



Hi friend,

September 30th is the second annual National Day of Truth and Reconciliation. In this newsletter we've included mental wellness resources and staff reflections on reconciliation, in addition to our regular monthly recap. Our thoughts are with our friends and communities this week.

Go well,

The Strategies North Team

**STRATEGIES NORTH**

## Newsletter

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### National Day of Truth & Reconciliation

This Friday is National Truth and Reconciliation. The day honors and remembers the children who never came home, as well as the continued strength and resilience of those who did. In our daily work at SN we are privileged to hear stories of courage from Survivors, their families and communities, and the next generation of youth. On Friday, we will be taking the day to actively support the local communities in our area, educate ourselves, hold space for our Indigenous friends and clients, and reflect on how we can be better allies for reconciliation this year and beyond.

By now, you're likely familiar with Canada's official TR images? One circle is of the canoe, which represents being together in spirit of reconciliation. The purple colour represents truth-telling and healing. The pathway represents the road to reconciliation. The eagle represents First Nations, and the what is represented trust, and the beaver/dove is represent ally.

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## Team Messages

**We asked: What does being an ally to reconciliation look like to each of us personally? And what actions will we take to honor the day?**

"To me reconciliation is hearing the perspectives of communities so that I learn how important Indigenous culture is. Reconciliation to me starts with education and listening."

"I see reconciliation as one of the most important topics in Canadian history as well as one of the least understood. As an individual I feel my part is to do what I can to learn from those impacted, to be open to understanding of their perspectives, to be patient and let them set the pace, and most importantly to always be respectful. I will wear orange to show my support of everyone working towards reconciliation and I plan on attending some virtual gatherings as I will be traveling that day."

"To honor the day, I will be attending a Truth and Reconciliation event hosted by the Leickl' First Nation. Having recently moved to Prince George, I am planning to learn more about the local Indigenous communities in this area."

"I will spend time reading about reconciliation with my children and discussing what reconciliation means to us as a family and what we can do to support our Indigenous friends in the spirit of reconciliation every day."

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"For me being a First Nation person, it's about reconciling with yourself about the past. If you continuously live in the past, you can never move forward and people around you will be continuously be affected by your negative outlook on life. Living in the past, isn't good for anyone. There is a lot of truth about learning from the past and bringing it forward, so as not to repeat it. I'm not here saying I condone the past, I'm just saying, don't live there. It's too painful for all. It's about introspecting if I have done what I could do help with having a positive and supportive life, if not, what can I do to improve that."

"To me, reconciliation means recognizing the hard history that Canada was built from. It means listening to communities and showing up when asked, and giving space when asked and learning about the history and culture of the (re)storiya whose land we live on."

"I will be honoring this National Day of Truth and Reconciliation by taking the time to watch and later to the 'Remember Me: A National Day of Remembrance' ceremony hosted by Indigenous youth on Parliament Hill and over live stream."

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## Wellness Resources & Supports

This day can be hard for many people. If you need support, here are a list of mental health and cultural supports to reach out to. Please see the full list of clickable links on the bottom of this newsletter.

**Hope for Wellness Help Line**

The Hope for Wellness Help Line is open 24 hours, a day, 7 days a week for immediate mental health counselling and/or crisis intervention/planning online chat. Call toll free 1-800-243-3338 or start a confidential chat with a counsellor on <https://www.hopewellness.com/en>

**Kuu-Us Crisis Line Society**

This help line provides 24/7 crisis services for Indigenous people across BC. Kuu-Us Crisis Line 258-723-4050; youth line 258-723-3040. Or call toll free 1-800-985-8711. Learn more at [www.kuu-us.com/indians](http://www.kuu-us.com/indians)

**Indian Residential School Survivors Society (IRSSS)**

IRSSS provides services that partners with the RCMP providing access to counselling, cultural and emotional support services to former students of residential and day schools, and their families, regardless of status. For 24/7 crisis support call toll free 1-800-723-4000 or visit [www.irsss.ca](http://www.irsss.ca)

**True-Tea Le Lum Society**

IRSSS provides services that provides confidential outreach services such as counselling, cultural support and personal wellness programs. Call toll free 1-800-403-1111 or visit [www.true-tea.com](http://www.true-tea.com) for additional information about programs.

**Indian Residential School Crisis Line**

Former residential or local students can call 1-888-925-4411 or 24/7 for emotional crisis support services for anyone experiencing pain or distress as a result of their residential school experience and information on other health supports from the Government of Canada.

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## STAFF CONTRIBUTIONS - LAUREN MCIFOR

### A week with YAWC

**By AMBERT,** I had the privilege to travel to Whitehorse and work in person with the incredible staff at the Yukon Aboriginal Women's Council (YAWC). YAWC supports Indigenous women, girls and gender diverse people and their families in the Yukon and Northern BC, through programs and services such as summer outreach and the Indigenous Skills Employment & Training Program (ISETP). The YAWC staff demonstrates incredible dedication to supporting their community, and are focused on creating culturally safe spaces for healing to work towards a safer and more inclusive future for Indigenous people.

Our team is working with YAWC to provide increased capacity support and help see the organization's vision come to life - from planning to execution, and it has been a pleasure to work closely with YAWC's team.

Every October, YAWC organizes the Yukon Sisters in Spirit event to raise awareness and honor victims of missing and murdered Indigenous women and girls. Justice from the National Inquiry into MMIWG. This year, the Sisters in Spirit night will be held on October 4th at the Finding Peace Movement in Whitehorse. I encourage anyone in the Whitehorse area to participate.



A local youth group recently set up Whitehorse's first "dress room" outside the YAWC office, which provides free menstrual products to combat their limited availability in a high-cost-of-living region.

## SISTERS IN SPIRIT

Get out there  
Community, prayer and grief with  
Elopewewehone

Whitehorse, Yukon: Friday October 4th, the Yukon Aboriginal Women's Council leads the SISTERS IN SPIRIT vigil to honor the victims and families of missing and murdered Indigenous women and girls. Meet at the Finding Peace movement at 11:30 AM.

**You Are Invited**

**ZERO BC**  
PREPARING FOR THE B.C. CIRCULAR ECONOMY STRATEGY  
First Nation Leaders  
Community-focused Online Session  
October 8th | 10am-12pm PT

Online Event: Zero BC would like to invite leaders from First Nation communities to join an interactive session to generate ideas and insights in preparation of the Province's Circular Economy Strategy that will be developed. Register at <https://bczero.ca/Events/807>

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## STAFF CONTRIBUTIONS - JESSICA BATES

### Prince George's Red Dress Campaign



The Red Dress Campaign in Prince George recently unveiled a monument to recognize the loss of Indigenous sisters, mothers, daughters and loved ones no longer with us. The monument is located on Highway 16, otherwise known as the Highway of Tears - so named as it is the location of disappearances and murders dating back to the 1970s.

Our PG-based community artist, Jessica Bates, volunteered at the event selling the book "Highway of Tears" written by Jessica McWilliams, as well as CD's and a limited edition print of the cover, both by Indigenous artist Ryan Gauthier. They raised over \$1000!

The REDress project was inspired by a 2010 art installation by Miss. artist Jennie Mack. The project is a response to the shocking numbers of Missing and Murdered Indigenous Women and Girls (MMIWG) in Canada.

**September Words Of The Month**

**Silwēsten** (Tree)

**estq̓w** (Crab)

**apels** (Crab)

Recreated by Bryana Darby from First Nations.com

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**Links to the mental wellness resources:**

- [Yukon Developmental School Crisis Line](https://www.ircss.ca): 1-866-925-4418
- [Hope for Wellness Help Line](https://www.hopewellness.com/en): 1-800-243-3338
- [Kuu-Us Crisis Line Society](http://www.kuu-us.com/indians): 1-800-985-8711
- [IRSSS National BC Crisis Line](https://www.ircss.ca): 1-800-638-4722
- [Yukon Developmental School Survivors Society](https://www.ircss.ca): 1-800-721-0080
- [True-Tea Le Lum Society](https://www.true-tea.com): 1-888-403-1111