

# NATIONAL DAY FOR TRUTH AND RECONCILIATION

**EACH YEAR ON SEPT. 30, CANADA RECOGNIZES THE NATIONAL DAY FOR TRUTH AND RECONCILIATION** – a day to honour the Indigenous children who were stolen and communities that were harmed through the residential school system. The National Day for Truth and Reconciliation was recognized federally in 2021 in response to the Truth and Reconciliation Commission (TRC) of Canada's 80th call to action. By memorializing this date, Nova Scotia has committed to raise awareness of the atrocities inflicted on Mi'kmaw communities in the name of forced assimilation, as well as the legacy of the residential school system.

## Orange Shirt Day

September 30 is also recognized as Orange Shirt Day, an Indigenous-led, grassroots movement. The symbol of the orange shirt was inspired by Phyllis Jack Webstad, a Secwépemc woman who as a girl had her new orange shirt taken away on her first day at a residential school. This experience was exemplary of how the system at large sought to strip away culture, freedom and self-expression from Indigenous children over generations. Orange Shirt Day centres Indigenous personhood and seeks to promote the inherent truth that Every Child Matters.

## Connection to Doctors Nova Scotia's Work

Anti-Indigenous racism in healthcare remains a pressing issue and is a core component in the calls to action outlined by the TRC. In addition to addressing systemic barriers, individuals also have a role to play in reconciliation. This year, DNS encourages its staff and members to reflect on how they can meaningfully engage with First Nations communities to create change.

## Suggestions for getting engaged:

- Connect with Tajikeimik, the new and developing health and wellness organization created and guided by the chiefs and health directors from the 13 First Nations in Mi'kma'ki. Tajikeimik, which means "to be healthy" in the Mi'kmaw language, puts Mi'kmaq in control of the design and delivery of their health and wellness services.
- Regularly engage with Indigenous organizations and community leaders for best practices and familiarize yourself with programs and resources available to support Indigenous patients (for example, Nova Scotia Health's Mi'kmaw Indigenous Patient Navigator service).
- Form relationships! Attend an open community event or Indigenous speaker series and have courageous conversations.

## RESOURCES

- Tajikeimik – [tinyurl.com/Tajikeimik](https://tinyurl.com/Tajikeimik)
- Truth and Reconciliation Commission of Canada – [tinyurl.com/About-the-TRC](https://tinyurl.com/About-the-TRC)
- Mi'kmaw Indigenous Patient Navigator (MIPN) | Nova Scotia Health – [tinyurl.com/NSH-MIPN](https://tinyurl.com/NSH-MIPN)
- National Day for Truth and Reconciliation | Canadian Heritage – [tinyurl.com/Canada-NDTR](https://tinyurl.com/Canada-NDTR)



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