

Cowessess First Nation Community Support Services & Events



Come & Go Community Support at the mall.

Kokums and counselling will be on-site with coffee and food. They are available Saturday and Sunday from 1-3pm and Monday to Friday from 9am-4pm. All are welcome.

Healing Circles will be held throughout the week.

Tipi A tipi will be erected by the gravesite for any family who would like to take part in smudging and prayer.

Saturday June 26th @ 7:30pm - Graveside Fire vigil and ceremony

Fire will be lit and tended to for 4 days.

751 Hearts - Sidewalk chalk will be available at Chief Red Bear Children's Lodge office. All are welcome to come and draw a heart and message on the sidewalk.

Urban Office sharing circles - Daily starting at 2pm at the CFN Urban Office at 107A Albert Street

Donations - cash donations can be sent via e-transfer to **cfn.general@cowessessfn.com** Please state donation is for the Gravesite Restoration Project and whether you need a tax receipt

Material donations to Cowessess Can be brought to the Chief Red Bear Children's Lodge Support Office at the mall.

Material Donations in Regina can be brought to the CFN Urban Office at 107A Albert Street, SK before our 2:00pm from June 25, 2021 – July 2, 2021

Cheques - Cheque can be made out to Cowessess First Nation and mailed to Box 100 Cowessess, SK S0G 5L0
Please indicate within your correspondence what it is for and if need tax receipt

Local support Lines

Cowessess Health Clinic

- **Chris Sorenson, Mental Health Therapist Mondays & Fridays**
306-696-2263
- **Leanne Perrin, Mental Health Therapist**
306-735-7228 via phone or zoom, must pre-book, leave a message and it will be returned
- **Barb Lavallee, Gravesite Research**
306-539-6140
- **Jennifer Pelletier Nation Navigator/ Administrative contact**
306-205-7811
- **Kelly Finkas Director of Health & Social Development**
306-696-2263
- **Many Nations 24/7 Crisis Support**
1-844-751-2133

Additional support Lines

The National Indian Residential School Crisis Line
Indian Residential School Survivors Society
If you are on Treaty 4 land in Saskatchewan

1-866-925-4419
1 (800) 721-0066, toll free
306-522-7494

As a non-Indigenous person, how can I help?



To our non-Indigenous brothers and sisters, we thank you for thinking of us, reaching out to express condolences and/or offer support.

At this time, we ask that you direct your support to any of the following resources within your capacity:

Ways to Get Involved

- 1. Write, call, or email your MP** and demand that the federal government reverse its decision not to fund The Truth and Reconciliation Commission (TRC) Calls to Action number 72-76. These are the Calls to Action that ensure Canada works with Indigenous communities to locate their missing loved ones and the unmarked burial places in a culturally informed way.
- 2. Sign the petition demanding a National Day of Mourning for the Lost Children of Residential School : [Click here to sign](#)**
- 3. Put your money where your heart is.** Support the organizations that make a difference to survivors and their relations.
- 4. Lastly, and definitely most important, let's get educated** and teach our children the truth. Teach your children, relatives, and peers what really happened and continues to happen to Indigenous people.

Learning Resources

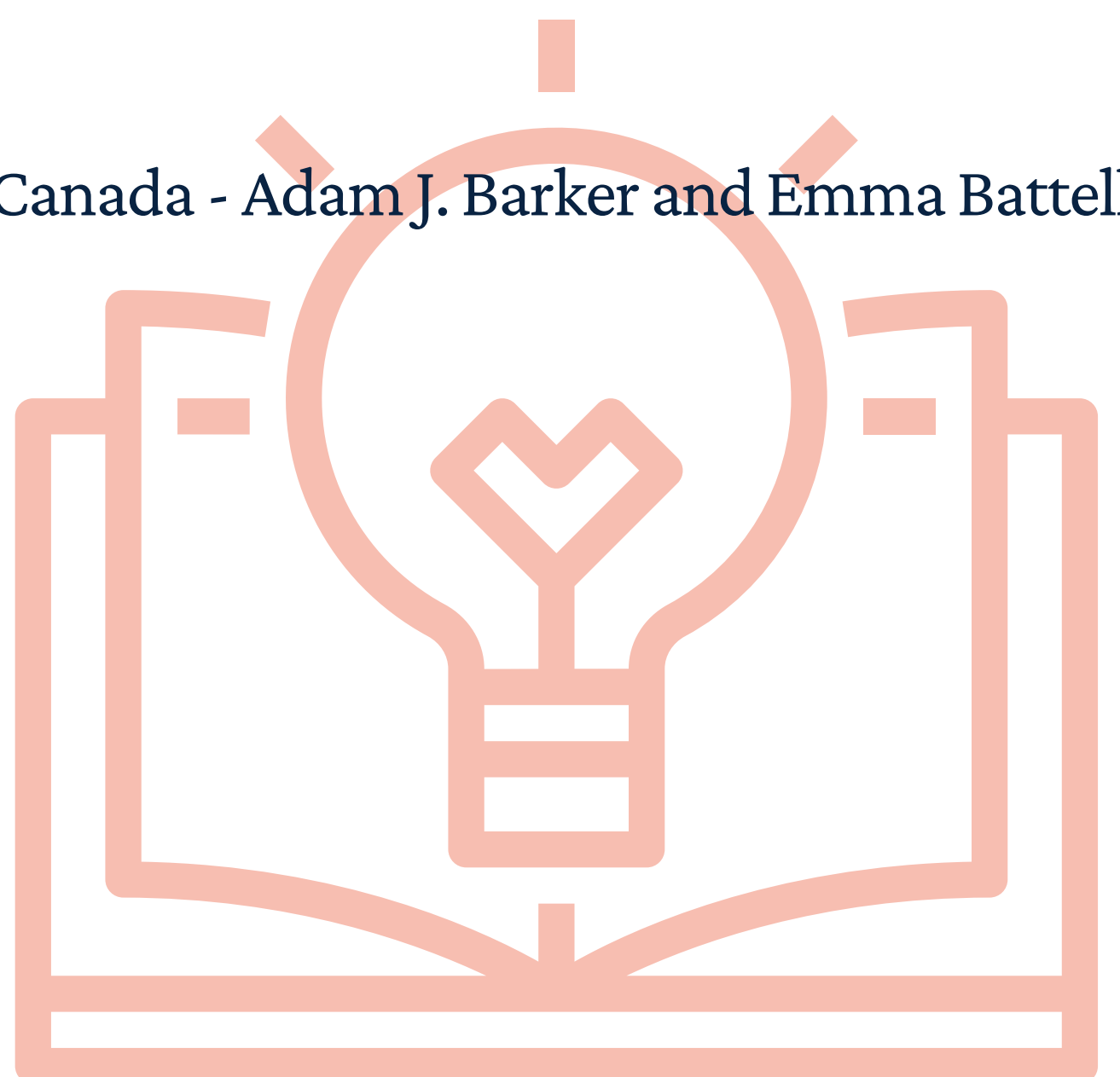
LEARNING MATERIALS

FREE University of Alberta - Indigenous Canada Course

University of Alberta Native Studies Department offers a FREE online course titled Indigenous Canada. It is a 12-lesson Massive Open Online Course that explores Indigenous histories and contemporary issues in Canada. From an Indigenous perspective, this course explores key issues facing Indigenous peoples today from a historical and critical perspective highlighting national and local Indigenous-settler relations. [Go to here to sign up for this free online course.](#)

BOOKS TO READ (This is only a tiny list of what is available)

- Thou Shalt Not Be An Indian - Robert Kakakaway
- Up Ghost River – Edmund Metatawabin
- They Came for the Children: Canada, Aboriginal Peoples, and Residential Schools, Truth and Reconciliation Commission
- Unsettling the Settler Within: Indian Residential Schools, Truth Telling, and Reconciliation in Canada, Paulette Regan
- A Narrow Vision: Duncan Campbell Scott and the Administration of Indian Affairs in Canada, E. Brian Titley
- Truth and Indignation: Canada's Truth and Reconciliation Commission on Indian Residential Schools, Ronald Niezen
- Reconciling Canada: Critical Perspectives on the Culture of Redress, Jennifer Henderson and Pauline Wakeham
- Residential Schools, With the Words and Images of Survivors, Larry Loyie, Wayne K. Spear and Constance Brissenden.
- White Fragility – Robin DiAngelo
- Settler: Identity and Colonialism in 21st Century Canada - Adam J. Barker and Emma Battell Lowman



ORGANIZATIONS TO DONATE TO:

1. The Legacy of Hope Foundation (LHF)

The Legacy of Hope Foundation (LHF) is a national, Indigenous-led, charitable organization that has been working to promote healing and Reconciliation in Canada for more than 19 years. The LHF's goal is to educate and raise awareness about the history and existing intergenerational impacts of the Residential School System (RSS) and subsequent Sixties Scoop (SS) on Indigenous (First Nations, Inuit, and Métis) Survivors, their descendants, and their communities to promote healing and Reconciliation. [You can donate here](#)

2. Indian Residential School Survivors Society

The Indian Residential School Survivors Society is a British Columbia-based organization that has been providing services to residential school survivors for over 20 years. It started out by helping residential school survivors navigate the court systems and has since expanded to help descendants of residential school survivors and engaging in community education for both Indigenous and non-Indigenous people. [You can donate here.](#)

A helpline for residential school survivors can be reached at: 1-866-925-4419.

3. National Centre for Truth and Reconciliation

The National Centre for Truth and Reconciliation provides educational resources for Canadians to learn more about residential schools across the country. [Donate here.](#)

4. Orange Shirt Society

Orange Shirt Society is a B.C.-based group that aims to educate people on intergenerational impacts of residential schools. It offers resources for teachers for Orange Shirt Day, held every year on Sept. 30. [Donate here.](#)

5. Reconciliation Canada

Reconciliation Canada works to educate people about Indigenous life and history to teach non-Indigenous people about reconciliation and strengthening relationships between Indigenous and non-Indigenous people. [You can donate here.](#)

6. First Nations Child and Family Caring Society

First Nations Child and Family Caring Society aims to provide quality education to First Nations youth and families. It aims to promote the rights of First Nations children and families. [Donate here.](#)



ORGANIZATIONS TO DONATE TO:

7. Canadian Roots Exchange

The Canadian Roots Exchange is a youth-led organization that aims to empower young Canadians to stand in solidarity with Indigenous people. [Donate here](#)

Inuit Tapiriit Kanatami

Inuit Tapiriit Kanatami is an Ottawa-based organization aiming to improve the health and well-being of Inuit. [Donate here.](#)

8. Gord Downie & Chanie Wenjack Fund

The Gord Downie & Chanie Wenjack Fund works to provide education on the history of Indigenous people and the legacy of residential schools. [Donate here.](#)

9. Witness Blanket

Witness Blanket is a large-scale traveling art installation. The Witness Blanket stands as a national monument to recognize the atrocities of the Indian Residential School era, honour the children, and symbolize ongoing reconciliation. You can donate by [going here](#).

