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How can non-Indigenous people deal with their horror, anger and grief?

First – this is your burden to carry. Indigenous people are carrying their own very heavy burdens. Please do not ask them for help with your own emotional labour.

You can place teddy bears on your porch or in your window (bears for 215). You can make donations – research options.

You can dig deeper than displaying bears and donating.

You can read the 94 Calls to Action from the Truth and Reconciliation Commission and find some that you can follow up on. Easily googleable.

You can read the names of the children who were known to have died at Residential School. The common consensus at this time seems to be that the 215 are not on this list of over 4,000 children.

https://memorial.nctr.ca/?page_id=372

You can be prepared. The Kamloops school is one residential school. There were 139 Residential Schools. Gravesites have previously been identified at a few other schools. It is anticipated that research will identify many more gravesites.

You can watch Residential School Survivors testify for the Truth and Reconciliation Commission. Warning. This is horrifying and heartbreaking. <https://legacyofhope.ca/wherearethekids/stories/>

Here is a list of films related to Missing and Murdered Indigenous Women.

<https://www.kairoscanada.org/missing-murdered.../films>

You can educate yourself about the land you are on and the people whose land it is. <https://native-land.ca/>

You can pursue further education; there are lots of options but here is a free one:

<https://www.ualberta.ca/.../indigenous-canada/index.html>

You can volunteer – check out options in your community.

Do you know any Indigenous people? It is astonishing to me how many Canadians simply don't know any Indigenous people. How can you meet some without burdening them? What Indigenous events / organizations exist in your community?

Indigenous peoples in Canada have survived despite the best efforts of our Governments and Churches. They have deep spiritual and cultural lives. There is much we can learn from them. But we also have much to learn about them and the genocide which has been perpetrated against them. Use your horror, shame and guilt as an impetus for change.

Yes, please display a teddy bear. I am. But don't stop there.

Books on Residential Schools:

Indian Horse- Richard Wagamese
Orange Shirt Day - Phyllis Webstad
Shi-shi-etko and Shin-chi's Canoe - Nicola Campbell
Seven Fallen Feathers - Tanya Talaga
Dear Canada, These Are My Words: The Residential School Diary of Violet Pesheens - Ruby Slipperjack
In Search of April Raintree - Beatrice Mosionier
The Train - Jodie Callaghan
My Name is Seepeetza - Shirley Sterling
Fatty Legs - Christy Jordan Fenton & Margaret Pokiak-Fenton
I Am Not A Number - Jenny Kay Dupuis
When We Were Alone - David A. Robertson & Julie Flett
A Stranger At Home
The Break - Katherena Vermette
Porcupines and China Dolls - Robert Arthur Alexie
The Marrow Thieves - Cherie Dimaline
When I Was Eight - Christy Jordan Fenton
Not My Girl - Christy Jordan Fenton
Stolen Words - Melanie Florence
Phyllis's Orange Shirt by Phyllis Webstad
We Feel Good Out Here - Julie-Anne Andre & Mindy Willett
The Land Is Our Storybook - Julie-Anne Andre & Mindy Willett
When We Play Our Drums, They Sing! & Lucy & Lola - Richard Van Camp & Monique Gray Smith
Sugar Falls: A Residential School Story
As Long as the Rivers Flow - Larry Loyie
Five Little Indians - Michelle Good
One Story, One Song - Richard Wagamese
The Red Files - Lisa Bird-Wilson
The Education of Augie Merasty
Speaking Our Truth - Monique Gray Smith
They Called Me Number One - Bev Sellers
I Lost My Talk - Rita Joe
Moon of the Crusted Snow - Waub Rice
I'm Finding My Talk - Rebecca Thomas
7 Generations: A Plains Cree Saga - David A. Robertson
Betty: The Helen Betty Osborne Story - David A. Robertson
Amik Loves School - Katherena Vermette
I Can Make This Promise - Christine Day
Up Ghost River - Edmund Metatawabin

Posted on Facebook by several Indigenous people.

Local, Vancouver Island, options for donating to Indigenous projects:

Victoria Native Friendship Centre <https://www.vnfc.ca/donate>

A general donation or you can donate to a specific program to help

Raising the Bighouse – Tsawout First Nation Go Fund Me page <https://ca.gofundme.com/f/raising-the-bighouse>

Funds raised from this campaign will be used to complete the interior of the longhouse including a community kitchen, seating arena and other finishing details.

Orange Shirt Day – locally in Victoria -

<https://victoriaorangeshirtday.com/#:~:text=It%20is%20important%20to%20acknowledge,as%20a%20sign%20of%20support>

Order shirts for Orange Shirt Day and books on the topic.

Xe Xe Smun'eem Orange Shirt Day – Victoria – Go Fund me page - https://www.gofundme.com/f/xe-xe-smuneem-victoria-orange-shirt-day?utm_campaign=p_cp+share-sheet&utm_medium=copy_link_all&utm_source=customer

Contributions to this GoFundMe campaign will directly support Eddy and Kristin in this important work. This includes covering the costs of shirts, speaking engagements, travel, honoraria and other costs currently covered out of pocket.

Support for Residential School Survivors <https://ca.gofundme.com/f/support-for-residential-school-survivors?qid=95207727be7b307e5c30c2ccde9fd391>

Tsow-Tun Le Lum (TLL) is a non-profit Indigenous healing house that supports and works directly with residential school survivors, inter-generational survivors, their families, and communities.

In the Shadow of the Red brick Building. The Kuper Island Residential School story by Ray Tony Charlie <https://ca.gofundme.com/f/in-the-shadow?qid=f167d0ec37d06547b64eb16d0e5e7563>

He is looking for support in covering the cost of publishing his book on surviving the residential school.

Find our Lost Children <https://ca.gofundme.com/f/find-our-lost-children?qid=c2962245adbf800a3d829d060161f775> Page closes week June 12, 2021

Following our protocols, guided by our Elders and working with our young people, we want to start searching the residential school properties. Using the technology that was used at Tk'emlups residential school (Kamloops) it is critical we begin searching for more of our lost children. This will take time and resources to make this happen.