

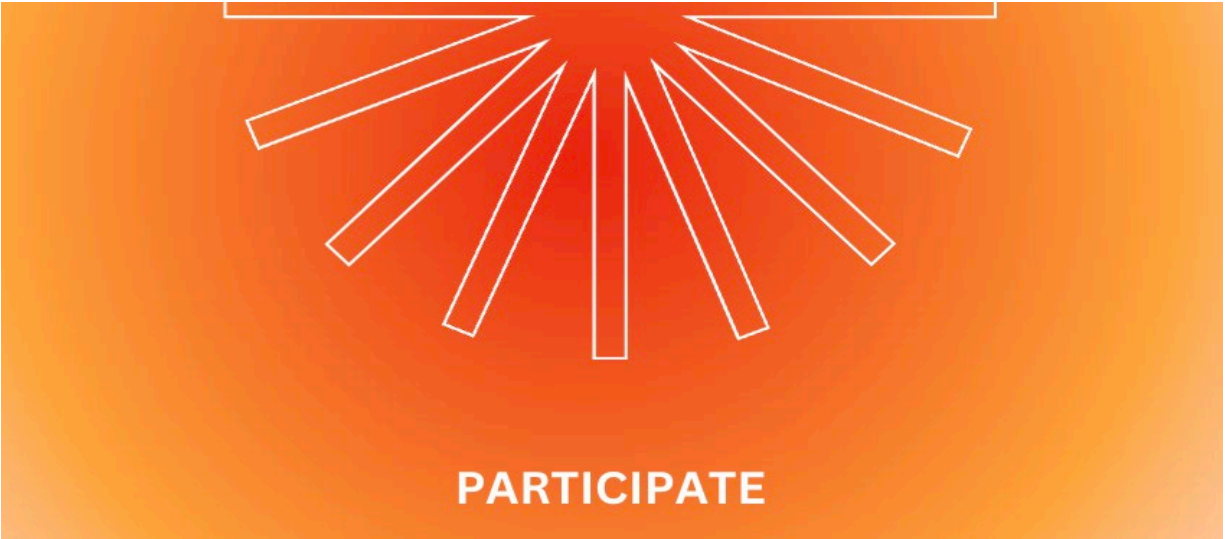
**September 30 is the National Day for Truth and Reconciliation.** On this day, we honour the Survivors of residential and day schools, remember the children who never made it home, and acknowledge the families and communities forever impacted by these institutions. It is also a time to reflect on our shared responsibility to advance truth, justice, and reconciliation with First Nations, Inuit, and Métis peoples in Toronto and across Canada.

This day was established following the Truth and Reconciliation Commission's Call to Action 80 (2015), which urged the federal government, in partnership with Indigenous peoples, to create a statutory holiday that would ensure ongoing public commemoration of the legacy of residential schools.

This builds on the community-driven observance of Orange Shirt Day, first held in 2013, which was inspired by Phyllis Webstad's story of having her brand-new orange shirt taken away on her first day at residential school when she was six years old.

## EDUCATE YOURSELF

- Read the [Truth and Reconciliation Commission of Canada's Calls to Action](#) and the [National Inquiry on Missing and Murdered Indigenous Women and Girls Calls for Justice](#)
- Read the [United Nations Declaration on the Rights of Indigenous Peoples](#)
- Visit the [National Centre for Truth and Reconciliation website](#)
- Explore the [Legacy of Hope Foundation](#) online exhibitions and educational resources about the history and effects of the residential school system, the [Sixties Scoop](#) and the ongoing experiences Indigenous Peoples continue to face.
- Learn about residential schools and take a tour of former sites, such as the [Woodland Cultural Centre](#)
- Learn about [Mohawk Village Memorial Park](#) to honour the children who attended the Mohawk Institute Indian Residential School, which operated from 1834 to 1970.
- Research First Nations, Inuit and Métis peoples in your area to understand their history and contributions to society. Learn about [The Indigenous History of Tkaronto](#) via University of Toronto Libraries.
- We are all treaty people. Learn how you can honour treaties via [ontario.ca/page/treaties](#) and [native-land.ca](#)
- Learn about the significance of land acknowledgements and learn the one in your area. Watch [Land acknowledgements: uncovering an oral history of Tkaronto](#) via Local Love.
- Read the [UNESCO's proclamation of the International Decade of Indigenous Languages \(2022 to 2032\)](#)
- Access the [Indigenous Resource Guide](#) by Nova Scotia Community College Libraries.
- Explore [Two Spirit and LGBTQIA Indigenous Resources](#) via University of Toronto Libraries.
- Watch films and documentaries that reflect on the residential school experience, including the National Film Board of Canada's rich collection of Indigenous-made films.
- Watch an Awakenings short film
  - [A Portrait in Red \(A short film by Alexandra Lazarowich, 2020\)](#) covers the relocation of the Don Valley River and the impact of land extraction on the Indigenous Peoples origins of Tkaronto.
  - [Reflections with Alex Lazarowich](#) discusses missing and murdered Indigenous women and the impact of environmental disasters affecting natural resources for Indigenous people across Canada.
  - [Acknowledgment \(A short film by Jonathan Elliott, 2020\)](#) and [Reflections with Jonathan Elliott](#) outline evolving land acknowledgments.



- Wear orange on September 30 for Orange Shirt Day to honour Phyllis' story
- Buy an orange shirt from an Indigenous artist or company that supports Indigenous causes, including directly from the Toronto History Museums online shop
- Explore programs at City-run museums
- Attend local community events
- Read books written by Indigenous authors, writers, illustrators and Knowledge Keepers. Browse the curated list of Indigenous must-reads by the Toronto Public Library.
- Support local Indigenous artists and businesses.
- Support the reclamation of identity, language and culture and learn greetings and phrases in Indigenous languages.
- Visit the TORONTO Sign in Nathan Phillips Square, which currently features an artwork titled Rekindle, designed by Toronto-based artist Joseph Sagaj in recognition of UNESCO's International Decade of Indigenous Languages (2022 to 2032). It will be lit orange on September 30.
- Attend the Indigenous Legacy Gathering, which is a community-centered gathering celebrating Indigenous families, youth, 2SLGBTQIA+ individuals, and cultural resilience.
- Participate in the Resistance and Reconciliation Walking Tour to explore the histories, experiences, and ongoing contributions of Indigenous Peoples in Toronto.



## Mental Health Resources & Supports

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National Day of Truth and Reconciliation may be difficult, as many continue to reflect, heal and confront traumas. If you require support, the following resources are available:

- [Crisis Services Canada](#), 1-833-456-4566 or text 45645
- [Hope For Wellness Helpline](#) for Indigenous peoples, 1-855-242-3310
- [Native Youth Crisis Line](#), 1-877-209-1266
- [Anishnawbe Health Toronto](#)
- [Indian Residential School Crisis Line](#) provides emotional and crisis referral services at a 24-hour line, 1-866-925-4419
- [Talk4Healing](#), 1-855-554-HEAL, a culturally grounded, fully confidential helpline for Indigenous women available in 14 languages across Ontario
- Indigenous Community Mental Health Crisis Line ([Toronto Community Crisis Service](#)), 416-363-2999 (2 p.m. to 2 a.m.)

