

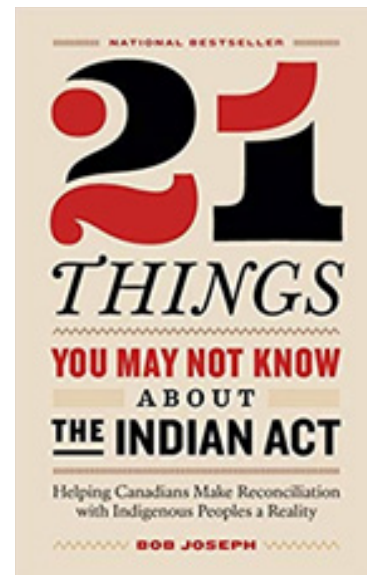
# After National Day for Truth and Reconciliation

## How to Keep Learning



Written by Emily Winters, MSc (Regina)

In honour of September 30th, National Day for Truth and Reconciliation, it is crucial to keep the conversation going and continue to learn about the historical and contemporary social issues faced by Indigenous people in Canada. I would be remiss not to acknowledge that some of the most valuable information available on this topic comes from the Truth and Reconciliation Commission. The [National Centre for Truth and Reconciliation website](#) provides full digital copies of the Summary of Final Report of the Truth and Reconciliation Commission of Canada and the 94 Calls to Action.



### Books

There are innumerable well-written books penned by Indigenous authors that provide information about the historical injustices and illustrate the resilience of Indigenous people in Canada and around the world.

*21 Things You May Not Know About the Indian Act* written by **Bob Joseph** is an award-winning work that provides readers with a solid foundation of understanding the impact this legal document has had and continues to have on Indigenous people across Canada.

*All Our Relations* by **Tanya Talaga** explores suicide in Indigenous communities across the world and its connections to colonization and the separation of Indigenous peoples from land, families, and culture. Both of these books can be found at most major bookstores (click book titles above).

### Online Tools

Online resources such as [Whose Land](#) and [Beyond 94: Truth and Reconciliation in Canada](#) can be helpful, especially for use in education settings. Whose Land is an online map tool that illustrates the value of land acknowledgements and the relationship Indigenous people have with land. This tool allows users to search Territories across Turtle Island by City, Treaty, Residential Schools, and more. They also have comprehensive lesson plans created for grades K-12 that are available to the



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public. Whose Land can be found at [www.whose.land](http://www.whose.land). Beyond 94: Truth and Reconciliation in Canada is an educational website that tracks the implementation of the Truth and Reconciliation Commission's 94 Calls to Action. There are informational videos included on the webpage, in addition to the interactive tool measuring progress on the Calls to Action. This tool and associated resources can be found at [www.CBC.ca/beyond94](http://www.CBC.ca/beyond94).

## Podcasts

For those of us who spend our days doing a lot of reading, it can be nice to get information from sources such as podcasts. "Media Indigena" is a podcast hosted by **Rick Harp** that features weekly roundtable discussions about Indigenous current affairs and events. "CANADALAND: Return to Thunder Bay" is a captivating podcast narrated by **Ryan McMahon**, an Anishinaabe comedian and writer. It builds on an award-winning book, also written by **Tanya Talaga** (Seven Fallen Feathers), and further investigates the deaths of several Indigenous youth in Thunder Bay. Both podcasts can be found wherever you listen to podcasts and are linked to the podcast titles above.

## Formal Education

More intensive formal education opportunities are available online from First Nations University of Canada (FNUUniv) and The University of Alberta. FNUUniv's **Reconciliation Education** courses provide a multi-media anti-racist education that aligns with the 94 Calls to Action. These courses have been adapted for use in the private sector, for organizations, for educational settings, and for individual use. [View Reconciliation Education courses here](#). Additionally, the highly rated Indigenous Canada course is available online, for free, through the University of Alberta. The 12-lesson course provides a thorough review of the historical and contemporary issues faced by Indigenous people as well as national and local Indigenous-settler relations. Deadlines are flexible and takes approximately 21-hours to complete. [Access Indigenous Canada course registration here](#).

To sustain the current wave of support and allyship for Indigenous people, it is necessary to continue learning and finding ways to integrate decolonial thought into our day-to-day lives. Spreading awareness about and utilizing the educational resources listed above is one way to do just that. It can also be helpful to incorporate Indigenous artists, activists, and academics into your social media feed. Following Indigenous people on social media does not just highlight the social and political issues relevant to Indigenous people, but also showcases Indigenous joy, creativity, and excellence. For those who spend too much of their day on Twitter like me, some of my favourite accounts to follow are: @tagaq, @Koonoohan, @ArielleTwist, @BillyRayB, @jdutchermusic, @beccaleat, @MaxLiboiron, @chief ladybird, @JarisSwidrovich, and @ZoeSTodd. I hope that these resources have been helpful and I encourage us to all continue thinking about truth and reconciliation as the way forward.

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Emily Winters is an Inuk-Settler clinical psychology doctoral student at the University of Regina. Her land claims region is Nunatsiavut. She was raised in St. John's, Newfoundland and Labrador.