



Resources & Supports

National Day for Truth and Reconciliation 2021

[Organizations related to Indian Residential School Survivorship and Learning](#)

National Centre for Truth and Reconciliation

The [National Centre for Truth and Reconciliation \(NCTR\)](#) is a place of learning and dialogue where the truths of the residential school experience will be honoured and kept safe for future generations. The NCTR was created as part of the mandate of the [Truth and Reconciliation Commission of Canada \(TRC\)](#). The TRC was charged to listen to Survivors, their families, communities and others affected by the residential school system and educate Canadians about their experiences. The resulting collection of statements, documents and other materials now forms the sacred heart of the NCTR.

Orange Shirt Day

[Orange Shirt Day](#) is a legacy of the St. Joseph Mission (SJM) Residential School (1891-1981) Commemoration Project and Reunion events that took place in Williams Lake, BC, Canada, in May 2013. This project was the vision of Esketemc (Alkali Lake) Chief Fred Robbins, who is a former student himself. As the spokesperson for the Reunion group leading up to the events, former student Phyllis Webstad told [her story](#) of her first day at residential school when her shiny new orange shirt, bought by her grandmother, was taken from her as a six-year-old girl.

Indian Residential School Survivor Society

The [Indian Residential School Survivor Society \(IRSSS\)](#) is a provincial organization in British Columbia with a twenty-year history of providing services to Indian Residential School Survivors. The IRSSS began in 1994 as a working committee of the First Nations Summit. They were known as the Residential School Project, housed out of and as a part of the BC First Nations Summit. Their work was primarily to assist Survivors with the litigation process pertaining to Residential School abuses. In more recent years their work has expanded to include assisting the descendants of Survivors and implementing Community education measures (Indigenous & non-Indigenous).

Legacy of Hope Foundation

The [Legacy of Hope Foundation \(LHF\)](#) is a national, Indigenous-led, charitable organization that has been working to promote healing and Reconciliation in Canada for more than 19 years. The LHF's goal is to educate and raise awareness about the history and existing intergenerational impacts of the Residential School System and subsequent Sixties Scoop on Indigenous Survivors, their descendants, and their communities to promote healing and Reconciliation.

Reconciliation Canada

[Reconciliation Canada](#) is an Indigenous-led organization that began in September 2012 with a bold vision to promote reconciliation by engaging Canadians in dialogue that revitalizes the relationships between Indigenous peoples and all Canadians to build vibrant, resilient, and sustainable communities. A vision based on a dream held by Chief Dr. Robert Joseph, Reconciliation Canada's Ambassador, to witness tens of thousands of people of every culture and faith walking together for a shared tomorrow.



Woodland Cultural Centre's Save the Evidence Campaign

[Save the Evidence](#) is a campaign to raise awareness and support for the restoration of the former Mohawk Institute Residential School, and to develop the building into an Interpreted Historic Site and Educational Resource. As a site of conscience, the final goal is to create a fully realized Interpretive Centre that will be the definitive destination for information about the history of Residential Schools in Canada, the experiences of Survivors of the schools, and the impact that the Residential School system has had on our communities.

Online Resources

- [A brief historical overview of Indian Residential Schools \(Webpage\)](#) – National Centre for Truth and Reconciliation
- [Calls to Action \(PDF\)](#) – Truth and Reconciliation Commission of Canada
- [An overview of the Indian Residential School System \(PDF\)](#) – Union of Ontario Indians
- [Indian Residential Schools Overview \(Webpage\)](#) – Anishinabek Nation
- A cross-cultural research and educational project: [Shingwauk Residential Schools Centre \(Webpage\)](#) - Algoma University and the Children of Shingwauk Alumni Association (CSAA)

Book Lists

- [Indian Residential School Book List](#) – GoodMinds.com
- [48 books by Indigenous writers to read and understand residential schools](#) – CBC
- [10 must-reads on residential schools, reconciliation, and the experience of Indigenous peoples](#) – The University of British Columbia
- [General recommendations for Kids & Teens](#) – West Vancouver Memorial Library

Videos and Documentaries

Warning: Viewer discretion is advised. These videos and documentaries are not suitable for children under 14 years of age. For those of you working from home, we recommend wearing headphones and viewing in a private location within your home without the presence of children under the age of 14 years old.

- [Canada's Dark Secret](#) – Al Jazeera Documentaries
- [Inendi](#) by Sarain Fox – CBC Short Docs
- [Missing Children: What does this mean for Canada? with Dr. Cynthia Welsey-Esquimaux \(Event Recording\)](#) – Lakehead University Event
- [Residential Schools \(A collection of films and shorts\)](#) – National Film Board of Canada
- [Stolen Children \(YouTube Video\)](#) – CBC News: The National



Podcasts

- [The Hon. Murray Sinclair on why we need truth for reconciliation \(Episode 25\)](#) – Bright Future Podcast Series
- [Interview with Ejinagosi \(Richard\) Kistabish \(Episode 2\)](#) – Roots and Hoots Podcast
- [Residential Schools \(A three-part podcast\)](#) - Historica Canada, hosted by Shaneen Robinson-Desjarlais
- [What paintings by residential school survivors can teach us about trauma, resilience, and the power of art](#) – CBC podcast

Supports for First Nations, Inuit, and Métis Peoples

The Hope for Wellness Help Line

Indigenous Peoples across Canada can access the Hope for Wellness Help Line 24 hours a day, 7 days a week for counselling and crisis intervention. Call the toll-free Help Line at [1-855-242-3310](tel:1-855-242-3310) or connect to their [online chat service](#).

The National Residential School Crisis Line (1-866-925-4419)

The National Residential School Crisis line is open 24-hours, 7 days a week to provide emotional and crisis referral services for former students and those affected. Please call the Crisis Line at [1-866-925-4419](tel:1-866-925-4419).

Indian Residential Schools Resolution Health Program (1-877-477-0775)

The aim of the [Indian Residential Schools Resolution Health Program](#) is to ensure that eligible former students of residential schools, and their families, have access to appropriate and safe mental health, emotional and cultural support. Services are offered, using a holistic approach, by a Cultural Support Worker or a Residential School Health Support Worker. To request any of these services, please call toll free [1-877-477-0775](tel:1-877-477-0775).

Mental Health Supports

Campus Wellness – Counselling Services (UW)

Offers appointments for emergencies, currently providing services by phone and video. Call [519-888-4567](tel:519-888-4567) ext. 32655

Crisis Services Canada

Available to all Canadians seeking support. Visit Crisis Services Canada for the [distress centres and crisis organizations](#) nearest you. If you or someone you know is thinking about suicide, call the Canada Suicide Prevention Service at [1-833-456-4566](tel:1-833-456-4566) (24/7) or text 45645 (4 pm to 12 am ET).

Employee Assistance Program (for UW staff)

As part of the Employee Assistance Program ([Policy 67](#)), University of Waterloo employees and their dependent family members have a range of health and wellness services under the Employee and



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Indigenous Initiatives

Family Assistance Program (EFAP), provided by Homewood Health Inc.™. Please be assured that the program is confidential. Find out more about [Homewood Health's services](#).

Empower Me, Mental Health Resources (for UW Undergraduate and Graduate students) Call 1-833-628-5589 (toll-free), available 24/7 from anywhere in Canada or the US. See the [FAQ](#) for additional helpline numbers for international access. Please note that you must provide your name and school/student association when you contact Empower Me for immediate crisis services or other issues.

Kids Help Phone

Call [1-800-668-6868](#) (toll-free) or text CONNECT to 686868. Available 24 hours a day to Canadians aged 5 to 29 who want confidential and anonymous care from professional counsellors. Download the [Always There](#) app for additional support or access the [Kids Help Phone website](#).

Wellness Together Canada

Through Wellness Together Canada, individuals of all ages in Canada or Canadians abroad can access supports ranging from self-assessment and peer support, to free and confidential sessions with social workers, psychologists and other professionals.

Supports are provided online in both official languages as well as by phone and text for those without internet access. Phone-counselling sessions are available in 200 languages and dialects, through instantaneous interpretation.

Connect to Wellness Together Canada, by visiting [Wellness Together Canada](#) or text the word WELLNESS to the following numbers for immediate assistance: 686868 for youth, 741741 for adults, Front Line Workers, text the word FRONTLINE to 741741.

Call [1-866-585-0445](#) (Adults) or [1-888-668-6810](#) (Youth).