

The background of the entire page is a textured, light beige surface. Overlaid on this is a faint, colorful illustration. In the upper half, a group of children and two large bears are holding hands in a circle. The bears are wearing patterned sweaters. One bear is holding a sign that says "OUR DREAMS MATTER TOO". Another bear is holding a sign that says "EVERY CHILD MATTERS". In the lower half, a group of children and bears are gathered around a table. One bear is holding a book. There are plates of food and a mug on the table. The year "2022" is written in the bottom right corner.

SPIRIT BEAR'S

GUIDE TO RECONCILIATION

2022

Spirit Bear through the year

January



February



March



April



May



June



July



August



October



September



November



December





JANUARY

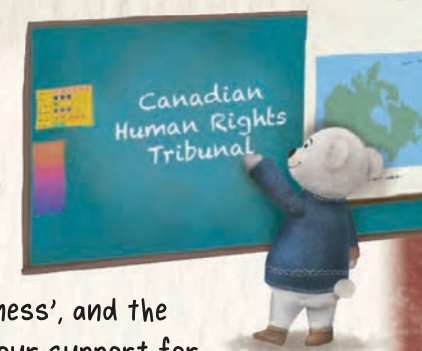
						saturday
sunday	monday	tuesday	wednesday	thursday	friday	New Year's Day
2	3	4	5	6	7	1 New Year's Day
9	10	11	12	13	14	15
16	17 Tu B'Shevat (Arbor day)	18	19	20	21	22
23	24	25	26 2016: CHRT finds the government of Canada to be treating First Nations children differently because they are First Nations.	27 National Chocolate cake day	28 National Kazoo day	29
30	31					



Happy January!

On January 26, 2016 after 9 years of long hearings, the Tribunal ruled that the government is not treating First Nations kids fairly, then ordered them to give First Nations kids the proper funding for the help they need. Although First Nations kids won the case, it is still not over and kids are still not getting all the things they need to be healthy and safe.

Learn more about the case by reading **Spirit Bear and Children Make History**, ask your parents and teachers to help you find out what it means to be a 'witness', and the different ways you can show your support for First Nations by visiting www.fnwitness.ca





HAVE A
♥
HEART

OUR DREAMS
MATTER TOO!

WAITING 4 U
CANADA

♥
EQUAL
EDUCATION
FOR
FIRST NATIONS!

HAVE
A ♥

THE
DREAMS
OF
FIRST
NATIONS
CHILDREN
MATTER!!

MAIL
BAG

FEBRUARY

		tuesday	wednesday	thursday	friday	saturday
		1	2 Groundhog day	3	4	5
sunday	monday	6	7	8	9	10
11	12	13	14 Have a Heart Day Valentine's Day	15	16	17
18	19	20	21 Family Day (BC,AB,SK,ON,NB) Islander Day (PEI) Louis Riel Day (MB) Nova Scotia Heritage Day (NS)	22	23 2007: The Caring Society and the Assembly of First Nations, brings a complaint (case) against the government for treating First Nations kids differently than other kids.	24
25 Yukon Heritage Day (YK) 2013: The hearings begin on the case against the government.	26	27 2012: Shannen's Dream passes in the House of Commons.	28	<h2>Happy February!</h2> <p>Every year on or around Valentine's Day, children and adults celebrate Have a Heart Day by coming together to ensure First Nations young people and their families have the services they need and equal opportunities to live safely and happily.</p> <p>On Have a Heart Day, you can celebrate by writing Valentine's Day cards to elected officials and changemakers in Canada encouraging them to support First Nations children and youth. There's so much that you can do to create change in your community! Find out more about #HaveaHeartDay and other ways to participate at www.haveaheartday.ca.</p>		





MARCH

		tuesday	wednesday	thursday	friday	saturday
		1 Isra and Mi'raj	2 Ash Wednesday	3	4	5
sunday	monday	6	7	8 International Women's Day	10	11
13 Daylight Savings (spring forward)	14	15	16	17 Saint Patrick's Day Purim	18	19
20 Elderbeary Day Spring Equinox	21 International day on the elimination of racial discrimination	22 World Water Day	23	24	25	26
27	28	29	30	31		



Happy March!

Elderbeary Day is celebrated on March 20th every year to honour and celebrate the contributions of Elders, who do so much to pass on culture and language and to teach the next generation.

celebrate by thanking your Elders for all they do for you and for your community by spending time with them, helping them around the house, writing them letters, drawing them pictures, or in any way you believe best represents how much you care.

Find out more by visiting: <https://bit.ly/Elderbearyday>



APRIL

					friday	saturday
					1	2
sunday	monday	tuesday	wednesday	thursday		
3 Ramadan starts	4	5	6	7	8	9
10	11	12	13	14	15 Good Friday	16 First day of Passover
17 Dr P.H. Bryce publishes "The story of a National Crime" Easter Sunday	18 Easter Monday	19	20	21	22 Earth Day	23 Last day of Passover
24	25	26	27 2011: Shannen's Dream Day of Action	28 Laylatul Qadr National Superhero Day	29	30

April 22nd is **Earth Day**! Earth Day is a world-wide event that invites individuals of every age and background to participate in making sure that our planet is healthy and a safe place for our future generations. In Canada, First Nations, Inuit and Metis leaders and communities are fighting to protect land and water because both are central to their cultures.

Happy April!



There are many things you can do to help protect the environment. Talk with your parents and teachers about ways you can change your daily habits to be more environmentally friendly! **Honouring Memories, Planting Dreams** invites individuals to plant gardens in honour of those lost to the Residential School System, the survivors and their families! Learn more about planting your garden at www.honouringmemoriesplantingdreams.ca.





MAY

sunday	monday	tuesday	wednesday	thursday	friday	saturday
1 National Physician's Day	2	3 Eid ul Fitr	4	5 Yom Ha Atzmaut	6	7
8 Lag B'Omer Mother's Day	9	10 Spirit Bear Day (MB) Spirit Bear's Bear-thday Bear Witness Day	11	12 1998: Meeting to discuss the creation of the caring Society, Squamish Nation.	13	14 Children and Youth in Care Day (ON)
15 1999: The caring Society is created, Kingsclear First Nation.	16	17	18	19	20	21
22	23 Victoria Day	24	25	26	27	28 2008: Shannen & Friends march on Parliament Hill for equal education for First Nations youth
29	30	<h2>Happy May!</h2> <p>May 10 is Spirit Bear's bear-thday but it is also Bear Witness Day and Spirit Bear Day in Manitoba. The day marks a very important date in the history of Jordan's Principle which makes sure First Nations young people get the help they need when they need it and is named in loving memory of Jordan River Anderson.</p> <p>After many years of difficulties, the kids won and the Tribunal asked for change from the government to make sure children get services through Jordan's Principle. They wanted this done no later than May 10, 2016 so this is when Bear Witness Day started. On Bear Witness Day, bring your teddy bears to school, work or daycare to celebrate and honour Jordan River Anderson and Jordan's Principle. Don't forget to post about Bear Witness Day on May 10 with the hashtags #BearWitnessDay and #JordansPrinciple.</p>				





JUNE

			wednesday	thursday	friday	saturday
			1	2 National Blackbear Day	3 2019: Closing Ceremonies of MMIWG inquiry	4
5 Shavuot 2015: TRC closing ceremonies	6	7	8	9	10	11
12	13	14	15 World day of awareness for Elder abuse	16	17	18
19 Father's Day Juneteenth	20	21 National Indigenous Peoples Day Summer Solstice	22	23	24	25
26	27 Canadian Multiculturalism Day	28	29	30		

Pride!

In June, we also celebrate Pride month!
Watch this video on 50 years of LGBTQ2S+ activism history:
<https://bit.ly/50yrsLGBTQ2>

View the LGBTQ2 Secretariat page here:
<https://bit.ly/SecretariatLGBTQ2>
Ontario LGBTQ2S youth resource page:
<https://bit.ly/ONLGBTQ2Support>

Happy June!

In Canada, we celebrate a variety of different things in the month of June. Every June is National Indigenous History Month. What better way to celebrate than by learning new things about First Nations, Métis and Inuit history, cultures and languages.

There are many resources available including books by Indigenous authors, podcasts by Indigenous peoples, museum exhibits about First Peoples, and films/documentaries by Indigenous filmmakers.

June 5 marks the anniversary of the TRC's 94 calls to Action. You can learn about them by reading Spirit Bear's Guide to the Truth and Reconciliation Commission's Calls to Action here: <https://bit.ly/94TRC>

challenge yourself by focusing your actions on one or two calls.





JULY

					friday	saturday
					1 <small>Canada Day</small>	2
sunday	monday	tuesday	wednesday	thursday		
3	4	5	6	7	8	9
10 <small>Eid ul Adha</small>	11	12 <small>1994: Shannen's Birthday</small>	13	14	15	16
17 <small>World Day for International Justice</small>	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Happy July!

Shannen knew just how hard it was to learn in a school that didn't have the proper supplies or environment for learning. The children of Attawapiskat created the **Attawapiskat School Campaign** to reach out to non-Indigenous children across Canada, asking them to write to the Government and demand a new school for Attawapiskat.



Shannen sadly passed away before a new school was built in her community, but she remains an important role model for all Canadians on standing up for what's right and what you believe in. On **July 12**, we celebrate **Shannen's Birthday**, honour her by learning more about Shannen and how you can support her dream at www.shannensdream.ca

Just because we're small doesn't mean we can't stand tall!



AUGUST

	monday	tuesday	wednesday	thursday	friday	saturday
	1 Civic Holiday	2	3	4	5	6
7 Tisha B'Av	8 International day of the World's Indigenous peoples	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Happy August!

Indigenous people all over the world rely on their traditional medicines, foods, knowledge, culture, and so much more! For Indigenous people everywhere, these things have often been something that has been taken away unfairly.



As non-Indigenous Canadians, it is very important to recognize and acknowledge on whose traditional territory you live, go to school and spend time on.

Learn whose traditional territory you reside on by visiting www.native-land.ca and spend time learning more about the history, culture and obstacles that these communities face because of discrimination.

Sorry to all
the Residential
School

CLOSED



SEPTEMBER

				thursday	friday	saturday
				1	2	3
sunday	monday	tuesday	wednesday			
4	5 Labour day	6	7 2013: Hi-Ho Mistahey! Premieres at TIFF	8 International Literacy Day	9 National Teddy Bear Day	10 World Suicide Prevention Day
11	12	13 2007: UNDRIP adopted by the United Nations 2016: We Can't Make the Same Mistake Twice Premieres at TIFF	14	15	16	17
18	19	20	21 International Day Peace	22 Autumn Equinox	23	24
25	26	27	28	29	30 National Day for Truth and Reconciliation Orange Shirt Day	30 SEPTEMBER

Orange Shirt Day

Every year on September 30, we honour former Residential School student Phyllis (Jack) Webstad and all those who survived, and were lost to the Residential School System, by wearing orange shirts in their honour and to commit ourselves to reconciliation. Learn more about Phyllis' story and Orange Shirt Day by visiting: www.orangeshirtday.org.

Happy September!

All kids in Canada have the right to quality education, but for First Nations kids, this right has not been and isn't always respected. Many First Nations young people do not get the same opportunities to learn and dream as others do because of injustices in First Nations education.

Schools in First Nations communities are expected to give students the same education as other schools in Canada but they are given less help to do so. As we know, Shannen believed that all kids in Canada should be able to live their dreams.

School is a Time for Dreams is celebrated every September in support of fair education for First Nations and all young people. Participate by writing letters to your Member of Parliament to show your support for First Nations education. Find resources and colouring sheets at: <https://bit.ly/SchoolDreams>





OCTOBER

saturday

						1
sunday	monday	tuesday	wednesday	thursday	friday	
2	3	4	5 World Teacher's Day Yom Kippur	6	7	8
9	10 World Mental Health Day Thanksgiving Day	11 International Day of the Girl	12	13	14	15
16 Hoshana Rabbah	17 International Day for the Eradication of Poverty Shemini Atzeret	18 Simchat Torah	19	20	21	22 1999: Jordan's birthday
23	24 Diwali	25	26	27	28	29
30	31 Halloween					

Happy October!

This month we celebrate the birthday of a very special boy. Jordan River Anderson was a young First Nations boy from Norway House Cree Nation in Manitoba, born on **October 22, 1999**.

He was born with multiple disabilities and lived his entire life in a hospital because federal and provincial governments could not agree on who would pay for his at-home care because he was a First Nations child who would normally live in his First Nations community (reserve).

Sadly, Jordan died at the age of 5 before he could experience living in a loving home. Jordan's passing is what led to a movement called Jordan's Principle which ensures First Nations children have the services they need. Watch "Jordan River Anderson, The Messenger", a documentary created to tell more about Jordan's story: <https://bit.ly/JordanTheMessenger> & read more: www.jordansprinciple.ca





NOVEMBER

		tuesday	wednesday	thursday	friday	saturday
		1 All Saints Day	2	3	4	5
sunday	monday	6 End of Daylight savings (fall back)	7	8 National Indigenous Veterans Day	9	10
11	12	13	14	15	16	17
18	19	20 Universal Childrens Day 1989: Convention on the Rights of the Child adopted by the United Nations	21	22	23	24
25	26	27 First day of Advent	28	29	30	

convention on the Rights of the child

November 20 is a special day to celebrate the rights of children all over the world and the anniversary of the United Nations Convention on the Rights of the Child. This document explains all the rights that children have in order to stay happy, healthy and safe in their homes with their families, in school and if they need special help for their health, family or education.

To learn more about your rights as a child, no matter where you live in Canada and no matter what your background, read Spirit Bear's child-friendly convention on the Rights of the child at <https://bit.ly/SBchildrights>.

Happy November!

The month of November is all about paying respect to our veterans. For many of us, these are our parents, brothers, sisters, grandparents or other family members and friends. On November 8th, we honour our Indigenous veterans who have had an enormous and special contribution to our country during many of the wars throughout history. Don't forget to wear your poppy this month in honour of all those serving and who have served for our safety in this country.



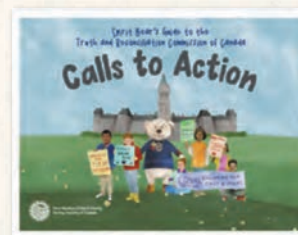


DECEMBER

				thursday	friday	saturday
				1	2	3 International Day of Persons with Disabilities
4 National Cookie Day	5	6 National Day of Remembrance and Action on Violence against Women	7	8	9	10 International Human Rights Day
11	12 2005: Jordans Principle Passes Unanimously in the House of Commons	13	14	15 2015: Release of the Final Report of the Truth and Reconciliation Commission in Ottawa.	16	17
18	19 First Day of Hanukkah	20	21 Winter Solstice	22	23	24 Christmas Eve
25 Christmas	26 Boxing Day Kwanzaa Begins Last Day of Hanukkah	27	28	29	30	31 New Years Eve

Happy December!

In December, we celebrate and recognize many special days. It is not only a time of family and togetherness, but a time to look back on some important events in history! On December 15th, we remember the release of the Final Report of the TRC. In June, you spent time learning about the 94 calls to Action.



This month, spend time going over how much progress you've made in your on-going reconciliation journey. Going into the new year, what aspects would you like to work on and what aspects are you proud of in your growth? Share with your family and plan out your reconciliation process in the 2023 year. Challenge yourself by focusing on 2 more calls to Action from Spirit Bears Guide: <https://bit.ly/94TRC>

THE FIRST NATIONS CHILD AND FAMILY CARING SOCIETY OF CANADA

The Caring Society works to ensure the safety and well-being of First Nations youth and their families through educational activities, engaging individuals of all ages in reconciliation and providing quality resources to support First Nations communities. The Caring Society works proudly with our partners far and wide to promote the rights of Indigenous children.

all proceeds go to helping ensure First Nations kids can grow up safely at home, get a good education, be healthy and proud of who they are

