

Acknowledgement of Traditional Territory

Hard Feelings Mental Health recognizes that we live and work on Turtle Island on the traditional territory of the Huron-Wendat and Petun First Nations, the Seneca, and most recently, the Mississaugas of the Credit River. This territory was the subject of the Dish with One Spoon treaty, commemorated by the Two Row Wampum Belt, an agreement between the Iroquois Confederacy and Confederacy of the Ojibwe and allied nations to peaceably share and care for the resources around the Great Lakes.

Today, the meeting place of Toronto is still home to many Indigenous people from across Turtle Island and we are grateful to have the opportunity to work in the community, on this territory. We are mindful of broken covenants and the need to strive to make right with all our relations. We recognize the violent impacts caused by colonialism that undermine, distort or erase the vital role of Indigenous people in our world.

We recognize that we are in a settler-colonial society and we are committed to the work of unlearning of oppressive systems, attitudes and behaviours, and their impacts. We seek to support the self-determination, healing and leadership of Indigenous Peoples of Turtle Island as we work to reduce barriers and increase access to mental health supports and resources through an innovative community of practice.

We commit to revisiting the text of this acknowledgement as we move forward as an organization. We encourage all in our community to reflect on this acknowledgement and to personalize it when using it to open an event at Hard Feelings.

Hard Feelings Mental Health
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