

NATIONAL DAY FOR TRUTH AND RECONCILIATION – SEP 30, 2021

This day provides an opportunity for all Canadians to recognize and commemorate the legacy of residential schools. The day honours the lost children and survivors of residential schools, their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process and importantly a day for personal reflection. On Thursday, September 30, CLPNNL invites you to recognize and honour all of those who suffered – and those who still suffer – the ravages of the residential school system by wearing orange, by participating in Orange Day and Truth and Reconciliation Day events, by reflecting on the ongoing impact and legacy of the residential schools, and by learning more about the experiences and histories of the First Nations, Inuit, and Metis Peoples of Canada.

Mental Health Supports available:

Former Residential School students can call <u>1-866-925-4419</u> for emotional crisis referral services and information on other health supports from the Government of Canada.

Indigenous peoples across Canada can also go to The Hope for Wellness Help Line 24 hours a day, 7 days a week for counselling and crisis intervention.

Call the toll-free Help Line at <u>1-855-242-3310</u> or connect to the <u>online chat</u>.