



# *In solidarity with Indigenous Communities*

Resource guide provided by: Filyouthfellowship

# Preface

**Trigger/Content Warning: Colonialism, residential schools, genocide.**

While this document is mainly for settlers to engage with, we understand that Indigenous kin may find their way here.

Below are trauma-informed mental health resources for Indigenous communities.

IRSSS Toll-Free Line: 1-800-721-0066  
24hr National Crisis Line: 1-866-925-4419  
KUU-US Crisis Line: 1-800-588-8717  
Tsow-Tun-Le Lum: 1-866-925-4419  
Talk4Healing, Counselling for Indigenous Women: 1-855-554-4325  
Anishnawbe Health 24/7 Mental Health Crisis Management Service: 1-855-242-3310  
Hope for wellness Line: 1-855-242-3310  
MMIWG Inquiry support Line: 1-844-413-6649 (or [info@mmiwg-ffada.ca](mailto:info@mmiwg-ffada.ca))  
Nunavut Kamatsiagtut Help Line: 1-800-265-3333

# Contents

- 1 About This document
- 2 Read and engage with TRC and MMIWG reports and calls to action
- 3 Resources to #CancelCanadaDay
- 4 Sign petitions and open letters to hold the Canadian government, Catholic Church, and settlers accountable
- 5 Demand action from our government officials
- 6 Donate
- 7 Attend or support Indigenous-led ceremonies and actions
- 8 Dialogue with friends and family
- 9 Trauma-informed mental health resources for Indigenous communities
- 10 Continuous Re/Un-learning
- 11 Mental health resources



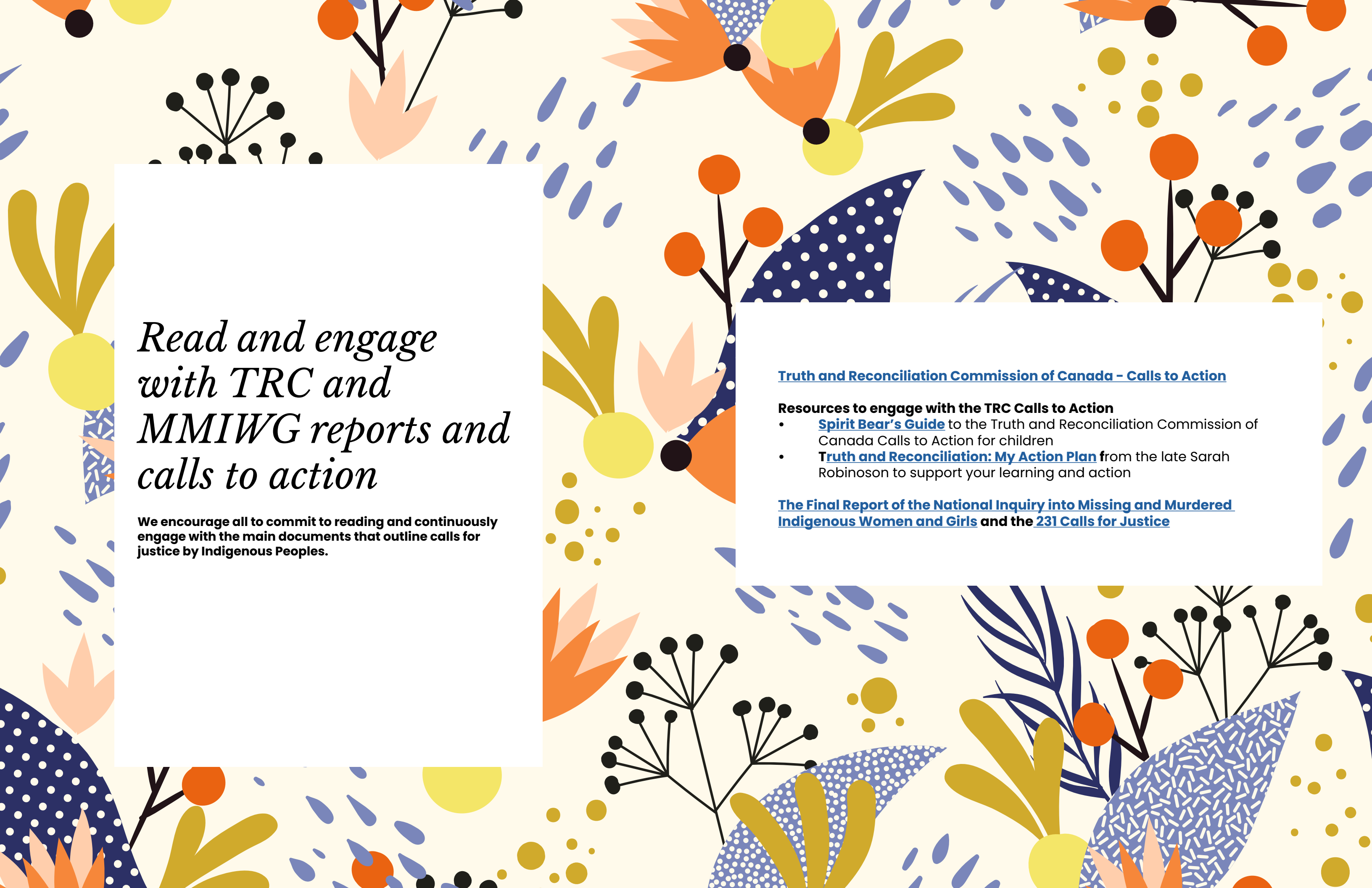
## *About this Document*

This is a living evergreen document for settlers on Turtle Island, and is not meant to be a complete list of resources and/or actions. The people who developed this document are settler Filipina/xs based in Treaty 13 (Toronto) and Treaty 1 (Winnipeg) territories who are part of the Filipino Youth Fellowship Steering Committee. We do not hold ownership over the resources shared below. Continuing to develop this document of resources is our way to ease some of the labour of educating by Indigenous Peoples.

Above all, we follow the lead of Indigenous communities and leaders when demanding actions in the wake of the recent recoveries of unmarked graves across unceded lands on Turtle Island. The following list of actions and resources was developed following the calls by the Residential School Survivor Society and list of actions by @covid19.indigenous to support Indigenous Peoples on July 1st.

We would love to connect and navigate through this list of actions and resources with you! Feel free to reach out to us with any concerns, suggestions, and questions:

Email: [filyouthfellowshipto@gmail.com](mailto:filyouthfellowshipto@gmail.com)  
Facebook and IG: [@filyouthfellowship](https://www.instagram.com/filyouthfellowship)  
Twitter: [@filyouthfellow](https://twitter.com/filyouthfellow)



*Read and engage  
with TRC and  
MMIWG reports and  
calls to action*

We encourage all to commit to reading and continuously engage with the main documents that outline calls for justice by Indigenous Peoples.

[Truth and Reconciliation Commission of Canada – Calls to Action](#)

**Resources to engage with the TRC Calls to Action**

- [Spirit Bear's Guide](#) to the Truth and Reconciliation Commission of Canada Calls to Action for children
- [Truth and Reconciliation: My Action Plan](#) from the late Sarah Robinoson to support your learning and action

[The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls and the 231 Calls for Justice](#)

# *Resources to #CancelCanadaDay*

**This July 1st, we encourage settlers to do 1-3 actions on this document.**

**Wear orange** to show your support for those impacted by Residential Schools, and remind others of the true history of Canada.

**Hold space for conversations with your friends and family** about the history of Canada, and where your ancestors fit into this history. Challenge each other to bring one fact or piece of history to the table to share.

**Watch a free film online** to learn more about Indigenous Peoples.

**Follow Indigenous creators and artists** on social media.


**[Sign up for Indigenous Canada](#)**, a free online course offered by the University of Alberta, to learn about the history of Indigenous Peoples in Canada.

**Donate** to an Indigenous organization.

**Learn about the history and legacy of Residential Schools.**

- a) An Overview of the Indian Residential School System [booklet](#)
- b) It's Our Time: Assembly of First Nations [Residential Schools Toolkit](#)

**Follow the #CancelCanadaDay** hashtag on social media to learn more.



*Sign petitions and  
open letters to hold  
the Canadian  
government, Catholic  
Church, and settlers  
accountable*

**[Join the Call:](#)** To hold the Petition to PM Trudeau, Minister of Indigenous Services, and your local MP accountable to deliver support for all Indigenous people and put an end to apartheid and genocide in Canada

**[Petition e-3484](#)** to the House of Commons to demand investigation of all residential schools.

**[Open Letter to Filipinos in Canada](#)** to Support the Demands of Indian Residential School Survivors

# *Demand action from our government officials*

Send a [Letter](#) to Canadian Government written by Evans Yellow Old Woman and Steven Crowchild via Canadian Cultural Mosaic Foundation

## *Email*

Prime Minister Justin Trudeau:  
[justin.trudeau@parl.gc.ca](mailto:justin.trudeau@parl.gc.ca)

Minister of Indigenous Services, Marc Miller:  
[Marc.Miller@parl.gc.ca](mailto:Marc.Miller@parl.gc.ca)

Minister of Crown-Indigenous Relations, Carolyn Bennett:  
[carolyn.bennett@parl.gc.ca](mailto:carolyn.bennett@parl.gc.ca)

## *Mail (no stamp needed)*

The Right Honourable Justin Trudeau, P.C., M.P.  
Prime Minister  
Office of the Prime Minister  
80 Wellington Street Ottawa, ON K1A 0A2 Minister of Indige

The Honourable Carolyn Bennett  
40 Holly Street, Suite 103  
Toronto, Ontario  
M4S 3C3

## Personalized Letters

Personally message your local MPs: [Find your MP](#)

To our local Catholic, Anglican, United Church or Methodist Church to demand their parish pay reparations to organizations supporting residential school survivors  
\*especially current members of parishes

[TRC Calls to Action to reference:](#) (link to Calls to Action)  
Church Apology: #58 - #61  
Missing Children and Burial Info: #71 - #76

## Tips With Writing

Above all, **follow the lead** of Indigenous communities and leaders - amplify their calls to action, and make sure your demands match theirs (e.g., refer to [Join the Call](#))

E.g., **do not ask** for the uncovering of mass graves of residential schools in your area if the local Indigenous community has not demanded it

**Make your demands clear** (by underlining, highlighting, or making them bold), concise, in bullet forms

**Share your letters** to friends and family, encourage them to write a similar letter

### Who to cc:

Prime Minister Justin Trudeau:  
[justin.trudeau@parl.gc.ca](mailto:justin.trudeau@parl.gc.ca)

Minister of Indigenous Services, Marc Miller:  
[Marc.Miller@parl.gc.ca](mailto:Marc.Miller@parl.gc.ca)

Minister of Crown-Indigenous Relations, Carolyn Bennett:  
[carolyn.bennett@parl.gc.ca](mailto:carolyn.bennett@parl.gc.ca)

Your Local MP

## How to find you local MP

1. Go to <https://www.ourcommons.ca/members/en>
2. Under "FIND MEMBERS OF PARLIAMENT", enter your Postal Code.
3. When you enter your postal code, a drop down menu with your MP will show up.
4. Click your MP.
5. Scroll down a little bit.
6. You'll see THREE tabs: Roles, Work and Contact. Click CONTACT. See purple rectangles below identifying relevant contact info.

## Example:

The screenshot shows a profile page for a Member of Parliament. At the top, there are three tabs: 'ROLES', 'WORK', and 'CONTACT'. The 'CONTACT' tab is selected. Below the tabs, the page is titled 'CONTACT DETAILS'. Under this title, there are three sections: 'Email', 'Website', and 'Hill Office'. The 'Email' section contains the email address 'Nathaniel.Erskine-Smith@parl.gc.ca'. The 'Website' section contains the URL 'http://nerskine-smith.liberal.ca'. The 'Hill Office' section contains the address 'House of Commons \* Ottawa, Ontario, Canada K1A 0A5' and the phone/fax numbers 'Telephone: 613-992-2115 Fax: 613-996-7942'. To the right of the 'Hill Office' section is the 'Constituency Office' section, which contains the address 'Main office - Toronto 1902 Danforth Avenue Toronto, Ontario M4C 1J4' and the phone/fax numbers 'Telephone: 416-467-0860 Fax: 416-467-0905'. Purple rectangles highlight the email address and the telephone number for the constituency office.



# *Donate*

Residential School Survivors Society - <https://www.irsss.ca/donate>

True North Aid - <https://truenorthaid.ca/donate/>

The KUU-US Crisis Line Society - [Donate via PayPal](#)

New Friendship Centre for the Kamloops Aboriginal Friendship Society

First Nations Child and Family Caring Society

*Local to Tkarronto:*

Toronto Indigenous Harm Reduction: e-transfer to [torontoindigenoushr@gmail.com](mailto:torontoindigenoushr@gmail.com)


Native Arts Society  
<https://www.gofundme.com/f/nativeartssociety>

ODE: Donate via [Sketch's](http://www.sketch.ca) website at [www.sketch.ca](http://www.sketch.ca) and make a note that the donation is for ODE.

[O:se Kenhionhata:tie Land Back Camp](#) go fund me campaign (Kitchener; Victoria Park)

[Justice for Eisha Hudson \(Winnipeg\)](#)

[Every child matters \(Okema\)](#)



*Attend or support  
Indigenous-led  
ceremonies and  
actions*

When attending or supporting in person, please follow and be respectful of cultural protocols, follow public health protocols (masks, physical distancing) and be mindful of the space you are taking up as invited settlers. As settlers, we have a responsibility to support in creating a space for all to mourn safely.

Bring offerings \*that are requested and needed\*.

## *Dialogue with friends and family*

It is especially important to speak to our settler responsibilities on Turtle Island. We should always be grounded in gratitude towards original and current caretakers of Turtle Island that have allowed us to live and thrive here.

Reflecting and talking with our family on our migration stories - opening up conversation/dialogue but also being patient and empathizing

### *Social Media Engagement*

#### **When Posting:**

- Be mindful of the content you are sharing, especially if the content is triggering (make sure you are adding "content warning" when sharing triggering content)
- Avoid centering our grief.
- Ensure what you are sharing follows an *\*action\** (instead of posting just the news)

#### **Instead of posting, consider:**

- "Save", "Like", and "Share" (via DMs) posts created by Indigenous accounts - this helps amplify their content on people's feed instead of our own
- Share useful posts to close circle of family and friends
- [Land acknowledgments - Native-Land.ca](#)
- [A guide on interacting with Indigenous people and topics online \(Dani Lanouette\)](#)

# *Trauma-informed mental health resources for Indigenous communities*

**Make note of relevant mental health resources to share when needed among Indigenous kin, peers, and colleagues.**

IRSSS Toll-Free Line: 1-800-721-0066

24hr National Crisis Line: 1-866-925-4419

KUU-US Crisis Line: 1-800-588-8717

Tsow-Tun-Le Lum: 1-866-925-4419

Talk4Healing, Counselling for Indigenous Women:  
1-855-554-4325

Anishnawbe Health 24/7 Mental Health Crisis Management Service:  
1-855-242-3310

Hope for wellness Line:  
1-855-242-3310

MMIWG Inquiry support Line:  
1-844-413-6649 (or [info@mmiwg-ffada.ca](mailto:info@mmiwg-ffada.ca))

Nunavut Kamatsiagtut Helpline:  
1-800-265-3333

[National Aboriginal Youth Suicide Prevention Strategy \(NAYSPS\)  
Program Framework](#)

[National Native Alcohol and Drug Abuse Program](#)

[Indian Residential Schools Resolution Health Support Program](#)

[Jordan's Principle](#)

[First Nations Mental Wellness Continuum Framework - Summary Report](#)

# *Continuous Re/Un-learning*

*Main documents that outlines calls for justice by Indigenous peoples*

## **Truth and Reconciliation Commission of Canada - Calls to Action**

Resources in engaging with the TRC Calls to Action

- **Spirit Bear's Guide** to the Truth and Reconciliation Commission of Canada Calls to Action for children
- **Truth and Reconciliation: My Action Plan** from the late Sarah Robinson to support your learning and action

## **The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls**

- **231 Calls for Justice**

## **United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP)**

## **The Spirit Bear Plan from the Nations Child and Family Caring Society**

## *Accessible Courses and Teachings*

### **CCO - Indigenous Relationship & Cultural Safety Courses (Free)**

- 3 specific courses on: First Nations, Inuit and Métis Culture, Colonization and the Determinants of Health
- Aboriginal History and Political Governance
- TRC and UNDRIP

### **It's Our Time: The AFN Education Toolkit**

An Overview of the Indian Residential School System [booklet](#)

**Indigenous Canada** - a free online course offered by the University of Alberta

Language rights

- [The ways \(PBS\)](#) (CAD/US) - Different communities that are reclaiming and revitalizing their languages, how to support them
- [Masterclass with Lorena Fontaine](#) (uOttawa) - Indigenous Language Rights in Canada
- [Inuktut Tusaalanga](#) (website to learn Inuktut)

## *Books*

[Goodminds'](#) recommendations for books on residential schools

[Surviving the city](#) - Tasha Spillett (Graphic Novel) Winnipeg

[150 Years Retold](#) (Graphic Novel) Winnipeg

[List of YA books by Indigenous authors](#)

[List of Adult books by Indigenous authors](#)

[List of poetry books by Indigenous authors](#)

[Nationhood Interrupted: Revitalizing Nehiyaw Traditions](#) - Sylvia McAdam

[Unsettling the Settler Within](#) by Paulette Regan

Provides insight to the process of the Truth and Reconciliation Commission and the unfolding stories that happened behind the public face of the commission

## Documentaries and Films

- [National Film Board](#)
- [The Aboriginal Peoples Television Network](#)
- [Reel Injun](#) (documentary)
- [Trickster](#) (series based on a novel “son of a trickster”)
- [We were children](#) (Film) - Based around residential school  
**\*TW/CW: Sexual Abuse, Physical Abuse, Violence\***
- [Moment of Reckoning](#) - Turning the page on a dark chapter of our shared history  
Former residential school students discuss their personal experiences w/Indian residential schools and the steps toward reconciliation
- [Inuit Nunangat Taimannganit](#)  
A series of videos from the voices of residents
- [Unikkausivut - Sharing our stories](#)  
A collection of animated shorts and documentaries about the Inuit people
- [Metis Identity and Voice in Canada's National Parks and Historic Sites](#)  
A series of videos that are connected to a Parks Canada place and gives voice to today's Metis communities to share their own history and cultural
- [Commemoration of the 175th Anniversary of the Birth of Louis Riel](#)  
A video to honour Louis Riel
- [Residential schools podcast series](#)  
three part series talking about the history and legacy of residential schools)  
**\*TW/CW: Sexual/physical abuse, intergenerational trauma\***
- [Indigenous Voices](#)  
A series of videos talking about Indigenous people and their connection to nature/environment
- [Indigenous films and filmmakers](#)  
A curated selection of films for Indigenous History Month
- [Indigenous Cinema \(NFB\)](#)  
NFB's rich online collection of Indigenous-made films
- [Heritage Minutes #PARTOFOURHERITAGE](#) (series of short films)  
Collection of bilingual “Indigenous History” 60-second short films, each depicting a significant person, event, or story.
- [Parks Canada National Indigenous History Month](#)  
Youtube playlists of various Indigenous people sharing their homelands and traditions in collaboration with Parks Canada
- [The seven sacred laws](#)  
A series of vignettes that tell the stories of Indigenous peoples in their own voices

## Podcasts

- [Laissez-nous raconter l'histoire crochie](#)  
A podcast about First Nations, Inuit, and Metis telling their stories \*No captions for ENG\*
- [Ahkameyimok podcast with National Chief Perry Bellegarde](#)  
A podcast talking about the leading issues facing First Nations peoples, by talking with top experts, elders, and community leaders.
- [Unikkaat/unipkaat ungipaghat/nallunairutet Circumpolar Waves](#)  
A podcast, unikkaat means “stories, reports, and testimonials” Bringing Inuit voices to the international arena.

## Talks from exhibitions from Indigenous folks + exhibitions (Winnipeg)

- [South of Inuit Nunangat: An online conversation](#)
- [Enacting stories](#) (From When Raven Became Spider)
- [SHARDS](#)
- [Hiding in Plain Sight: Discovering the Metis Nation in the Archival Records of Library and Archives Canada](#)
- [Alootook Ipellie: Walking on Both Sides of Invisible Border](#)
- [Sovereign Intimacies](#)
- [Revealing & Understanding Sacred Roles Through our own Process](#) | Cheyenne Thomas and David Thomas
- [Julie Nagam: Locating the little heartbeats](#) + [Panel discussion](#)

## Magazines

- [Inuktitut Magazine](#)

## Indigenous Organizations

- [Congress of Aboriginal Peoples](#)
- [AFN](#)
- [Inuit Tapiriit Kanatami](#)
- [Metis Nation](#)
- [National Association of Friendship Centres](#)
- [Native Women's Association of Canada](#)

# *Mental health resources*

**While we continue learning about ongoing colonialism by so-called Canada and our complicities as settlers, it is important to make sure we are taking care of ourselves and our circles.** Continuous un/re-learning about our settler privileges and responsibilities requires us to be well to engage in this work meaningfully and with intention. Make sure you are checking in on friends as you journey together!

## **LGBT Youthline Ontario:**

647-694-4275 + <https://www.youthline.ca/> (chat, text and email currently available)

Ontario-wide peer-support for lesbian, gay bisexual, transgender, transsexual, two-spirited, queer and questioning young people.

## **ConnexOntario:**

1-866-531-2600 or [www.connexontario.ca](http://www.connexontario.ca)

Free and confidential health services information for people experiencing problems with alcohol and drugs, mental health and/or gambling. Available 24/7.

## **Crisis Services Canada:**

1-833-456-4566

Suicide prevention and support.

## **Distress and Crisis Ontario:**

<http://www.dcontario.org/>

## **Distress Centres**

(DC's) across Ontario offer support and a variety of services to their communities. At a DC you can find a listening ear for lonely, depressed, and/or suicidal people, usually 24 hours a day, seven days a week. The website also offers a chat function.

## **Good2Talk Helpline:**

1-866-925-5454 or text GOOD2TALKON to 686868

Ontario's 24/7 helpline for youth and postsecondary students.

## **Kids Help Phone:**

1-800-668-6868 or text CONNECT to 686868

Youth mental health support available 24/7.

## **Hope for Wellness Help Line:**

1-855-242-3310

Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Phone and chat counselling is available in English, French, Cree, Ojibway and Inuktitut.

## **BounceBack:**

<https://bouncebackontario.ca/>

A free, guided self-help program that's effective in helping people aged 15 and up who are experiencing mild-to-moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry.



