



September 30, 2026, National Truth and Reconciliation Day Resources

Continue creating a baseline of knowledge (choose at least one item from the following list):

Occupational Therapy, Truth & Reconciliation, and Indigenous Health

<https://caot.ca/site/adv-news/advocacy/trc-indigenous?nav=sidebar&banner=5>

Occupational Therapy Statement of Commitment to Indigenous Peoples

https://caot.ca/document/8227/TRC_CommitmentStatement_EN_June2024.pdf

Alberta Health Services T&R Day materials

<https://together4health.albertahealthservices.ca/2026-nipm>

Action Items – choose at least one of the following activities:

- **Wear Orange** - Both the National Day for Truth and Reconciliation and Orange Shirt Day take place on September 30. [Orange Shirt Day](#) is a commemorative day led by Indigenous communities to raise awareness about the intergenerational impacts of residential schools on children, families, and communities. It honours Indigenous children who were lost in the residential school system. The orange shirt symbolizes the loss of culture, freedom, and self-esteem that many Indigenous children experienced. This day reminds us that **Every Child Matters**. On September 30, all Canadians are encouraged to wear orange to honour the thousands of Survivors of residential schools.
- **National Commemorative Gathering** – APTN, CBC/Radio-Canada and the National Centre for Truth and Reconciliation (NCTR) are partnering again this year to produce the annual national commemorative gathering ***Remembering the Children: National Day for Truth and Reconciliation***. The multilingual ceremony starts at **12 p.m. ET**, and will be broadcast LIVE from Parliament Hill in Ottawa, on the unceded Anishinabe Algonquin Traditional Territory: [Remembering the Children – National Day for Truth and Reconciliation](#).
- **Visit your city/town's events:**
 - https://www.edmonton.ca/attractions_events/schedule_festivals_events/national-day-for-truth-and-reconciliation
 - <https://www.calgary.ca/major-projects/truth-and-reconciliation.html>
 - <https://stalbert.ca/events/calendar/community/ndtr/>
 - <https://www.cochrane.ca/community-culture/truth-reconciliation>
 - <https://cityofgp.com/culture-community/news-events/news/mayor-and-council/city-grande-prairie-recognizes-september-30>
 - <https://www.reddeer.ca/about-red-deer/reconciliation-equity-accessibility-diversity/truth--reconciliation/national-day-for-truth--reconciliation/>



- **Review resources and activities from the National Centre for Truth and Reconciliation** <https://trw-svr.nctr.ca/>
- **Take some training**
 - Indigenous Canada Massive Online Open Course (MOOC) <https://www.ualberta.ca/admissions-programs/online-courses/indigenous-canada/index.html>
 - Indigenous Health and Wellness, Advocacy and Allyship MOOC https://ondemand.powered.ca/indigenous-health-and-wellness-advocacy-and-allyship-mooc?_hstc=165944686.61c03b59a4cc4d1896a276f3cdb3e2b4.1790017193997.1790017193997.1790017193997.1&_hssc=165944686.1.1790017193997&_hsfp=3e2752c949ce3c6e9a4fb992dc4b54a2&_gl=1*pfo5rs*_gcl_au*MjlxOTI2ODU5LjE3OTAwMTcxOTM
- **Listen**
 - <https://downniewenjack.ca/a-day-to-listen/>
- **Watch**
 - <https://gem.cbc.ca/collection/truth-and-reconciliation>