

National Truth and Reconciliation Day

September 30th, 2024



We are grateful to our Indigenous Community of Practice for assembling this list of resources. As part of your personal reconciliation journey this National Truth and Reconciliation Day, please take time to honour survivors of residential schools and those who never returned home. As we remember this painful history, we also celebrate Indigenous peoples, and their knowledge and values, and we stand in allyship as we build respectful relationships.

Reading, viewing, and listening about Canada's painful actions can be a difficult experience for many. Please take care to exercise caution and to utilize both personal and professional resources (listed below) to assist you as and when needed.

Events

[MONOVA: Museum of North Vancouver](#)

[Downie-Wenjack: Truth and Reconciliation Week](#)

[First Nations Child and Family Caring Society](#)

[Kairos Blanket Exercise: Indigenous Teaching and Sharing Circle](#)

[Support Network for Indigenous Women and Women of Colour](#)



Videos

[Decolonizing Project Management with Noelle Saemerow](#)

[Cultivating Safe Spaces with Elaine Alec](#)

Training Resources

[21 Things You Didn't Know About the Indian](#)

[Act Presentation](#)

[Aboriginal Worldviews and Education |](#)

[Coursera](#)

[Canadian Shame: A History of Residential](#)

[Schools | Ginger Gosnell-Myers |](#)

[TEDxVancouver](#)

[Continuing Legal Education Society of BC](#)

[Government of Canada](#)



[How non-Indigenous people can respectfully observe the National Day for Truth and](#)

[Reconciliation](#)

[Indigenous Canada | University of Alberta \(ualberta.ca\)](#)

[Indigenous Corporate Training - Indigenous Awareness Course \(fee\)](#)

[Learning with Syeyutsus Speaker Series](#)

[Métis Course Delivered through Rupertsland Center for Teaching and Learning](#)

[Métis Speaker Series | MNBC](#)

[National Centre for Truth and Reconciliation \(Virtual program\)](#)

[Past Sessions | UBC Learning Circle](#)

[Reconciliation Through Indigenous Education | edX](#)

[San'yas Indigenous Cultural Safety Online Training \(sanyas.ca\)](http://sanyas.ca) (fee)

[Writing Guide for Indigenous Content - Province of British Columbia \(gov.bc.ca\)](http://gov.bc.ca)

Territory Acknowledgement

[A Guide to Indigenous Land Acknowledgements](#)

[FNHA Territory Acknowledgment Information Booklet](#)

[Len Pierre Consulting – Transformative Territory Acknowledgements Webinar](#)

[Native-Land.ca | Our home on native land](#)

[Whose Land - Discover](#)

[Whose Land - Welcome!](#)

Canadian Association of Social Workers Practice Resources



Supports and Resources for Indigenous Clients

Métis Nation BC

[Mental Health and Harm Reduction | MNBC](#)

First Nations Health Authority

[First Nations Virtual Doctor of the Day](#)

[Mental Health and Cultural Supports](#)

[Mental Health Benefit \(fnha.ca\)](http://fnha.ca) or 1-855-550-5454

Indian Residential School Survivors Society (IRSSS)

24/7 crisis line – 1-800-721-0066

[BC Association of Aboriginal Friendship Centers \(BCAAFC\)](#)

KUU-US Crisis Line Society

24/7 crisis line for Indigenous peoples throughout the province of British Columbia

Adult #205-723-4050

Youth # 250-723-2040

Toll Free # 1-800-588-8717

[211 British Columbia](#)

General Info

[First Nation Profiles Interactive Map \(aadnc-aandc.gc.ca\)](#)

[First Nations A-Z Listing - Province of British Columbia \(gov.bc.ca\)](#)

[Indigenous Peoples and Lands \(cirnac.gc.ca\)](#)

Reports

[Declaration on the Rights of Indigenous Peoples Act](#)

[Declaration on the Rights of Indigenous Peoples Act Action Plan 2022-2027](#)

[Draft Principles that Guide the Province's Relationship with Indigenous Peoples](#)

[In Plain Sight: Addressing Indigenous-Specific Racism and Discrimination in B.C. Health Care](#)

[In the Words of Our Ancestors: Métis Health and Healing](#)

[Missing and Murdered Indigenous Women, Girls, and 2SLGBTQQIA+ National Action Plan and Progress Report](#)

[National Center for Truth and Reconciliation](#)

[Pathways to Health and Healing Report](#)

[United Nation Declaration on the Rights of Indigenous Peoples](#)

Circle Practice

[Microsoft Word - The Circle Way Guidelines English A4.docx \(squarespace.com\)](#)

[Questions — The Circle Way](#)

[Resources — The Circle Way](#)

[TCW Guidelines \(squarespace.com\)](#)

Workbooks and Toolkits

[Decolonial Toolbox - Educational Pathway](#)

[Finding Your Place in Reconciliation](#)

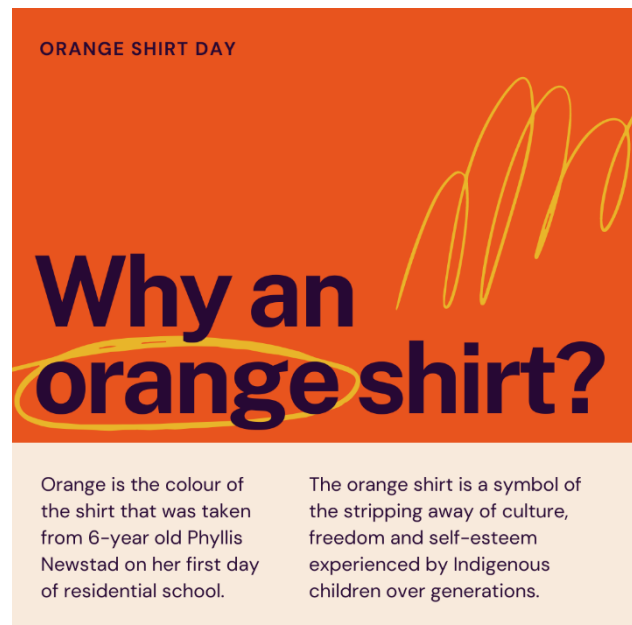
[Workbook](#)

[Indigenous Ally Toolkit – So You Want to be
an Ally](#)

[Indigenous Allyship Toolkit](#)

[Me and White Supremacy Workbook](#)

[Turning Towards Each Other: a Conflict
Workbook](#)



Indigenous Media

[Aboriginal Peoples Television Network \(ATPN\) Streaming Service Lumi](#)

[Bones of Crows](#)

[IMDb - Indigenous Films](#)

[Indigenous Books](#)

[IndigiNews](#)

[Penguin Random House - Must-Read Books by Indigenous Authors](#)

[Rotten Tomatoes - 20 Essential Indigenous Movies from North America](#)

Mental Wellness

[7 Sacred Teachings Grounding Exercises](#)

[Elder Meditation of the Day](#)

[Grounding Techniques](#)

[UCLA Mindful Weekly Meditations and Talks](#)

Recipes

[16 Indigenous Recipes](#)

[Caribou Meat Gravy](#)

[Fry Bread](#)

[Métis Cookbook and Guide to Healthy Living](#)

[NIZHÓNÍGO ÍÍNÁ - Cooking with Navajo](#)

[Traditional Foods](#)

[NUNAVIMMIUT COOKBOOK](#)

[Oneida Traditional and Healthy Foods Cookbook](#)

[Three Sisters Soup](#)



Notable Dates

January 4 - [National Ribbon Skirt Day](#) (read the [National Ribbon Skirt Day Act](#) here!)

February 14 - [March for MMIWG2S+](#)

May 5 - [National Day of Awareness for Missing and Murdered Indigenous Women, Girls and 2SLGBTQQA+ Peoples / Red Dress Day](#)

May 11 - [Moose Hide Campaign Day](#)

June - [National Indigenous History Month](#)

June 21 - [National Indigenous Peoples Day](#)

August 9 - [International Day of the World's Indigenous Peoples](#)

September 19 - [Powley Day](#)

September 30 - [National Day for Truth and Reconciliation / Orange Shirt Day](#)

Read more about [B.C. formally recognizing National Day for Truth and Reconciliation](#)

October 4- [National Day of Action for Missing and Murdered Indigenous Women, Girls and 2SLGBTQ+ people](#)

November 5-11- [Treaties Recognition Week](#)

November 7 - [Inuit Day](#)

November 8 - [National indigenous Veterans' Day](#)

November 16 - [Louis Riel Day](#)