

Métis 36%

# Indigenous Reconciliation

Indigenous is a term that encompasses a variety of Aboriginal groups (First Nations, Inuit, and Métis peoples) and they are the first inhabitants of the land known as Canada.

#### In Canada:







In 2016, nearly 1.7 million people in Canada identified as Aboriginal.

There were more than 70 distinct Aboriginal languages reported in the 2016 Census.

57% of Indigenous women are sexually assaulted during their lifetimes.

### Ways to be an ally:



Be proactive and learn about the issues that Indigenous Canadians face. (e.g. water supply, suicide crisis, education access, etc.)

Learn the land acknowledgment in your region





Consider: do you engage in practices that further marginalize the Indigenous population?



## organizations

### **Native Child and Family**

Services • • • • • • • • • • • • • • (https://www.nativechild.org/)

This agency serves Native families and children in the Toronto area, including First Nations, Métis, and Inuit. They strive to provide a life of quality, well-being, caring and healing for our children and families in the Toronto Native Community.

### Aboriginal Health Access Centres (AHACs)

(https://www.aohc.org/)

This agency provides different types of health and social support services to First Nations, Métis and Inuit communities. They provide care both on- and off-reserve, in cities, and in rural and northern communities. Services include mental health counselling, traditional healing and addiction programs, and youth empowerment.

#### **Ontario Native Women's**

(http://www.onwa.ca/)

**Association** 

A not for profit organization to empower and support all Indigenous women and their families in the province of Ontario through research, advocacy, policy development and programs that focus on local, regional and provincial activities.

### Ontario Federation of Indigenous Friendship Centres

(http://www.ofifc.org/)

Friendship Centres are not-for-profit and charity corporations that are mandated to serve the needs of urban Indigenous people by providing culturally appropriate services in urban communities.

#### References