

ORANGE SHIRT DAY

September 30th is the National Day for Truth and Reconciliation, also known as Orange Shirt Day. On this day, Canadians are encouraged to wear orange in order to commemorate the residential school experience, as well as witness and honour the healing journey of the Survivors and their families. By wearing orange, you spark a conversation about reconciliation.

There are many ways to start a conversation about Orange Shirt Day with your family. Here are just a few examples:

- If you have children, talking about residential schools is not easy, but it is important. To start a conversation, read age-appropriate books such as *Phyllis's Orange Shirt* by Phyllis Webstad, *When I was Eight* by Margaret Pokiak-Fenton, or *Spirit Bear and Children Make History* by Cindy Blackstock and Eddy Robinson.
- Discuss the meaning of reconciliation by doing an activity that speaks to kindness, friendship, and collaboration. A good activity for the whole family is to go outside and identify all the different ways nature interacts with each other to achieve a common goal of harmony and togetherness.

Did you know?

- FCSS offers free culturally sensitive programming for Indigenous families with children 0-18 years old, parent education and support, and assistance with system navigation.

Truth and Reconciliation Day can be difficult for those who have experienced residential school. If you are in distress, here are some resources:

- National Indian Residential School Crisis Line: 1-866-925-4419
- Hope for Wellness Help Line: 1-855-242-3310
- Mental Health Help Line: 1-877-303-2642

For more information about FCSS's Indigenous Family Liaison Program, contact Michelle Eagle Tail Feathers at 403-332-1783.

Submitted by:
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