

JUNE

# JUNE IS NATIONAL INDIGENOUS HISTORY MONTH

**THIS MONTH IS NATIONAL INDIGENOUS HISTORY MONTH**, which is a time for all Canadians to learn and reflect upon the history, cultures and contributions of First Nations, Inuit and Métis peoples. It's important to remember that First Nations, Inuit and Métis peoples each have their own histories. For many Canadians, the history of Indigenous peoples and Canada is still unknown. Generations of Canadians have lived their lives without learning about the significance of treaties, the impact of the Indian Act or the contributions of Indigenous peoples to the country. National Indigenous History Month is another opportunity to understand the history and present-day experiences of Indigenous communities, honour and celebrate their contributions, and work to prevent further harm by health-care institutions and organizations, including Doctors Nova Scotia (DNS).

## Connection to the work of Doctors Nova Scotia

First Nations, Inuit and Métis are diverse populations whose health is impacted by the social determinants of health and policies that contribute to systemic racism. This has been further impacted by the complexities of colonialism, racism and residential schools. At DNS, staff and members can continue to educate themselves and act to better support Indigenous physicians working in Indigenous communities so that they may better support their patients.

This year, National Indigenous History Month in Canada is highlighting specific aspects of Indigenous history, cultures and perspectives each week.

- June 1 to 9: Environment, traditional knowledge and territory
- June 10 to 16: Children and youth
- June 17 to 23: Languages, cultures and arts
- June 24 to 30: Women, girls and 2SLGBTQIA+ people

Learning resources on each of these themes can be found online at [tinyurl.com/LearningResources-FNIM](https://tinyurl.com/LearningResources-FNIM).

## Learn more

To learn more about the history, cultures and contributions of First Nations, Inuit and Métis peoples in Canada, check out the following resources:

- Four Seasons of Reconciliation Course: This course provides foundational knowledge on the relationship between Canada, Indigenous Peoples, and the Truth and Reconciliation Commission of Canada (TRC). Find it online at [tinyurl.com/BDC-4SoR](https://tinyurl.com/BDC-4SoR).
- Queens University Health Sciences Department: A community-led and community-informed collaborative initiative on Indigenous Healthcare Education and Practice. Online modules are available at Indigenous Healthcare Education and Practice: Applying Digital Teaching and Learning Resources to the TRC's Calls to Action. Visit [tinyurl.com/QueensU-IHEP](https://tinyurl.com/QueensU-IHEP).
- Importance of Indigenous-led health-care partnerships in Canada – read the article at [tinyurl.com/IndigenousNurses-IHCPC](https://tinyurl.com/IndigenousNurses-IHCPC).
- Tajiikemik: An organization promoting better health and wellness for Mi'kmaw communities in Nova Scotia. Read more at [mhwns.ca](https://mhwns.ca).



Find more EDIA resources, videos and tools in the DNS SharePoint EDIA Hub.