

SEPTEMBER 30TH

# NATIONAL TRUTH AND RECONCILIATION DAY



## About Truth and Reconciliation Day

Truth and Reconciliation Day is recognized each year on September 30th. The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

This federal statutory holiday was created through legislative amendments made by Parliament.



## About this Booklet

This booklet has a collection of information about Truth and Reconciliation Day, including some brief informational resources to learn more about Truth and Reconciliation and Indigenous History and Truth. There is also a collection of events and other learning opportunities that you can participate in to learn and understand more about the Truth and Reconciliation process.

**Did you know that as of 2021, 11.7% of the Nipissing Parry Sound Region identified as Indigenous?**

# What you can do to recognize Truth and Reconciliation Day



## Orange Shirt Day

The National Day for Truth and Reconciliation and Orange Shirt Day both take place on September 30th.

Orange Shirt Day is an Indigenous-led grassroots commemorative day intended to raise awareness of the individual, family, and community inter-generational impacts of residential schools, and to promote the concept of “Every Child Matters”. The orange shirt was chosen as a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.

On September 30th, all Canadians are encouraged to wear orange to honour the thousands of Survivors of residential schools. To make this gesture especially impactful, it is encouraged to try to get an orange shirt from an Indigenous creator or community, rather than a chain store. Often, proceeds from Orange Shirts when purchased for Orange Shirt Day go toward various Indigenous causes that are more impactful.

# What the Government is Doing

## ILLUMINATING PARLIAMENT HILL

Buildings across Canada will be illuminated in orange from September 30th at 7:00 pm to sunrise on October 1st. This will include federal buildings such as the Peace Tower on Parliament Hill.

## Remembering the Children: National Day for Truth and Reconciliation 2023

A national commemorative gathering will be broadcast live from Parliament Hill on September 30th. Check your local channels to view. This year's gathering will encompass reflections from esteemed Elders and Survivors as well as performances by First Nations, Inuit and Metis artists.

## What's Going On Locally

**NORTH BAY INDIGENOUS FRIENDSHIP CENTRE**

Join Us For

# TRUTH & RECONCILIATION DAY

10 AM to 3 PM  
September 29, 2023  
980 CASSELLS STREET, NORTH BAY, ON P1B 4A8

- ART SHOW AND CONTEST
- LUNCH
- SHARING FROM SURVIVORS
- SOCIAL - Wear your regalia, ribbon skirts and orange shirts, to show resilience & support.
- Bring your hand drums, shakers and take an opportunity to sit at the big drum and sing.

Everyone Welcome

**NORTH BAY INDIGENOUS FRIENDSHIP CENTRE**

North Bay & District  
**Multicultural Centre**  
Indigenous Settlement Services  
Le centre multiculturel  
de North Bay et du District  
Services et établissement pour les immigrants.

for more information:  
reception@nbifc.org  
(705) 472-2811

**A DAY OF LEARNING AND SUPPORT**  
SEPTEMBER 30, 2022

**10am - 3pm**

- Opening Prayer & Songs
- Traditional Foods
- Residential School Education
- Furs, Harvesting & Tools
- Drumming and Singing

# TRUTH & RECONCILIATION DAY

**North Bay Indigenous Friendship Centre**  
980 Cassells St  
North Bay, ON

For more information:  
reception@nbifc.org  
(705) 472-2811

**Everyone Welcome**

The North Bay Indigenous Friendship Centre is hosting two days of events. Both events are open to the public, as are almost all events from the Indigenous Friendship Centre.

Friday, September 29th from 10 am to 3 pm will have an art show and contest, story sharing, social, and more.

Saturday, September 30th from 10 am to 3 pm will be a Day of Learning and Support, including demonstrations, traditional foods, and education opportunities.



# Learn More



As part of the Municipality's goal to provide education to staff for Truth and Reconciliation, below is a collection of resources that might be interesting to staff.

## **Residential Schools Information Booklet from Assembly of First Nations**

This short information booklet provides a brief history of Residential Schools, their legacy, and the Truth and Reconciliation Commission of Canada. Click each section below for a brief overview:

1. [What are Residential Schools?](#)
2. [Residential School Experiences](#)
3. [Public Response to the Residential School Legacy](#)
4. [The Truth and Reconciliation Commission of Canada](#)

Scan the QR code with your mobile device to view the booklet if you don't have access to the links above.



# Learn About Cultural Competency from the Assembly of First Nations

Cultural competency is important for us as a community to understand, as how we recognize the value of diverse worldviews and cultures of other people reflects on Callander as a whole, not only as individuals. Click each section below for a brief overview:

1. [What is Cultural Competency?](#)
2. [Why is Cultural Competency Important?](#)

Scan the QR code with your mobile device to view the booklet if you don't have access to the links above.



## Lunch and Learn Opportunities



More of a visual learner? Try these live videos!

The National Centre for Truth and Reconciliation (NCTR) is hosting a week of Lunch and Learns to learn more about colonial history in Canada and to commemorate truth and history from First Nations, Metis and Inuit knowledge keepers.

**Monday, September 25th:** Indigenous peoples and the History of residential schools

**Tuesday, September 26th:** Unconscious bias and debunking stereotypes

**Wednesday, September 27th:** Intergenerational impacts and ongoing systemic discrimination

**Thursday, September 28th:** Indigenous People's Rights and the UN Declaration on the Rights of Indigenous Peoples

**Friday, September 29th:** Taking Action towards Reconciliation

Each free session is 50 minutes and will begin at 1:30 EST. You can [register here](#) for one or all, or scan the QR code to register. If you are unable to view the sessions live, each one will be made available on the [NCTR YouTube channel](#) within a couple of hours.



# Join in the Conversation

## Follow the discussions online

To find out more about First Nations, Inuit and Métis-led virtual activities, please visit the official pages for National Indigenous Organizations:

- [Assembly of First Nations](#)
- [Inuit Tapiriit Kanatami](#)
- [Métis National Council](#)
- [Orange Shirt Day](#)
- [National Center for Truth and Reconciliation](#)
- [find your local Friendship Centre](#)

## Join in the conversation

- Twitter: [@GCIndigenous](#) and [@GovCanNorth](#) use the hashtags #NDTR and #EveryChildMatters
- Facebook: [GCIndigenous](#), [GovCanNorth](#) and [@GCIndigenousHealth](#)
- Instagram: [@gcindigenous](#) use the hashtags #NDTR and #EveryChildMatters
- [YouTube](#)



*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. Each element depicted on the flag was carefully selected by Survivors from across Canada, who were consulted in the flag's creation.*

## Support

If you, or someone you know needs support, especially about Residential school trauma, there are a number of available resources:

A [National Residential School Crisis Line](#) is available to provide support to former Residential School students and their families. You can access emotional and crisis referral services by calling the free-of-charge 24-Hour National Crisis Line at [1-866-925-4419](tel:1-866-925-4419).

Indigenous peoples across Canada can also connect with [The Hope for Wellness Help Line](#) 24 hours a day, seven days a week for counselling and crisis intervention. Call the toll-free helpline 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 \(4325\)](tel:1-855-554-HEAL).

[Free and confidential mental health support](#) is available to anyone who may be affected.