

Distress and Crisis Ontario National Day of Truth and Reconciliation: Resource List

September 2023

Distress and Crisis Ontario (DCO) is committed to advancing Truth and Reconciliation through the promotion of education and working towards the transformative calls to action outlined by the Truth and Reconciliation Commission, and by all Indigenous communities across Canada. We are committed to listening, learning, reflecting, and adapting our approaches to better facilitate reconciliation and create welcoming spaces for all individuals. We offer our gratitude to the First Peoples for their care for, and teachings about, our earth and our relations. May we honour those teachings.



In an effort to promote learning and unlearning, we have updated our list of resources shared last year for National Day of Truth and Reconciliation. We hope the following suggestions shared by community partners, podcast guests, and DCO staff provides the opportunity for listening, learning, reflecting, and adapting practices.

Websites to check out:

- [The National Centre for Truth and Reconciliation](#) (NCTR): The 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.
- [Beyond 94](#): In March 2018, CBC News launched Beyond 94, a website that monitors progress on the Truth and Reconciliation Commission's 94 Calls to Action. Beyond 94 was the result of a year's worth of research and interviews with survivors, stakeholders and all levels of government. The site 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.

- [Indigenous Watchdog](#): Indigenous Watchdog, a federally registered non-profit, is committed to transforming the reconciliation dialogue between Indigenous and non-Indigenous Canadians into action. By curating details from multiple sources – government stakeholders as well as local and national media, research reports, studies, white papers, statistics, budgets – Indigenous Watchdog will deliver relevant, current information to raise awareness on Indigenous issues through an Indigenous lens.

Books and authors you might enjoy:

- [White Fragility](#), by Robin D’Angello, according to Penguin Random House Canada: “In this “vital, necessary, and beautiful book” (Michael Eric Dyson), antiracist educator Robin DiAngelo deftly illuminates the phenomenon of white fragility and “allows us to understand racism as a practice not restricted to ‘bad people’ (Claudia Rankine). Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue.”
- [21 Things You May Not Know About the Indian Act](#), by Bob Joseph, according to Indigenous Corporate Training Inc.: Based on a viral article, 21 Things You May Not Know About the Indian Act is the essential guide to understanding the legal document and its repercussions on generations of Indigenous Peoples, written by a leading cultural sensitivity trainer. The Indian Act, after over 140 years, continues to shape, control, and constrain the lives and opportunities of Indigenous Peoples, and is at the root of many stereotypes that persist. Bob Joseph’s book comes at a key time in the reconciliation process, when awareness from both Indigenous and non-Indigenous communities is at a crescendo.
- [Five Little Indians](#), by Michelle Good, according to Harper Collins Canada: Taken from their families when they are very small and sent to a remote, church-run residential school, Kenny, Lucy, Clara, Howie and Maisie are barely out of childhood when they are finally released after years of detention. Alone and without any skills, support or families, the teens find their way to the seedy and foreign world of Downtown Eastside Vancouver, where they cling together, striving to find a place of safety and belonging in a world that doesn’t want them. The paths of the five friends cross and crisscross over the decades as they struggle to overcome, or at least forget, the trauma they endured during their years at the Mission.

- [Indigenous Methodologies](#), by Margaret Kovach, according to Indigo.ca: Indigenous Methodologies is a groundbreaking text. Since its original publication in 2009, it has become the most trusted guide used in the study of Indigenous methodologies and has been adopted in university courses around the world. It provides a conceptual framework for implementing Indigenous methodologies and serves as a useful entry point for those wishing to learn more broadly about Indigenous research.
- [The Inuit Way; A Guide to Inuit Culture](#), by Pauktuutit Inuit Women of Canada, according to the forward: The Inuit Way is much more than a simple introduction to traditional Inuit culture. It provides the reader a starting point for understanding the cultural underpinnings of modern Inuit. As a people, we have undergone immense changes in a generation. Despite the many changes our society has encountered, we retain strong ties to the land and our traditions.
- [Indigenous Writes: A Guide to First Nations, Métis, & Inuit Issues in Canada](#), by Chelsea Vowel, according to Indigo.ca: Delgamuukw. Sixties Scoop. Bill C-31. Blood quantum. Appropriation. Two-Spirit. Tsilhqot'in. Status. TRC. RCAP. FNPOA. Pass and permit. Numbered Treaties. Terra nullius. The Great Peace. Are you familiar with the terms listed above? In Indigenous Writes, Chelsea Vowel, legal scholar, teacher, and intellectual, opens an important dialogue about these (and more) concepts and the wider social beliefs associated with the relationship between Indigenous peoples and Canada.
- [The Mishomis Book: The Voice of the Ojibway](#), by Edward Benton-Banai, according to Indigo.ca: The Ojibway is one of the largest groups of Native Americans, belonging to the Anishinabe people of what is today the northern United States and Canada. The Mishomis Book documents the history, traditions, and culture of the Ojibway people through stories and myths passed down through generations. Written by Ojibway educator and spiritual leader Edward Benton-Banai, and first published in 1988, The Mishomis Book draws from the traditional teachings of tribal elders to instruct young readers about Ojibway creation stories and legends, the origin and importance of the Ojibway family structure and clan system, the Midewiwin religion, the construction and use of the water drum and sweat lodge, and modern Ojibway history.
- [Not Vanishing](#), by Chrystos, according to Good Reads: Passionate, vital poetry by acclaimed Native American writer and activist Chrystos addresses self-esteem and survival, the loving of women, and pride in her heritage. * This book is out of print but is available at many libraries and from some online sellers.*
- [And Grandma Said... Iroquois Teachings: as passed down through the oral tradition](#), by Tom Porter, according to Amazon.ca: Raised in the home of a

grandmother who spoke only Mohawk, Sakokweniónkwás (Tom Porter) was asked from a young age, to translate for his elders. After such intensive exposure to his grandparents' generation, he is able to recall in vivid detail, the stories and ceremonies of a culture hovering on the brink of extinction. After devoting most of his adult life to revitalizing the culture and language of his people, Tom finally records here, the teachings of a generation of elders who have been gone for more than twenty years. *This book is out of print but is available at many libraries and from some online sellers.*

- [Namwayut: We Are All One: A Pathway to Reconciliation](#) by Chief Robert Joseph: Chief Robert Joseph is a Hereditary Chief of the Gwawaenuk First Nation and honorary witness to Canada's Truth and Reconciliation Commission. In Namwayut he shares an intimate view of his own life while making an impassioned plea to readers to embrace vulnerability, summon the courage to recognize truth and trauma, and take steps towards reconciliation.
- [Unreconciled: Family, Truth, and Indigenous Resistance](#) by Jesse Wente: A prominent Indigenous voice uncovers the lies and myths that affect relations between white and Indigenous peoples and the power of narrative to emphasize truth over comfort. Part memoir and part manifesto, Unreconciled is a stirring call to arms to put truth over the flawed concept of reconciliation and to build a new, respectful relationship between the nation of Canada and Indigenous peoples.
- [Tomson Highway](#), according to The Canadian Encyclopedia: Tomson Highway is one of the most prominent and influential Indigenous writers in Canada. His works discuss and explore important issues affecting First Nations people, including residential schools, reserve life, Indigenous identity and more.
- [Basil H. Johnston](#), according to The Canadian Encyclopedia: One of the foremost Indigenous authors in Canada, Johnston, a lecturer at the Royal Ontario Museum, wrote widely about Anishinaabe traditions, language and modern life. Johnston has influenced various contemporary Indigenous writers, including Drew Hayden Taylor and Joseph Boyden, to name a couple.
- [Richard Wagamese](#), according to The Canadian Encyclopedia: A well-known Indigenous writer in Canada, Wagamese won several awards including the Canada Council for the Arts Molson Prize (2013) and the Writers' Trust of Canada's Matt Cohen Award (2015). His works speak about the historical and contemporary socio-economic issues affecting Indigenous communities in Canada. They also bring attention to issues regarding Indigenous identity, culture and truth and reconciliation.

Podcasts by Indigenous creators, or centred on Indigenous teachings:

- [Indigenous 150+](#): Indigenous 150+ is dedicated to celebrating First Nations, Métis and Inuit voices. Originally launched as a film and conversation series in

2018 as a response to the Truth and Reconciliation Commission's Calls to Action. The initiative has grown to include a podcast series and media training programs focused on career development for Indigenous youth and emerging creatives.

- [Anti-Racist Educator Reads](#): A broadcast for educators who understand that we need to be talking about race and racism in schools now. We will learn, and unlearn through a great book on racial justice. Each week, your host Colinda Clyne invites educational leaders to be in conversation about sections of selected texts, discussing historical contexts and connections to education.
- [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.
- [Stolen: Surviving St. Michael's](#): Last May, investigative journalist Connie Walker came upon a story about her late father she'd never heard before. One night back in the late 1970s while he was working as an officer in the Royal Canadian Mounted Police, he pulled over a suspected drunk driver. He walked up to the vehicle and came face-to-face with a ghost from his past—a residential school priest. What happened on the road that night set in motion an investigation that would send Connie deep into her own past, trying to uncover the secrets of her family and the legacy of trauma passed down through the generations. In *Stolen: Surviving St. Michael's*, Connie unearths how her family's story fits into one of Canada's darkest chapters: the residential school system.
- DCO Discourse's 2022 Indigenous Series: In 2022, Distress and Crisis Ontario's podcast, DCO Discourse, shared a series of interviews on Truth and Reconciliation, the reality of being First Nations, Inuit, and/or Métis in Canada, and how we can all be better allies in building strong communities. Below are the four interviews:
 - [On Talk4Healing with Katie B](#)
 - [On the Nunavut Kamatsiaqtut Help Line with Sheila L](#)
 - [On Relationships, Learning, and Unlearning with Melissa I](#)
 - [On Truth, Reconciliation, and the Burden of Illness with Charity F](#)

Movies and shows to watch:

- [Bones of Crows](#), according to CBC: Forced into residential school, Aline Spears and her siblings are plunged into a fight for survival that shapes the Spears family for generations.
- [Future History](#), according to APTN: Future History celebrates the reclamation and revitalization of Indigenous knowledge. It explores the diverse perspectives and knowledge within the Indigenous community to create a deeper understanding about our shared history, while looking forward to a brighter future.

- [Dances with Wolves](#), according to IMDB: Lieutenant John Dunbar, assigned to a remote western Civil War outpost, befriends wolves and Native Americans, making him an intolerable aberration in the military.
- [Antanarjuat: The Fast Runner](#), according to IMDB: The telling of an Inuit legend of an evil spirit causing strife in the community and one warrior's endurance and battle of its menace.
- [Slash/Back](#), according to IMDB: 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.
- [Angry Inuk](#), according to IMDB: An Inuk filmmaker takes a close look at the central role of seal hunting in the lives of the Inuit, the importance of the revenue they earn from sales of seal skins, and the negative impact that international campaigns against the seal hunt have had on their lives.
- [Iqaluit](#), according to IMDB: Travelling to the Arctic for the first time, Carmen arrives in Iqaluit to tend to her husband, Gilles, a construction worker who has been seriously injured. Trying to get to the bottom of what happened, she strikes up a friendship with Noah, Gilles' Inuk friend, and realizes they share a similar story. Together, Carmen and Noah head out on the Frobisher Bay - she, looking for answers to her questions; he, trying to stop his son from committing what can't be undone.
- [The Grizzlies](#), according to IMDB: In a small Arctic town struggling with the highest suicide rate in North America, a group of Inuit students' lives are transformed when they are introduced to the sport of lacrosse.

Other Indigenous creators to learn from:

- [Susan Aglukark](#), musician: During a career that has spanned more than 25 years, Susan Aglukark's journey as a singer-songwriter has led her to reflect on who she is, where she comes from and the importance of discovery – discovery of history, culture and self.
- [Tanya Tagaq](#), musician: From Ikaluktutiak (Cambridge Bay, Nunavut), internationally celebrated artist Tanya Tagaq is an improvisational singer, avant-garde composer and bestselling author.
- [Dr. Pamela Palmater](#) on TikTok: Dr. Pamela Palmater is a Mi'kmaw citizen and member of the Eel River Bar First Nation in northern New Brunswick. Pam has been studying, volunteering and working in First Nation issues for over 30 years on a wide range of social, political and legal issues, like poverty, housing, child and family services, treaty rights, education and legislation impacting First Nations.
- [Tom Porter](#)'s teachings on YouTube.

- [Layla Black](#) on YouTube, specifically, her [Thanksgiving Address in Mohawk ohén:ton karihwatéhkwén](#).

Other online resources to explore:

- [McGill University Indigenous Initiatives Allyship Tools](#)
- [Laurentian University: How to be an Ally to Indigenous Peoples](#)
- [Wilfrid Laurier University: Educational resources for Equity, Diversity, Inclusion, and Indigenization](#)
- [Genocide's Burden of Illness](#)
- Qualia Counselling Services' [National Day for Truth and Reconciliation Personal Pledge for Reconciliation](#)

Community initiatives to learn about and/or support:

- [Ohneganos](#): Ohneganos is an Indigenous water research program led by McMaster University Professor, Dr. Dawn Martin Hill. Our program is made up of two main projects: Co-Creation of Indigenous Water Quality Tools and Ohneganos - Indigenous Ecological Knowledge, Training, and Co-Creation of Mixed-Method Tools.
- [Crow Shield Lodge](#): Crow Shield Lodge is built upon the four pillars of:
 - Education - Providing access to Indigenous worldviews and cosmovisions which are available to people of all Nations.
 - Healing - Indigenous traditional healing from a holistic approach through sweat lodge ceremony, circles, and land-based work.
 - Reconciliation - Creating the space for meaningful reconciliation between settlers, non-Indigenous people living on Turtle Island, and Indigenous Nations.
 - Land Stewardship - Teachings and practices which help us to restore balance to our relationship with Mother Earth.
- [Ontario Federation of Indigenous Friendship Centres](#): The Friendship Centre vision is to improve the quality of life for Indigenous people living in an urban environment by supporting self-determined activities which encourage equal access to and participation in Canadian society and which respect Indigenous cultural distinctiveness.
- [Water First](#): Water First Education & Training Inc. is one of the top charitable organizations in Canada addressing water challenges in Indigenous communities through education, training and meaningful collaboration. Water First is guided by the Indigenous youth and young adults who participate in our programs, our Indigenous staff and board members, local Indigenous community partners, and by members of our Indigenous Advisory Council. Our collaborations are built on respect and meaningful partnerships, with Indigenous youth and community partners at the heart of our work.

- [Dreamcatcher Fund](#): By supplying grants to individuals with a goal of developing youth as future First Nations community leaders, the Dreamcatcher Charitable Foundation helps to build a brighter future. We do this with grants available in the areas of Education, Arts and Culture, Sports and Recreation and Health and Medical to foster innovation, creativity, vitality and knowledge within our communities.
- [Indigenous Diabetes Health Circle](#): Leader in delivery of holistic wellness models of care — reflecting body, mind and spirit — to reduce impacts of type 2 diabetes on Indigenous peoples in Ontario and build community capacity in diabetes prevention.
- [CAMH Aboriginal Service](#): The Aboriginal Service provides outpatient groups and individual counselling to Aboriginal people experiencing substance use and mental health issues, as well as support to clients who are in CAMH inpatient programs.
- [The Canadian Counselling and Psychotherapy Association's Non-insured Health Benefits for First Nations and Inuit Program](#): Half of all mental health expenditures in the Non-insured health benefits for First Nations and Inuit (NIHB) program are in unregulated provinces where Canadian Certified Counsellor (CCC)s have been removed from the list of approved providers, meaning that there is a significant need for their services, but Indigenous Peoples are not able to access them. In September of 2015, CCPA prepared a written submission on the reinstatement of CCCs to the Assembly of First Nations and Health Canada joint review of the Short-Term Crisis Intervention Mental Health Counselling benefit of the NIHB program. The submission led to the recommendation that: "National counselling/therapy practicing bodies, such as the CCCs, in provinces and territories that have not regulated the profession be immediately reinstated as eligible service providers".

Other suggestions:

- Attend drum dances, pow wows, lectures, and see the throat singing
- Support local agencies providing prevention and support for indigenous communities
- Join clean water committees and groups
- Donate to food banks that support Indigenous communities
- Support Indigenous initiatives and [scholarships at universities and colleges](#)

While we hope the resources above provide a good place to start looking for information and opportunities to support Indigenous communities, please keep in mind that this list barely scratches the surface of the information and resources that exist. We encourage everyone to join us in exploring what other opportunities are in our own communities to support Truth and Reconciliation, build stronger relationships, and bring forward Indigenous voices.