

## September 30: National Day for Truth and Reconciliation

The National Day for Truth and Reconciliation is an opportunity to honour the Indigenous children who were forcibly taken from their families through the residential school system, as well as the families and communities left devastated by this practice. It is a day to raise awareness of the tragic experiences many Indigenous people endured and to acknowledge the lasting legacy of this system. This day serves not only as a moment to reflect on the historic harms but also the intergenerational trauma and ongoing injustices Indigenous communities continue to face today.

Melanie Janvier, CP Services President, offers the following words of reflection:

"This day is important to honour and reflect on our history, but also to be mindful of the assumptions we make about others. Avoid labeling or judging an Indigenous person based on appearance. Many have endured unimaginable hardships and compassion is key."

What can you do?

- Take time to educate yourself about the residential school system and the ongoing violence and injustice Indigenous communities face.
- Share this knowledge with others to spread awareness and understanding.
- Wear orange on September 30 to show solidarity with those affected.
- If you have the means, donate to the [Indian Residential School Survivor Society](#) or other Indigenous organizations.

Continue your education with these resources:

- [What is the National Day for Truth and Reconciliation? — The Indigenous Foundation](#)
- [National Centre for Truth and Reconciliation](#)
- [21 Things You May Not Know About the Indian Act: Helping Canadians Make Reconciliation with Indigenous People a Reality](#)

\*We have several copies available in the office. Please contact Connor at 587.646.3566 to pick up a copy.

Lastly, if you or someone you know is struggling and needs support, please reach out to the toll-free helpline: 1.855.242.3310.

**In solidarity,**  
CP Services Management

