

SEPTEMBER

NATIONAL DAY FOR TRUTH & RECONCILIATION/ORANGE SHIRT DAY/MI'KMAW HISTORY MONTH

SEPTEMBER AND OCTOBER ARE SIGNIFICANT MONTHS FOR REFLECTING on Canada's history and acknowledging the contributions and experiences of Indigenous communities. National Day for Truth and Reconciliation and Orange Shirt Day are observed each year on Sept. 30. In Nova Scotia, Treaty Day is observed on Oct. 1, which also marks the start of Mi'kmaq History Month.

September's days of observance

The National Day for Truth and Reconciliation honours the lost children and survivors of residential schools and asks Canadians to reflect on the ongoing impact of these institutions. Established as a federal statutory holiday in 2021, it highlights the importance of truth and reconciliation in Canada's pursuit of justice and healing.

Orange Shirt Day offers Canadians an opportunity to visibly demonstrate solidarity and acknowledge the injustices faced by Indigenous children in residential schools. Inspired by Phyllis Webstad's story of having her new orange shirt taken away on her first day at St. Joseph's Mission Residential School, Orange Shirt Day symbolizes the collective memory and resilience of survivors and their families. The orange shirt symbolizes how the culture, freedom and self-esteem of Indigenous children were stripped away; it is intended to promote the concept that "Every Child Matters."



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October is Mi'kmaq History Month

Each October, people in Nova Scotia commemorate Mi'kmaq History Month. It's a time to celebrate the first people of this region, to practise learning and unlearning, and to build understanding of Mi'kmaq history and heritage. On Oct. 1, people in Nova Scotia mark Treaty Day, which recognizes the 1752 Treaty of Friendship and Peace signed by the Mi'kmaq and the British empire. Find more information at www.unsm.org/treaty-day.

Connection to Doctors Nova Scotia's work

Physicians play a crucial role in supporting and uplifting Indigenous communities by addressing historical traumas and considering the unique needs of these populations. By developing cultural competency, physicians can better serve Indigenous community members. Doctors Nova Scotia has an internal Truth and Reconciliation Committee dedicated to acknowledging past wrongs, fostering understanding, and implementing actions to advance reconciliation and equity.

Resources:

- National Day for Truth and Reconciliation (tinyurl.com/DNS-NDTR)
- Orange Shirt Society (tinyurl.com/DNS-OSD)
- Mi'kmaq Cultural Resources (tinyurl.com/DNS-MCR)
- Mi'kmaq History Month (tinyurl.com/DNS-MHM)



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