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# September 30: National Day for Truth and Reconciliation



Each year, September 30 marks the National Day for Truth and Reconciliation and honours the children who never returned home from Residential Schools, the survivors of those schools, and their families and communities.

Between 1867 and 1996, at least 150,000 Indigenous children from across Canada were forcibly separated from their families and their communities. These children were brought to one of 147 Residential Schools, where many experienced physical and mental abuse while being stripped of their cultures, languages and traditions.

The National Day for Truth and Reconciliation coincides with Orange Shirt Day. An Indigenous-led grassroots commemoration, Orange Shirt Day seeks to raise awareness of the inter-generational impacts of Residential Schools and to promote the concept that every child matters. The orange shirt is a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.

Public commemoration of this tragic history and its ongoing impacts is considered a vital component of the national reconciliation process. On September 30, all Canadians are encouraged to wear orange to help engender meaningful discussions about the effects of Residential Schools and the legacy they have left behind.

Please keep in mind, your Employee Assistance Program offers culturally sensitive counseling for those affected by this or any other topic. Just call your toll-free number to schedule counselling services with someone who understands your culture and heritage.

## Sources

- Orange Shirt Day: [www.angeshirtday.org](http://www.angeshirtday.org)
- Government of Canada: <https://www.canada.ca/en/canadian-heritage/campaigns/national-day-truth-reconciliation.html>



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