://www.imdb.com/title/tt9568230/>

A mother joins an underground band of vigilantes to try to rescue her daughter from a state-run institution.

Slash/Back – 1hr26min [https://www.imdb.com/title/tt9050310/?ref\\_=fn\\_al\\_tt\\_1](https://www.imdb.com/title/tt9050310/?ref_=fn_al_tt_1)

When Maika and her ragtag friends discover an alien invasion in their tiny arctic hamlet, it's up to them to save the day. Utilizing their makeshift weapons and horror movie knowledge, the aliens realize you don't mess with girls from Pang.

For Love – 1hr28min <https://forlovethefilm.com/>

In this searing documentary, Indigenous people share heartbreaking stories that reveal the injustices inflicted by the Canadian child welfare system.

Rosie – 1hr32min <https://www.rosiethemovie.com/>;

[https://www.imdb.com/title/tt21420962/?ref\\_=nv\\_sr\\_srsrg\\_0](https://www.imdb.com/title/tt21420962/?ref_=nv_sr_srsrg_0)

An orphaned Indigenous girl is forced to live with her reluctant, street-smart, francophone aunty and her two

gender-bending best friends in 80's Montreal.



## Recommended TV Shows - First Contact



*First Contact* takes six Canadians, all with stereotypical opinions about Indigenous People, on a unique 28-day exploration of Indigenous Canada.

It is a journey that will turn their lives upside down, challenging their perceptions and confronting their prejudices about a world they never imagined.

First Contact takes six Canadians, all with stereotypical opinions about Indigenous People, on a unique 28-day exploration of Indigenous Canada. It is a journey that will turn their lives upside down, challenging their perceptions and confronting their prejudices about a world they never imagined.

<https://www.firstcontactcanada.ca/>



## Recommended Podcasts - Telling Our Twisted Histories



Words connect us. Words hurt us. Indigenous histories have been twisted by centuries of colonization.

Host Kaniehti:io Horn brings us together to decolonize our minds– one word, one concept, one story at a time.

Words connect us. Words hurt us. Indigenous histories have been twisted by centuries of colonization. Host Kaniehti:io Horn brings us together to decolonize our minds– one word, one concept, one story at a time.

<https://www.cbc.ca/listen/cbc-podcasts/906-telling-our-twisted-histories>



## Recommended Podcasts – The Secret Life of Canada

The Secret Life of Canada is a podcast about the country you know and the stories you don't.

Join hosts Leah-Simone Bowen and Falen Johnson as they reveal the beautiful, terrible and weird histories of this land.



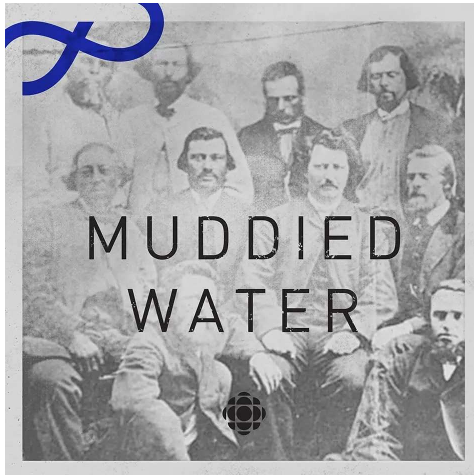
The Secret Life of Canada is a podcast about the country you know and the stories you don't. Join hosts Leah-Simone Bowen and Falen Johnson as they reveal the beautiful, terrible and weird histories of this land.

<https://www.cbc.ca/listen/cbc-podcasts/203-the-secret-life-of-canada>

<https://www.cbc.ca/listen/cbc-podcasts/203-the-secret-life-of-canada/episode/15892925-s4-the-boy-in-the-picture>



## Recommended Podcasts – Muddied Water



Who are the Métis? It's complicated.

This podcast explores the history of Métis, beginning with Louis Riel who was hero to some and traitor to others. Host Stephanie Cram unravels the intricate history of the Métis...and follows the thread from resistance to renaissance.

Who are the Métis? It's complicated. This podcast explores the history of Métis people in Manitoba, beginning with Louis Riel who was hero to some and traitor to others. Host Stephanie Cram unravels the intricate history of the Métis...and follows the thread from resistance to renaissance.

<https://www.cbc.ca/listen/cbc-podcasts/371-muddied-water>



## Recommended Podcasts - ᐃᓄᐃᑦ ᐅᓂᓃᑦᑦᑦᑦ (Inuit Unikkaangit)

Host and Archivist Mary Powder reunites Inuit with stories from CBC North's vast Inuktitut language archives by replaying them for the descendants of the original storytellers, some of whom are hearing them for the very first time.



Host and Archivist Mary Powder reunites Inuit with stories from CBC North's vast Inuktitut language archives by replaying them for the descendants of the original storytellers, some of whom are hearing them for the very first time.

<https://www.cbc.ca/listen/cbc-podcasts/444-inuit-unikkaangit>



## Recommended Podcasts – Kuper Island



An 8-part series that tells the stories of four students: three who survived and one who did not named Richard Thomas.

They attended one of Canada's most notorious residential schools – **Kuper Island** – where unsolved deaths, abuse, and lies haunt the community and the survivors to this day.

An 8-part series that tells the stories of four students: three who survived and one who didn't named Richard Thomas. They attended one of Canada's most notorious residential schools – where unsolved deaths, abuse, and lies haunt the community and the survivors to this day. Hosted by Duncan McCue.

<https://podcasts.apple.com/ca/podcast/kuper-island/id1623248767>

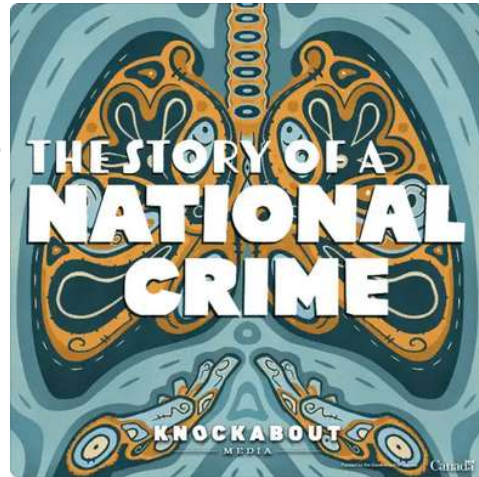




## Recommended Podcasts - The Story of a National Crime

A 7-part series that tells the story of Peter Henderson Bryce who reported on the clear connections between tuberculosis and the mortality rates of students in residential schools.

His recommendations to address the issue fell on deaf ears and would not be revealed publicly until he was forced to retire.



Peter Henderson Bryce was a medical doctor, civil servant and public health expert. In 1907, after surveying 35 residential schools, he submitted a report to the Department of Indian Affairs detailing clear connections between Residential Schools, tuberculosis and high student mortality rates.

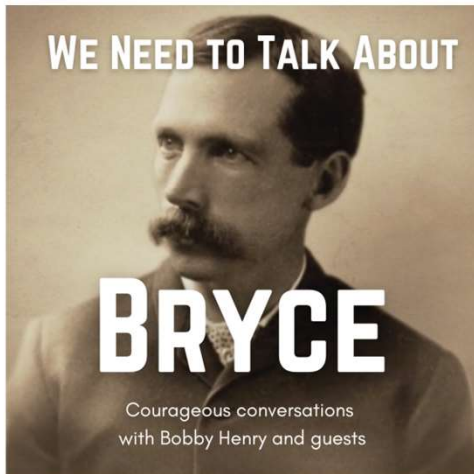
His recommendations fell on deaf ears and would not be revealed publicly until he was forced to retire. Fifteen years after his initial report, he published an 18-page “appeal for justice”—a pamphlet containing his findings and recommendations, and condemning the government’s lack of action to address illness and death in the Residential School System and First Nation communities. Indigenous peoples continued to experience disproportionate impacts of tuberculosis for years to come. Eventual federal intervention involved a confusing web of enforced medical care leaving Survivors and patients’ families to seek answers and closure.

This is The Story of a National Crime, new podcast from Knockabout Media.

<https://podcasts.apple.com/us/podcast/the-story-of-a-national-crime/id1638954538>



## Recommended Podcasts - We Need to Talk about Bryce



We Need to Talk about Bryce features Indigenous educators, public health experts, and knowledge keepers having conversations about excerpts from Dr. Peter Bryce's 1922 pamphlet, *The Story of a National Crime*, and draw connections across historical and contemporary standpoints.

We Need to Talk about Bryce features Indigenous educators, public health experts, and knowledge keepers having conversations leading from excerpts from Dr. Peter Bryce's 1922 pamphlet, *The Story of a National Crime*, and draw connections across historical and contemporary standpoints.

<https://definingmomentscanada.ca/we-need-to-talk-about-bryce-podcast/>



## What You Can Do

Discover whose territory you are on:

- Visit [www.whose.land/en/](http://www.whose.land/en/) or [native-land.ca/](http://native-land.ca/) to learn about the territory you live in
- Learn how to pronounce a Nation's name correct
- Watch samples of territorial land acknowledgements
- Develop a territorial land acknowledgement for work, school, or self – how do **you** connect with Treaty or unceded land?

Discover whose territory you live and play on:

- Check out <https://www.whose.land/en/> or <https://native-land.ca/> to find out whose territory you're on
- Learn how to pronounce First Nations names–(don't be afraid ask and practice)
- Watch video samples of land acknowledgements

Acknowledging territory is an important first step, but does not replace meaningful action that pursues truth-telling and reconciliation:

[http://www.megaphonemagazine.com/unceded\\_territory](http://www.megaphonemagazine.com/unceded_territory)

For more guidance, check out:

<https://www.amnesty.ca/blog/activism-skills-land-and-territory-acknowledgement>

and <https://www.caut.ca/content/guide-acknowledgingfirst-peoples-traditional-territory>

<https://www.ictinc.ca/>



## **NCTR Maps**

### **NCTR Interactive Map**

A map of residential schools recognized in Newfoundland and Labrador and from the Indian Residential Schools Settlement Agreement (IRSSA). Also includes markers for TRC public hearings and events.

### **NCTR Memorial Map**

A map of residential schools as found in the NCTR Interactive Map, home communities of students who never came home, and medical facilities where students were sent for treatment.

NCTR Interactive Map of Schools, TRC Hearings and Events

<https://nctr.ca/records/view-your-records/archival-map/>

A map of residential schools recognized in Newfoundland and Labrador and from the Indian Residential Schools Settlement Agreement (IRSSA). Also includes markers for TRC public hearings and events.

NCTR Memorial Map

<https://nctr.ca/memorial/national-student-memorial/memorial-map/>

A map of residential schools as found in the NCTR Interactive Map, home communities of students who never came home, and medical facilities where students were sent for treatment.



## Maps

### **Canadian Geographic Unmarked Graves and Burial Sites Map**

A map of unmarked graves and burial sites associated with residential schools. Updated frequently to support ongoing work around unmarked burials.

### **Queen's University Day Schools Map**

A map of the recognized Federal Day Schools in Canada.

Canadian Geographic Unmarked Graves and Burial Sites Map

<https://pathstoreconciliation.canadiangeographic.ca/unmarked-graves-and-burial-sites/#mainmap>

A map of unmarked graves and burial sites associated with residential schools. The map will be updated on an ongoing basis to support work on unmarked burials of children.

Queen's University Day Schools Map

<https://indiandayschools.org/>

A map of the 699 recognized Federal Day Schools in Canada.



## Indigenous Atlas



This map shows the locations of Indigenous communities, residential schools, reserves and more. Rather than political borders, Canada is broken up into Indigenous language groups.

Indigenous Peoples Atlas of Canada

<https://indigenouspeoplesatlasofcanada.ca/>

<https://cangeoeducation.ca/en/maps/indigenous-peoples-atlas-of-canada/>

This map shows the locations of Indigenous communities, residential schools, reserves and more. Rather than political borders, Canada is broken up into Indigenous language groups.

Created by The Royal Canadian Geographical Society in conjunction with Inuit Tapiriit Kanatami, the Assembly of First Nations, the Métis National Council, the National Centre for Truth and Reconciliation and Indspire.



## Canadian Reconciliation Barometer

Reconciliation requires a good understanding of the past and present, acknowledging harm, and meaningful apologies. It also requires engaging with Indigenous communities and respectful relationships at the individual and nation levels.

Key also is equality between Indigenous and non-Indigenous peoples and thriving Indigenous families, youth, cultures, and languages. Lastly, reconciliation means respect for the natural world around us. *This is an evolving description of what we learned about reconciliation.*

In 2015, the Truth and Reconciliation Commission of Canada issued 94 Calls to Action, built upon decades of Residential School Survivors' advocacy. The Calls to Action, taken together with the Commission's 10 Principles of Reconciliation and the articles of the United Nations Declaration on the Rights of Indigenous Peoples, chart a path forward toward a more just country.

In response to the Calls, a small group of like-minded researchers and practitioners met through the partnership and staff support of the National Centre for Truth and Reconciliation to discuss whether and how to measure reconciliation. The seeds for the Canadian Reconciliation Barometer were planted.

Guided by the concept of seven generations, our team aims to:

Understand what reconciliation means to Indigenous and non-Indigenous peoples in Canada, on an ongoing and evolving basis.

Respectfully track reconciliation progress using best practices in psychometrics (the science of psychological measurement) and public polling.

Evaluate interventions and initiatives aimed at promoting reconciliation.

Inform policy related to reconciliation, including developing recommendations on ongoing interventions that may be necessary.

<https://reconciliationbarometer.ca/>



## What You Can Do



Edmonton CFL team adopted new name, the Edmonton Elks

Watch, listen, and read credible news sources on current issues.

Wet'suwet'en land rights; Mi'kmaq Treaty Rights; climate activism; police brutality; racism in healthcare; Canadian Human Rights Tribunal cases; racism in sport.

Watch, listen, and read credible news sources

- Keep up to date on current issues like the Wet'suwet'en land rights; Mi'kmaq Treaty Rights; climate activism; police brutality; racism in healthcare; Canadian Human Rights Tribunal cases; racism in sport.

<https://www.cbc.ca/news/canada/edmonton/edmonton-ee-cfl-football-name-1.6048578>





## What You Can Do

Follow Indigenous leaders, activists, and organizations.

Sign-up for newsletters from Reconciliation Canada; First Nations Child and Family Caring Society.

Sign-up to support public campaigns like Shannen's Dream; Jordan's Principle; Walking With our Angels.



Cindy Blackstock and Spirit Bear

Research to see who's engaged in reconciliation work and reach out to these organizations and media to show your support.

- Follow Indigenous leaders, activists, and organizations
- Pam Palmater; Niigaan Sinclair; Autumn Peltier; Cheryl Maloney
- Idle No More; Reconciliation Canada; First Nations Child and Family Caring Society

Sign-up for newsletters and support public campaigns like Shannen's Dream; Jordan's Principle; Walking With our Angels.



## What You Can Do

Participate, volunteer, or donate at marches, rallies, fundraisers.



Participate, volunteer, or donate at marches, rallies, fundraisers, or events.

- <https://idlenomore.ca/idle-no-more-stands-in-solidarity-with-wwoa/>

What did you do for September 30th - National Day for Truth and Reconciliation?

- What will you be doing next September 30th?



## What You Can Do

Recognize and honour what Indigenous peoples and initiatives are doing with and for communities.

- Share and amplify Indigenous voices
- Express your support on social media platforms
- Support initiatives by Indigenous peoples



Autumn Peltier

Recognize and honour what Indigenous peoples and initiatives are doing with and for communities.

- Share and amplify Indigenous voices
- Express your support on social media platforms
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## What You Can Do



### Engage with initiatives and with Indigenous communities

- Attend an exhibit, screening, or event put on by community
- Engage with Survivors and Knowledge Keepers
- Buy Indigenous made products or engage Indigenous suppliers

Engage with initiatives and Indigenous communities by attending an exhibit, screening, or event put on by community.

- Engage with Survivors and Knowledge Keepers to listen and share their knowledge
- Work with Indigenous schools and groups to support their efforts in reconciliation
- Engage in Have a Heart Day (Feb 14), Elderbeary Day (Mar 20), Bear Witness Day (May 10)
- Buy Indigenous made products or engage Indigenous suppliers

Legacy of Hope Foundation

<https://legacyofhopefoundation.org/>

Wa-ni-ska-h-tan. "Wake Up!" in Swampy Cree, is a travelling exhibition curated to educate and create greater awareness about the high rates of missing and murdered Indigenous women and girls (MMIWG), and (LGBTQ2S), in order to commemorate them and to prevent future occurrences from happening.

Waniskahtan is the 20th exhibition to be developed by the Legacy of Hope Foundation (LHF) and is available to hosts right across Canada for free through the LHF Exhibition Loan Program.

May 10th is Spirit Bear's birthday and an important date in the history of Jordan's Principle at the Canadian Human Rights Tribunal. The Tribunal's first non-compliance order called for Canada to fully implement Jordan's Principle by May 10, 2016. "Bear Witness" to Jordan's Principle by bringing your bears to daycare, school or work on May 10th. Don't forget to tweet and post your photos using the hashtags #BearWitnessDay and #JordansPrinciple.



## Days of Action or Remembrance

Feb 11	Moose Hide Campaign Day	A stand against violence towards women and children
Feb 14	Have a Heart Day	To ensure First Nations children have the opportunity to grow up safely
Mar 20	Elderbeary Day	Celebrating our Elders
May-Jun	Honouring Memories, Planting Dreams	Plant heart gardens in memory of children lost to the residential school system, to honour survivors and their families, and support the legacy of the TRC
May 5	Red Dress Day	For Missing and Murdered Indigenous Women, Girls and 2SLGBTQ+ people
May 10	Bear Witness Day	To bring attention to the full implementation of Jordan's Principle
Jun	National Indigenous History Month	

11-Feb: Moose Hide Campaign Day (this year it was moved to May 12th; a stand against violence towards women and children)

14-Feb: Have a Heart Day (First Nations Child and Family Caring Society; ensure First Nations children have the opportunity to grow up safely)

20-Mar: Elderbeary Day (First Nations Child and Family Caring Society; celebrating our Elders)

May-Jun: Honouring Memories, Planting Dreams (First Nations Child and Family Caring Society; plant heart gardens in memory of children lost to the residential school system, to honour survivors and their families, and support the legacy of the TRC)

5-May: Red Dress Day for Missing and Murdered Indigenous Women, Girls and 2SLGBTQ+ people

10-May: Bear Witness Day (First Nations Child and Family Caring Society; to bring attention to the full implementation of Jordan's Principle)

Jun: National Indigenous History Month



## Days of Action or Remembrance

June 2	Anniversary of release of the TRC's Calls to Action	
June 3	Anniversary of release of the MMIWG report	
Jul 9	Nunavut Day	
Aug 9	International Day of the World's Indigenous Peoples	
Sep-Aug	School is a Time for Dreams	To support equitable education for First Nations and all young people in the country.
Sep 30	National Day for Truth and Reconciliation	
Oct 4	National Day of Action for Missing and Murdered Indigenous Women, Girls and 2SLGBTQ+ people	
Oct-Nov	Anniversary of release of Royal Commission on Aboriginal Peoples (RCAP) report	
Nov 7	Inuit Day	
Nov 8	Indigenous Veteran's Day	
Nov 16	Anniversary of Louis Riel's execution/Louis Riel Day	

2-Jun: Anniversary of release of the Calls to Action (2015; 7th anniversary)

3-Jun: Anniversary of release of the MMIWG report (2019; 3rd anniversary)

9-Jul: Nunavut Day

9-Aug: International Day of the World's Indigenous Peoples (United Nations)

Sep-Oct: School is a Time for Dreams (First Nations Child and Family Caring Society; to support equitable education for First Nations and all young people in the country)

4-Oct: National Day of Action for Missing and Murdered Indigenous Women, Girls and 2SLGBTQ+ people (October 4 and May 5 are awareness days)

Oct-Nov: Anniversary of release of Royal Commission on Aboriginal Peoples (RCAP) report (1996; 26th anniversary)

7-Nov: Inuit Day aka International Circumpolar Inuit Day

8-Nov: Indigenous Veteran's Day

16-Nov: Anniversary of Louis Riel's execution/Louis Riel Day (Manitoba celebrates Louis Riel on the third Monday in February)



## Staying Up-to-date on the Calls to Action

### **Indigenous Watchdog**

Monitors and reports on critical Indigenous issues including the 94 Calls to Action.

### **CBC Beyond 94**

Provides up-to-date status reports on each call to action, as well as extensive summaries explaining those status reports.

### **Government of Canada**

Reports on the Government of Canada's progress in responding to the 94 Calls to Action.

#### Indigenous Watchdog

<https://www.indigenouwatchdog.org/>

Monitors and reports on critical Indigenous issues including the 94 Calls to Action. Their mission is to raise awareness and educate all Canadians on how reconciliation is advancing – or not.

#### CBC Beyond 94

<https://newsinteractives.cbc.ca/longform-single/beyond-94?&cta=1>

Provides up-to-date status reports on each call to action, as well as extensive summaries explaining those status reports. It includes in-depth features and short video documentaries that tell some of the community stories behind the calls to action. It also features residential school survivors sharing their experiences.

#### Government of Canada

<https://www.rcaanc-cirnac.gc.ca/eng/1524494530110/1557511412801>

The Government of Canada's progress in responding to the 94 Calls to Action.



## Staying Up-to-date on the Calls to Action

### Yellowhead Institute

An Indigenous-led research and education centre based in the Faculty of Arts at Toronto Metropolitan University. The Institute privileges Indigenous philosophy and amplifies Indigenous voices that provide alternatives to settler colonialism in Canada today.

Rooted in community networks, Yellowhead offers critical and accessible resources to support the reclamation of Indigenous land and life.

Yellowhead Institute

<https://yellowheadinstitute.org/>

An Indigenous-led research and education centre based in the Faculty of Arts at Toronto Metropolitan University. The Institute privileges Indigenous philosophy and amplifies Indigenous voices that provide alternatives to settler colonialism in Canada today. Rooted in community networks, Yellowhead offers critical and accessible resources to support the reclamation of Indigenous land and life.





## What You Can Do

Contact city council members, members of parliament, senators and other representatives.

- Let them know why these issues are important to you!



Shannen Koostachin and Charlie Angus

Reach out to various levels of government.

- Contact city council members, members of parliament, senators, and other representatives
- Let them know why these issues are important to all Canadians and if there are ways to encourage support for representatives pushing forward Bills

Shannen Koostachin was from Attawapiskat First Nation in northern Ontario and was the lead of a movement for safe and comfy schools and culturally based education for First Nations children and youth. Her elementary school, J.R. Nakogee, was contaminated by a diesel spill. The fight for a better school in Attawapiskat snowballed into a letter-writing and public awareness campaign, Students Helping Students, that became one of the largest youth-driven, child's rights movement in Canadian history.

<https://www.ctvnews.ca/politics/mp-s-new-book-tells-story-of-girl-who-stood-up-to-ottawa-on-first-nations-education-1.2528292>



## How to Write a Letter to your MP

When writing a letter or an email:

- Be concise – one to two pages is best
- Include personalization and your own relevant experiences
- Include 2-3 specific points about the issue to explain your position
- If you have more information, include a brief or other materials

Additional tips:

- No postage is needed to send a letter to your MP
- Share your letter with others, it can start a letter writing campaign
- Follow up with your MP and send a reminder for a response

Citizens for Public Justice have created a short advocacy toolkit including information on how to write a letter to your MP.

CPJ advises that an original letter can be more effective and should include some personalization and include your own relevant experiences. A letter should include 2-3 specific points about your issue to explain your position. It's better to be concise is most effective (one to two pages is best). If you have more information, include a brief on the topic or any other informational materials.

An email can work just as well as a letter and is handled in the same way. When sending an email follow the same standards as writing a traditional letter. They advise to be brief and focused and include the right address for the representative and make sure to ask the representative to respond to the email.

A letter writing campaign is a good way to get more attention to a topic or issue. Share your letter with others and encourage them to create a letter of their own.

Other tips include: No postage is needed to send a letter to your MP. Keep a copy of your letter, share your letter with others, and follow up with the MP. Send them a reminder for a response.

<https://cpj.ca/writing-a-letter-to-your-mp/>



## How to Write a Letter to your MP

### Content of a Letter:

- State the purpose at the beginning and briefly introduce concerns
- Describe your interest in the issue and any relevant credentials
- Include questions that provoke a response
- Ask for more information or clarification on your MP's position
- Request a commitment to a specific action and give a rationale for your request
- Thank the MP for any positive action they have taken on this issue
- Request that the MP respond to your letter

### Content:

- State the purpose/objective at the beginning and briefly introduce concerns.
- Describe your interest in the issue and any relevant credentials.
- Include questions that provoke a response.
- Ask for more information or clarification on your MP's position.
- Request a commitment to a specific action and give a rationale for your request.
- Thank the MP for any positive action they have taken in the past on this issue.
- Request that the MP respond to your letter.

<https://cpj.ca/writing-a-letter-to-your-mp/>



## 6 Tips for Effective Advocacy

1. **Get Connected:** Regularly communicate and network with others working similar issues. You can share information and coordinate advocacy activities.
2. **Be Persistent:** Write and call your MP regularly about the issue, especially when new developments occur. Give the MP adequate time to respond and continue the dialogue.
3. **Diversify:** Try to get your message across in a variety of ways. Be creative in thinking about new tactics!

Citizens for Public Justice have created a short advocacy toolkit and includes 6 Tips for Effective Advocacy.

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<https://cpj.ca/6-tips-for-effective-advocacy/>



## 6 Tips for Effective Advocacy

- 3. Be Consistent:** It is important that decision makers receive a consistent message from you and your group. Consistency can be achieved through formulating clear objectives and creating materials that explain your objectives concisely.
- 4. Use Your Vote:** Your vote is leverage. When contacting your elected representative, let them know that their actions will matter to you at election time.

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<https://cpj.ca/6-tips-for-effective-advocacy/>



## 6 Tips for Effective Advocacy

- 6. Follow Up!** After you have taken action, stay informed about the progress made on your issue. After you have signed a petition, let your MP know why you signed it. After participating in a demonstration, let your MP know that their constituents were present. By following up on such actions, you can demonstrate commitment to the cause.

Citizens for Public Justice have created a short advocacy toolkit and includes 6 Tips for Effective Advocacy.

Follow Up! After you have taken action, stay informed about the progress made on your issue. After you have signed a petition, let your MP know why you signed it. After participating in a demonstration, let your MP know that their constituents were present. By following up on such actions, you can demonstrate commitment to the cause.

<https://cpj.ca/6-tips-for-effective-advocacy/>



## What You Can Do



### KITCHEN TABLE DIALOGUE GUIDE

#### ABOUT THIS GUIDE

##### Kitchen Table Dialogues

A Kitchen Table Dialogue creates the space for constructive conversation on an issue of concern in the comfort of a friend or colleague's home. This do-it-yourself framework allows all Canadians the opportunity to gather their friends, family, neighbours and/or colleagues and join the dialogue on reconciliation and the movement towards a new way forward for all Canadians.

Background Information: We have included a summary of historic and present-day injustices that have occurred, or are currently occurring, in Canada. Including but not limited to: Indian Residential School system and the intergenerational trauma, Chinese Head Tax, and Japanese Canadian internment (see Appendix 1.4).

#### BACKGROUND

#### Gathering in groups to teach and learn:

- Participate and encourage management and colleagues to engage in learning opportunities
- Stand up and say something to stop misconceptions about Indigenous peoples and share what you've learned with family and friends

#### Gathering in groups to continue to teach and learn

- Hold a kitchen table dialogue/sharing circles to discuss topics outlined in the slides
- Reconciliation Canada offers a tool-kit on how to do this and includes a dialogue guide

#### Participate and encourage management and colleagues to engage in book clubs, courses, workshops, and presentations on Indigenous topics

- Reconciliation Canada and other organizations like the First Nations University, the Banff Centre, and the University of Manitoba offers courses like 4 Seasons of Reconciliation and Indigenous Insights aimed at senior management and staff
- Educating and buy-in from senior staff will help promote an environment which will allow for micro-reconciliation to happen

#### Stand up to misconceptions about Indigenous peoples and share what you've learned with family

- Remember, some of the barriers youth identified on reconciliation progress included addressing myths, stereotypes, and the lack of accurate information and depictions of Indigenous peoples
- It may be uncomfortable to confront friends or family members, but being uncomfortable is part of the process!

[http://reconciliationcanada.ca/reconciliation-begins-with-me/downloads/CommunityActionToolkit\\_KitchenTable.pdf](http://reconciliationcanada.ca/reconciliation-begins-with-me/downloads/CommunityActionToolkit_KitchenTable.pdf)

<https://reconciliationcanada.ca/programs-initiatives/current-programs-initiatives/>

<https://www.reconciliationeducation.ca>

<https://www.banffcentre.ca/program-tags/leadership-intensives>

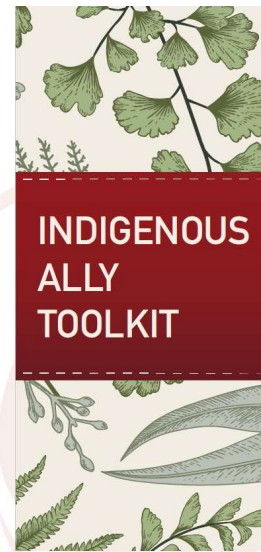




## What You Can Do

Read materials on allyship, as suggested in the MMIW final report

- Amnesty International: 10 Ways to Be a Genuine Ally to Indigenous Communities
- Dr. Lynn Gehl: Ally Bill of Responsibilities
- Indigenous Perspectives Society: How to be an Ally to Indigenous Peoples
- Montreal Urban Aboriginal Community Strategy Network: Indigenous Ally Toolkit



Amnesty International's: 10 Ways to Be a Genuine Ally to Indigenous Communities.  
<https://www.amnesty.org.au/10-ways-to-be-an-ally-to-indigenous-communities/>

Dr. Lynn Gehl's: Ally Bill of Responsibilities.  
[http://www.lynngehl.com/uploads/5/0/0/4/5004954/ally\\_bill\\_of\\_responsibilities\\_poster.pdf](http://www.lynngehl.com/uploads/5/0/0/4/5004954/ally_bill_of_responsibilities_poster.pdf)

Indigenous Perspectives Society's: How to be an Ally to Indigenous Peoples.  
<https://ipsociety.ca/2017/04/>

Montreal Urban Aboriginal Community Strategy Network's: Indigenous Ally Toolkit.  
[http://reseaumtlnetwork.com/wp-content/uploads/2019/04/Ally\\_March.pdf](http://reseaumtlnetwork.com/wp-content/uploads/2019/04/Ally_March.pdf)



## Montreal Urban Aboriginal Community Strategy Network

To be an ally is to:

- Actively support the struggle.
- Speak up, even when you feel scared.
- Transfer the benefits of your privilege to those who have less.
- Acknowledge that the conversation is not about you.

Being involved is about recognizing that every person has a basic right to human dignity, respect, and equal access to resources.

From the Montreal Urban Aboriginal Community Strategy Network's booklet:

To be an ally is to:

- Actively support the struggle.
- Speak up, even when you feel scared.
- Transfer the benefits of your privilege to those who have less.
- Acknowledge that the conversation is not about you.

Being involved in any kind of anti-oppression work is about recognizing that every person has a basic right to human dignity, respect, and equal access to resources. Being a good ally is about risking your voice to elevate others.