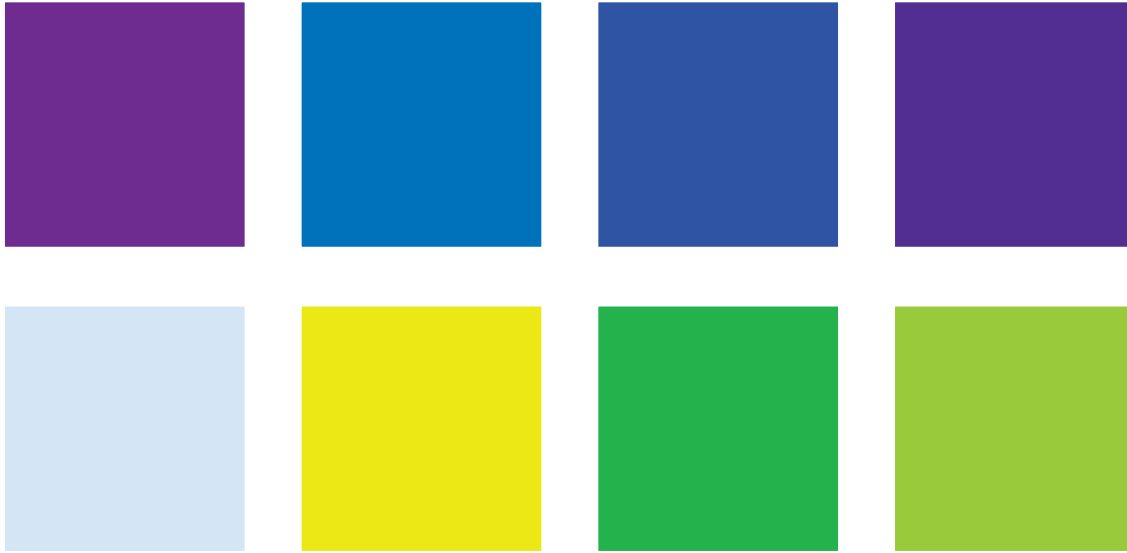


inspiration book



national day
of healing and
reconciliation



1000 Conversations Across Canada on Reconciliation

Q. What is 1000 Conversations Across Canada on Reconciliation?

A. 1000 Conversations is a national campaign intended to engage all Canadians in a dialogue about the history of residential schools, their resulting impacts and the need for healing and reconciliation.

Q. Where can I host a conversation?

A. Anywhere. At work, a dinner party at your home, over coffee, at your church, in your school, in your community club or in any space where you talk with your friends, family and colleagues.

Q. How many people need to participate for my conversation to be included as part of 1000 Conversations?

A. Minimum is 2 people and there is no maximum.



**ALL NDHR EVENTS ARE
CONSIDERED A CONVERSATION
ON RECONCILIATION.
WE THANK YOU FOR BEING
ONE MORE CONVERSATION
IN OUR GOAL TO REACH
1000!**

In isolation, the dictionary says reconciliation means the action of reconciling, or the state of being reconciled. To be more concrete, it means getting two things to correspond. Like reconciling a cheque book to a bank statement. It also means restoring harmony and re-establishing good relations.

When it comes to aboriginal and non-aboriginal people in Canada, it IS about restoring harmony and re-establishing good relations. But the reason that I have been mulling it over, is sometimes I am not sure if we've had "conciliation" in the first place.

And conciliation means to overcome distrust or animosity; to gain or try to gain someone's friendship or good will. But to quote Gordon Lightfoot, "there was a time in this fair land, when the railway did not run; when the wild majestic mountain stood alone against the sun" and at that time the settlers had a respectable partnership for the most part with the First Nations. So there was a time.

And it is symbolized by the two-row wampum belt. Three rows of white beads, standing for peace, friendship and respect. Separated by two purple rows which represent two paths, two vessels –as this was the era of the canoe going down the same river.

Indigenous and white people. Two nations. Two vessels, side by side, in the same direction, not interfering with each other, moving into the future and beyond. It was about nation to nation agreement.

Can we get back to that partnership?

- Sheelagh Rogers, during the celebration of
Native Counselling Services of Alberta's 40th Anniversary



inspiration book index



WHAT IS NDHR?



YOUTH GROUPS



CHURCHES



SCHOOLS



COMMUNITY ORGANIZATIONS



HEALTH ORGANIZATIONS



FRIENDSHIP CENTRES



COLLEGES AND UNIVERSITIES



BUSINESSES, OFFICES AND WORKPLACES





WHAT DO I DO WITH THIS “INSPIRATION BOOK”?

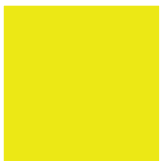
This “Inspiration Book” is designed to get you started. Many groups find out about NDHR and want to get involved, but they think it is only for certain types of organizations.

THE REALITY IS THAT NDHR IS ABOUT EVERYONE AND FOR EVERYONE.

We hope that the ideas contained in this booklet will inspire you to think about how you and the people that you work, live and interact with on a regular basis can be a part of a positive change in Canadian society. Let's come together one person at a time in the spirit of respect, kindness and understanding.

CATEGORIZED BY SIZE OF EVENTS *(approximate)*

-  ONE TO TWO PEOPLE
-  SMALL GROUP OF FIVE TO TEN PEOPLE
-  BIGGER GROUP OF TEN OR MORE PEOPLE
-  COMMUNITY SIZED EVENT!



what is NDHR?

The National Day of Healing and Reconciliation (NDHR) is a Canada-wide movement of people committed to growing together within our families, and communities towards healing and reconciliation.

WHEN IS NDHR?


The original idea for the National Day of Healing and Reconciliation in Canada stems from Australia's National Sorry Day. On May 26, 1997, a report titled "Bringing Them Home" detailing painful evidence of the removal of thousands of Aboriginal & Torres Strait Islander children from their families was presented to the government. One year later, a National Sorry Day was instituted so that the healing process could begin. We have proudly supported their movement by fashioning our celebration date and reason after theirs.

In 2008, both Australia and Canada's Prime Ministers issued formal apologies. On June 11th Canada specifically recognized past governments' policies of assimilation, the known excesses of the Residential School System, and condemned the creation of the system itself.

That same month Canada set up the Indian Residential Schools Truth and Reconciliation Commission. The road to Healing and Reconciliation was finally set in stone.

As a nation we will heal and reconcile, and as a nation we have a date to celebrate this: JUNE 11TH IS OUR DAY!





“When the present does not recognize the wrongs of the past, the future takes its revenge,” Jean told an audience that included residential school survivors. “For that reason, we must never, never turn away from the opportunity of confronting history together — the opportunity to right a historical wrong.”

- Former Governor General Michaëlle Jean during the relaunch of the Indian Residential Schools Truth and Reconciliation Commission

youth groups

WHAT CAN WE ACCOMPLISH?

Most of the time when we hear about youth in the news, it is in a negative light. Getting youth involved in NDHR provides all kinds of opportunities to generate 'good news stories'. The exciting thing about getting young people involved in healing and reconciliation is that it leads to good news stories for life.

WHAT MIGHT OUR GOALS BE?

- » To promote understanding, respect and knowledge of one's own culture and the cultural values, practices and protocols of others.
- » To enhance each youth's knowledge, understanding and perspective on the history of the various cultures within Canada.
- » To promote communication and dialogue between people of various cultural backgrounds across Canada.
- » To support youth in inspiring each other to engage in actions that will promote healing and reconciliation between individuals, groups, cultures and communities across Canada.



youth groups

WHAT ARE SOME ACTIVITIES THAT WE MIGHT ORGANIZE?



- » Host a monthly potluck dinner and invite Elders from different cultural groups to tell stories. The stories could be cultural teachings, stories about life experiences, or anything that the Elders find important to share and pass on to the youth.



- » Fundraise for visits to historic sites and interpretive centres to promote learning about the different cultural groups in your community, region and province.



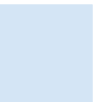
- » Work together to develop a script for a play about historical events, cultural reconciliation or any cultural healing and reconciliation topic. Develop a dramatic production from your script and perform it for the community, local schools, church groups and other community groups.



- » Visit Elders' and seniors' homes to spend time talking with the Elders that live there. Make an offering of a small gift in and ask Elders there to share with you their wisdom, their knowledge and their stories. (Remember to call ahead and make arrangements before you make your visit to be sure that the Elders agree to the visits.)



- » Create a website about healing and cultural reconciliation. Design it in such a way that it engages youth from across the country in generating dialogue about their views on historical issues and how the future can look different through the actions of young people moving forward with kindness, understanding and respect.



youth groups

GIVE US AN EXAMPLE OF WHAT ANOTHER YOUTH GROUP DID THAT WAS VERY SUCCESSFUL.

A youth group from one Alberta created a film on cultural reconciliation. The film had a story line about a group of young friends (Cree, Nakota, Assiniboine, Chinese, Japanese, Ukrainian and German Canadians) who embark on a journey to seek knowledge about the history of cultures in Canada: their own cultures and each other's.


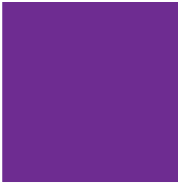
The film, entitled We Are, can now be viewed on the NDHR website:

www.ndhr.ca


or on their own group-run website:

www.wearefilm.net





So with your understanding and
your knowledge today, I ask that you
don't pity yourselves but the
strength that you have found and the
respect that you have shown
to each other,
that you continue that.



- Wilson Bearhead,
excerpt from the film "We Are"

churches

WHAT CAN WE ACCOMPLISH?

For church groups, NDHR celebrations and events are a clear means of communicating a genuine intent to make relationships right, which have historically been wrong. Through NDHR-based work, churches can seize the opportunity to make amends and mend broken relationships in a manner consistent with the teachings of the Creator in all religious and spiritual communities. Bringing good relationships to life within the church and community as a whole would be a wonderful accomplishment for any church group.

WHAT MIGHT OUR GOALS BE?

- » To help congregation members understand the importance of churches taking responsibility for historical wrongs and improving relationships.
- » To provide opportunities for congregation members with opportunities to be instrumental in building good relationships within the community and Canadian society.
- » To demonstrate honor of, respect for, and interest in the cultural values, beliefs and practices of all community members: all of God's children.



churches

WHAT ARE SOME ACTIVITIES THAT WE MIGHT ORGANIZE?



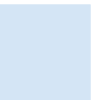
» Youth pastors might work with his/her group to learn about the treatment of various cultures over the course of Canadian history, including the churches role in the residential school system. The work could conclude with the youth recommending actions that could be taken by young church members to do right by all cultures. The youth should have the opportunity to share their learning with the entire congregation.



» Invite guest speakers in during church suppers or potlucks so that church members have the opportunity to learn more about the spiritual beliefs, values and practices of other cultures. Discussions regarding shared beliefs, values and parallel practices between the host church and the guest speakers would give an excellent opportunity for members of each group, host and guest, to clarify interpretations and understandings of the other.



» Host film nights once a month to view films made from the perspectives of different cultures living in Canada. Discussions about people's reactions to the films, their views on the issues in the films, and their various perspectives would follow each film viewing.




churches

GIVE US AN EXAMPLE OF WHAT ANOTHER CHURCH GROUP DID THAT WAS VERY SUCCESSFUL.

- » One church group hosted a sharing circle evening open to the entire community, regardless of their church affiliation. The evening was co-facilitated by the church representative responsible for building good relationships and a residential school survivor. It opened with a prayer from both cultures, followed by presentations by both co-facilitators. A circle discussion followed in which each member of the circle evening was given the opportunity to share their own experiences, express their views, and to communicate their feelings on the issues presented. The group was diverse and the sharing was rich.





I know how often you have heard words which have been empty because they have not been accompanied by actions. I pledge to you my best efforts, and the efforts of our church at the national level, to walk with you along the path of God's healing.

- from "Anglican Church of Canada's Apology to Native People"

We ask, also, for forgiveness from Aboriginal peoples. What we have heard we acknowledge. It is our hope that those whom we have wronged with a hurt too deep for telling will accept what we have to say. With God's guidance our Church will seek opportunities to walk with Aboriginal peoples to find healing and wholeness together as God's people.

- from "The Confession of the Presbyterian Church"

We want as Oblates to meet with native peoples and together help forge a template for a renewed covenant of solidarity. Despite past mistakes and many present tensions, the Oblates have felt all along as if the native peoples and we belonged to the same family. As members of the same family it is imperative that we come again to that deep trust and solidarity that constitutes family. We recognize that the road beyond past hurt may be long and steep, but we pledge ourselves anew to journey with native peoples on that road.

- from "An Apology to Native Peoples" by
The Missionary Oblates of Mary Immaculate

schools

WHAT CAN WE ACCOMPLISH?

NDHR is a wonderful opportunity for schools. Students from ECS to grade 12 can be involved, at levels appropriate for and relevant to their own lives. The greatest accomplishment possible for schools is the development of a learning and living environment that promotes genuine understanding, respect and honor for all the cultural groups that make up the school community.

WHAT MIGHT OUR GOALS BE?

To plant the seeds of understanding, nurture attitudes of acceptance, and grow practices of taking respectful actions with others within all members of the school community would be a goal to strive for in your school.

WHAT ARE SOME ACTIVITIES THAT WE MIGHT ORGANIZE?



- » Identify all of the different cultures represented within the school community. (Don't forget to include the custodians, maintenance staff, bus drivers and everyone else that is a part of the school community.) Once you have your list, designate one week, one month or some other period of time during the school year as the time to honor that particular culture.



schools

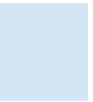
* » Have students create anti-racism commercials or commercials about respect, kindness and caring for others to be played on the PA system or transmitted via other “public broadcast systems” in use within the school.



» Have guest speakers come to the school one day per week between May 26 and June 21 (or once per month for the entire year for that matter) to share their experience and knowledge with others. This might take the form of storytelling or presentations, but it should feature people from various cultural backgrounds from the community. Be sure that teachers hold class discussions following the presentations so that students can share their insights, views and responses to what they are learning.



» Visit sites that are, or have been, significant in the history of various cultural groups within your community, region or province, depending on the age of your students. Have students, either individually or in small groups, create some sort of communications product that expresses views on what they learned from the visit and how it is reflected in the current reality of the community or Canadian society. (Communications products might include posters, newsletter articles, brochures, stories, songs or poems.)



schools

- » Have each class choose a project that will eventually be shared with the rest of the school community. The focus of the projects would be the history, practices, beauties, etc of various cultures in Canada. Projects might include:



- creating a “trivia” game about various cultures or cultural/historical events in Canada;



- writing a song about reconciliation, respect, living together, healing Canada's historic wounds;



- writing stories for a book (a collection of short stories about the history of cultural groups in Canada);



- making a short film;



- making school calendars that feature different cultural groups for each month;



- making posters to promote respect and cultural reconciliation; and



- designing a school agenda with historical facts about the different cultural groups in Canada, inspirational quotes from various cultural groups, significant holidays and dates for various cultures, ideas for students, families and schools during certain times of the school year.



schools

GIVE US AN EXAMPLE OF WHAT ANOTHER SCHOOL DID THAT WAS VERY SUCCESSFUL.

One school set up a station where school community members could send out “sorry grams” to others. At the station a person would be provided with a blank “sorry gram”, a pen and some privacy to write their message. The message was then sealed in an envelope, along with a mint, and delivered to the person named on the front of the envelope. The station was attended and operated by the school guidance counselor and students on the NDHR committee. The school reported that the “sorry grams” were very well received and that they were instrumental in resolving several ongoing misunderstandings between students and some staff.



community organizations

WHAT CAN WE ACCOMPLISH?

Imagine being able to move from the inner city to the suburbs, from a reserve to a nearby small town, from the city to a farming community and never feeling alone, alienated or discriminated against. We can move towards this reality, one person, one family and one community at a time. We can begin infusing the true essence of community into our society.

WHAT MIGHT OUR GOALS BE?

- » To welcome newcomers to our communities with genuine care, respect and open minds and hearts.
- » To broaden and enhance relationships between individuals and families of different cultural backgrounds who are already living in the same community.
- » To create truly cohesive, caring communities in our own little pockets within the greater society of Canada.



community organizations

WHAT ARE SOME ACTIVITIES THAT WE MIGHT ORGANIZE?

- » Organize a project about reconciling with our Mother Earth. There could be a sign up sheet for members to sign up for activities that are held monthly or weekly that support the "Reconciling with our Mother Earth" project. Some activities might include:



- Garbage clean-up campaigns around the community



- Setting up recycling programs



- Having members of the organization make posters about caring for the earth, to be posted in local businesses



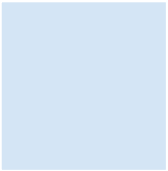
- Tree planting and natural beautification projects in the community



- » Reach out to new families in the community by inviting them to community events hosted by your organization. These events might include potlucks with dishes representative of the cultures of the families in attendance, storytelling get-togethers and cultural events led by the members of the organization, including the new families. You could even choose a different theme each month.



- » Different 'groups' within the community organization could take turns hosting the other 'groups' for reconciliation and relationship enhancement sessions. For example, parents might work together to host a Saturday event wherein youth bring their grandparents to participate in some fun activities together, share a meal and take some time to enjoy one another's company and gain a greater understanding of each other.

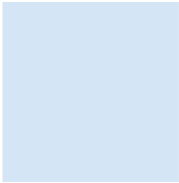



community organizations

GIVE US AN EXAMPLE OF WHAT ANOTHER COMMUNITY GROUP DID THAT WAS VERY SUCCESSFUL.

One community society hosted a “Day of Songs for Peace” featuring various families, churches and other groups from the community, who came together on a Saturday to share a picnic and the songs from their culture. There were First Nations drummers, singers from Peru, Ukraine, India, and Africa to name a few. The community had a wonderful day together and shared a deeper understanding of ‘community’ by the end of the day.





Trust is a fragile bridge that must be built each day. Initiatives of Change and Hope in the Cities propose values of honesty, purity, unselfishness and love as building blocks of this bridge of trust. Honesty about our failures, purity in our motives, unselfishness in our support of others, and love in our readiness to forgive and accept forgiveness. Trust depends on the authenticity of our lives, our openness, and our willingness to start with change in ourselves.

- Rob Corcoran, author of "Trustbuilding: an honest conversation on race, reconciliation, and responsibility"

health organizations

WHAT CAN WE ACCOMPLISH?

Health care organizations are a great conduit for information and understanding of concepts of holistic care: the care of the body, mind and spirit. By featuring health and self-care ideas that are new to the clients that you serve in an NDHR based celebration or awareness week you open up the opportunity for people to take on a whole new view of what health care is.

WHAT MIGHT OUR GOALS BE?

- » Promote understanding of the health and healing practices of various cultures for clients and health care providers.
- » Instill a strong emphasis on self-care and reconciliation with oneself.
- » Provide opportunities for mental health support and community wellness through the provision of support groups.

WHAT ARE SOME ACTIVITIES THAT WE MIGHT ORGANIZE?



- » Plan and host a “Reconciling with Myself” day, weekend or retreat. Some of the sessions could include:
 - Looking into my roots
 - Where do I come from?
 - Grief recovery
 - Nutrition
 - Self-care



health organizations

WHAT ARE SOME ACTIVITIES THAT WE MIGHT ORGANIZE? (continued)



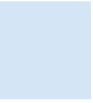
» Organize support circles for various 'groups' within the community. Some support groups might include young mothers from various cultures, Elders from various cultures, young women, young men, children, parents, etc. The focus of the groups could be to examine how we differ and how resemble one another, so as to facilitate compassion, understanding and respect among community members.



» Offer health and healing alternatives from various cultures as choices for clients, regardless of the cultural origin of the client. Some people may respond better to certain health and healing methods that they are not yet familiar with due to a lack of understanding of other cultural practices within the community.

GIVE US AN EXAMPLE OF SOMETHING THAT A HEALTH PROVIDER DID THAT WAS VERY SUCCESSFUL.

One community health centre held a "Week of Healing and Reconciliation" during the week that included May 26. Each day of the week featured a different theme. (Examples: "Love Myself", "Eastern Health and Healing Practices", "Let's Get Together", etc.) The community loved the event and is keen to see what will be included in this year's healing and reconciliation week.



friendship centres

WHAT CAN WE ACCOMPLISH?

Friendship Centres are excellent venues for healing and reconciliation events as most people expect anything hosted by a Friendship Centre to be focused on Aboriginal culture. Hosting NDHR events at a friendship centre creates opportunities for First Nations and Métis to welcome, host and honor other cultural groups to share their challenges throughout the history of Canada, as well as the gifts of their cultures.

WHAT MIGHT OUR GOALS BE?

- » To host and honor cultural groups that have struggled against oppression, racism and government discrimination throughout the history of Canada.
- » To initiate communications, understanding and respect between Aboriginal people and people of other cultural backgrounds.
- » To expand the profile of the friendship centre within the community to include the role of community hosts, thereby helping make 'newcomers' aware of the Aboriginal people whose homeland they now call home.



friendship centres

WHAT ARE SOME ACTIVITIES THAT WE MIGHT ORGANIZE?



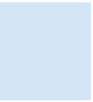
» Host traditional games and sporting events. This could be one evening per week, one evening per month, or it could be an event held over a period of two or three days. For example, a friendship centre could start out hosting Inuit traditional games on the first Saturday of September, during which time an instructor teaches people how to play three or four traditional games. The next three Saturdays could be booked for people to come to the centre and practice these games while enjoying the camaraderie of other participants. The next month, a facilitator of Chinese background might be invited to do the same. The program could continue with a different culture featured each month.



» Organize and host a 'Weekend of Drums' wherein drummers and drum groups are invited to share the stories of their drums, their drum songs and the significance of the drum in their culture. (This would also work with a weekend of dance, a weekend of song, a weekend of storytelling, etc).



» Host a series of "Healing and Reconciliation Through Art" evenings. In almost all cultures, art is used as a powerful medium for spiritual and emotional expression. The friendship centre could schedule a different artist to present his/her artwork on one evening each month. The artist could show some particularly significant pieces of work, talk about the stories behind the work and how it helped the artist deal with or express their life struggles or help reach certain understandings. The evening could end with each participant having the opportunity to try out the medium of the artist in question.






WHEREAS: Many Friendship Centres in Canada already participate in NDHR activities in their communities;

AND WHEREAS: The principles behind the NDHR are shared principles with the Friendship Centre movement;

AND WHEREAS: Participation in the NDHR by the Friendship Centres of Canada would be beneficial for the people we serve;

THEREFORE BE IT RESOLVED: That the National Association of Friendship Centres endorse (...) the National Day of Healing and Reconciliation;



- Resolution # 09 - 10,
National Association of Friendship Centres,
38TH Annual General Meeting

colleges and universities

WHAT CAN WE ACCOMPLISH?

At colleges and university, we have a gathering of the inspired, energetic, motivated young minds eager to get out into the world and make their mark. What better way is there to influence society than to open up the minds of so many young, motivated people and help to mobilize them share messages of respect, acceptance, understanding and reconciliation?



WHAT MIGHT OUR GOALS BE?

- » To prepare aspiring young professionals to carry out their chosen careers with healing, reconciliation and respect as the basis of their respective worldviews
- » To mobilize a workforce based on positive energy through young professionals that will impact the lives of all of those that they come into contact with throughout their lives
- » To give young people the understanding and tools that will help them to find a greater sense of peace and understanding in their own lives as they work and raise their own families



colleges and universities

WHAT ARE SOME ACTIVITIES THAT WE MIGHT ORGANIZE?

- »  A film festival showing various films about cultural groups in Canada or even elsewhere in the world at appropriate venues on campus. This might include a different film each day for one week, or two or three full days of film viewings over a weekend. The format of the festival would depend on each college or university.
- »  Guest speakers scheduled for noon hours or evenings everyday for one week at an appropriate time of the year. (As most colleges and universities are closed from May to September, the regular May 26 to June 21 timeframe for NDHR celebrations is not going to work, but respect, understanding, healing and reconciliation are relevant everyday of every year so pick one that works for your college or university.)

GIVE US AN EXAMPLE OF WHAT ANOTHER COLLEGE/UNIVERSITY DID THAT WAS VERY SUCCESSFUL.

The education faculty of one college recently decided to dedicate one full week each year to learning about the history of various cultures within Canadian society. A group of students and faculty members organize all of the events, guest speakers, etc. for the week. Each day has a focus on a different cultural group, including Aboriginal people of Canada, Chinese-Canadians, Japanese-Canadians, Ukrainian-Canadians, and others each year.



businesses, offices and workplaces

WHAT CAN WE ACCOMPLISH?

No matter what type of business organization or workplace you are involved in, a stronger, more cohesive team is always an asset to the organization. Through even the smallest acts of kindness, understanding and respect colleagues within a workplace setting can make for a much more productive and cohesive team.

WHAT MIGHT OUR GOALS BE?

NDHR workplace activities can accomplish the goal of developing a team that understands and respects one another, thereby improving the work environment and maybe even improving business operations.

WHAT ARE SOME ACTIVITIES THAT WE MIGHT ORGANIZE?



- » You might select every lunch hour for one week, or every Wednesday for one month, as team luncheons. Ask one person in advance from the team to prepare a short presentation to the team about their culture. It can be quite informal, but have one person from a specific cultural background speak to the group. The presentations could include:
 - a little about the history of that cultural group in Canada,
 - some of the challenges that they have faced and some aspects of “Canadian culture” that have been influenced by the culture



businesses, offices and workplaces

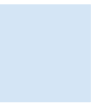
- some key values of the culture
- some unique practices of the culture
- how respect is shown to others within the culture



» Host a short (ten minute) “stand up staff meeting” (a short meeting where everyone stands in a circle for a brief meeting of the staff) each morning for one week between May 26th and June 21 of each year. On the first day ask people to state one fact that they know about a cultural group other than their own within the history of Canada. At the end of the circle session, have the identified group leader for the day challenge each person to find out something that they didn't know and share it at the following morning's meeting. Continue this every morning for the week. On the last day, ask each person how the knowledge that they gained during the week impacted how they see others and how they might act differently as a result.



» Insert a ten-question “Did you know” section into the staff newsletter. Come up with different “Did you know?” points about significant points regarding the historic treatment of various cultures in Canada. You might choose other topics such as ten ways to show respect to people of various cultural groups or ten beliefs regarding respect of others from various cultural groups.



businesses, offices and workplaces



- » The organization may want to book a full staff development day and have speakers and presenters from several different cultural groups. It is a good idea to select cultures that are represented within the staff and/or the clients of the business as a starting point. The day could conclude with a celebration of these cultures through music, dance and food from the cultural groups represented in the presentations.



- » Show short films on various cultures within Canada during lunch hours, while people are eating their lunch together in a conference room or board room. (A list of recommended films can be found on the NDHR website.) Allow for some discussion time at the end of the film so that colleagues can connect through sharing their views on what was presented in the films and why their views might differ based on their own experiences and values.

GIVE US AN EXAMPLE OF SOMETHING THAT ANOTHER BUSINESS DID THAT WAS VERY SUCCESSFUL.

One art gallery featured an exhibit of paintings that reflected the historic mistreatment that the artists' ancestors endured and how they themselves have been affected by this. The exhibit was hosted for the full month between May 26 (National Day of Healing and Reconciliation) and June 21 (National Aboriginal Awareness Day). NDHR information and promotional items were made available to visitors throughout the exhibit.



(naaaw)

national aboriginal addictions awareness week

We see a natural combination between NDHR and NAAAW, in that they are both national campaigns that engage the broader Aboriginal community in Canada; indeed many believe that at the heart of the addictions issue in Canadian Aboriginal communities lies the need for Aboriginal and non-Aboriginal people to reconcile issues from the past.

Each year during the 3rd week of November, we encourage people to celebrate in positive, collective healing events and support education beginning with ourselves, our families, communities and organizations and “Living the Good Life”.





for more inspiration:

- visit our website www.ndhr.ca for more resources
- visit www.1000conversations.ca for more event ideas
and/or conversation topics
- order our free promotional items every year!



National Day of Healing and Reconciliation
C/o Native Counselling Services of Alberta
10975-124 Street, Edmonton, Alberta T5M-H9
Phone: (780) 447 - 9340 Fax: (780) 428 - 0187