

## Indigenous Wellness & Reconciliation ICS Resources 2021

### Articles & Reports:

- [In Plain Sight: Addressing Indigenous-specific Racism and Discrimination in B.C. Health Care: Full Report](#)
- [In Plain Sight: Summary Report](#)
- [Truth and Reconciliation Commission of Canada](#)
- [Calls to Action Accountability: A 2020 Status Update on Reconciliation](#)
- [United Nations Declaration on the Rights of Indigenous Peoples \(UNDRIP\)](#)
- [Declaration on the Rights of Indigenous Peoples Act, BC](#)
- [Report of the Royal Commission on Aboriginal Peoples](#)
- [Missing and Murdered Indigenous Women and Girls \(MMIWG\): The Report](#)
- [Missing and Murdered Indigenous People via CBC](#)
- [Challenging Racist “British Columbia”: 150 Years and Counting](#)

### Organizations to Donate & Support:

- [Indigenous Wellness & Reconciliation at Providence Health Care](#)
- [Indigenous Residential School Survivors](#)
- [Legacy of Hope Foundation](#)
- [The Orange Shirt Day](#)
- [National Centre for Truth and Reconciliation - University of Manitoba](#)
- [The Gord Downie & Chanie Wenjack Fund](#)
- [The Witness Blanket](#)
- [Save the Evidence Campaign](#)
- [Circles for Reconciliation](#)

### Videos, Documentaries & Films:

- [Indigenous Cultural Safety Collaborative Learning Series webinars](#)
- [National Collaborating Centre for Indigenous Health Structures of Indifference webinar](#)
- [Former Senator Murray Sinclair’s response to “Why can’t you just get over it?”](#)
- [The First Nations Health Authority: Cultural Safety and Cultural Humility Webinar Action Series](#)
- [A Mother’s Voice - via STORYHIVE on YouTube](#)
- [We Were Children - via NFB / Amazon Prime Video / AppleTV](#)
- [The Pass System](#)

- [Tunnit: Retracing the Lines of Inuit Tattoos](#)
- [Indian Horse](#)
- [Atanarjuat the Fast Runner](#)

**Podcasts:**

- [Finding Cleo - CBC Podcast](#)
- [Thunder Bay - CANADALAND Podcast](#)
- [Residential Schools - Historica Canada Podcast](#)
- [Media Indigena](#)

**Books:**

- [“Our Stories: First Peoples in Canada” by Centennial College \(Free on Apple Books\)](#)
- [“A Knock on the Door” by Phil Fontaine, Aimée Craft, The Truth and Reconciliation Commission of Canada](#)
- [“Apple: \(Skin to the Core\)” by Eric Gansworth](#)
- [“Medicine Unbundled: A Journey through the Minefields of Indigenous Health Care” by Gary Geddes](#)
- [“Five Little Indians” by Michelle Good](#)
- [“Making native space” by Cole Harris](#)
- [“The Inconvenient Indian: A Curious Account of Native People in North America” by Thomas King](#)
- [“21 Things You May Not Know About the Indian Act” by Bob Joseph](#)
- [““Real” Indians and Others: Mixed-blood Urban Native Peoples and Indigenous Nationhood” by Bonita Lawrence](#)
- [“Settler: Identity and Colonialism in 21st Century Canada” by Adam J. Barker and Emma Battell Lowman](#)
- [“Separate Beds: A History of Indian Hospitals in Canada, 1920s-1980s” by Maureen K. Lux](#)
- [“Structures of Indifference: An Indigenous Life and Death in a Canadian City” by Mary Jane Logan McCallum and Adele Perry](#)
- [“Anti-Racist Health Care Practice” by Elizabeth McGibbon, Josephine Etowa](#)
- [“The Colonial Problem: An Indigenous Perspective on Crime and Injustice in Canada” by Lisa Monchalin](#)
- [“As I Remember It: Teachings \(ʔəms təʔaw\) from the Life of a Sliammon Elder Elsie Paul” with Davis McKenzie, Paige Raibmon & Harmony Johnson](#)
- [“Unsettling the Settler Within Indian Residential Schools, Truth Telling, and Reconciliation in Canada” by Paulette Regan; Foreword by Taiaiake Alfred](#)
- [“They Called Me Number One” by Xat'sull Chief Bev Sellars](#)
- [“Dear Canada: These Are My Words: The Residential School Diary of Violet Pesheens” by Ruby Slipperjack](#)

- “A Fair Country: Telling Truths About Canada” by John Ralston Saul
- “Loss of Indigenous Eden and the Fall of Spirituality” by Blair Stonechild
- “Call Me Indian: From the Trauma of Residential School to Becoming the NHL's First Treaty Indigenous Player” by Fred Sasakamoose
- “Suffer the little Children” by Tamara Starblanket
- “Seven Fallen Feathers: Racism, Death, and Hard Truths in a Northern City” by Tanya Talaga
- “All Our Relations” by Tanya Talaga
- “Indigenous Writes: A Guide to First Nations, Métis, and Inuit Issues in Canada” by Chelsea Vowel
- “One Story, One Song” by Richard Wagamese
- “Elements of Indigenous Style: A guide for writing by and about Indigenous Peoples” by Gregory Youngling

#### Other Resources:

- University of British Columbia: Indigenous Peoples Language Guidelines
- Personal Acts of Reconciliation: 10 Actions CBC
- University of Alberta “Indigenous Canada” Massive Open Online Course (MOOC)
- 11 books to teach kids about residential schools
- 10 books about residential schools to read with your kids
- It’s Our Time Toolkit - A tool to bring together First Nations and non-First Nations people and foster a spirit of cooperation, understanding, and action.
- Canada’s Residential Schools - Canadian Geographic x Google Earth
- Find out whose traditional territory you live on. Visit <https://native-land.ca/> or <https://www.whose.land/en/>
- Learn more about the sovereign Nations of x<sup>w</sup>məθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and səlílwətał (Tsleil-Waututh)
- Settlers Take Action
- Indigenous Ally Toolkit