

National Day for Truth & Reconciliation 2026

Hard Feelings will be closed on September 30th, 2026 in observance of the National Day for Truth & Reconciliation. Our staff will be taking this day to recognize and remember the trauma and many hurts caused by colonial practices, and to work towards reconciliation and healing with the Indigenous peoples of Toronto and Canada.

Below are some activities we can do as a community to work towards building our own personal plans of reconciliation, and to contribute to healing and reconciliation with the First Nations, Métis, and Inuit peoples of Canada:

- **Learn more about Truth and Reconciliation**
 - Read online about the [Truth and Reconciliation Commission info and updates on Progress](#) and [Info on 94 Calls to Action](#)
 - Explore [learning resources about First Nations, Inuit and Métis across Canada](#)
 - Read about being an ally:
 - Land Needs Guardians - [How to Be an Ally of Indigenous-led Conservation](#)
 - Animikii - [Building Trust Before Truth: How Non-Indigenous Canadians Become Allies](#)
- **Find out what is happening in your area and attend an event / rally**
- **Learn more about the Indigenous land you live on by using <https://native-land.ca/>**
- **Read a book by an Indigenous author**

Some examples:

 - [21 Things You May Not Know About the Indian Act](#) by Bob Joseph
 - [All Our Relations](#) by Tanya Talaga
 - [Braiding Sweetgrass](#) by Robin Wall Kimmerer
 - [Indigenous Relations](#) by Bob Joseph with Cynthia F. Joseph
 - [Indigenous Toronto](#) by Denise Bolduc
 - [Making Love with the Land: Essays](#) by Joshua Whitehead
 - [Indigenous Healing](#) by Rupert Ross
- **Watch a film from the [Indigenous Cinema collection on NFB](#)**

Some examples:

 - [Kanehsatake: 270 Years of Resistance](#)
 - [Our People Will Be Healed](#)
- **Consider donating to organizations that support Indigenous peoples**

Some examples:

 - [Anishnawbe Health Toronto](#)
 - [Legacy of Hope](#)
 - [The Native Women's Resource Centre of Toronto](#)
 - [TASSC Member Agencies](#)

(Continued)

HARD FEELINGS

STRONGER MENTAL HEALTH

National Day of Truth and Reconciliation can be a difficult day, as those impacted by colonial systems and practices confront trauma and continue to heal. Below are some mental health resources:

- **The National Indian Residential School Crisis Line** provides 24-hour crisis support to former Indian Residential School students and their families toll-free at [1-866-925-4419](tel:1-866-925-4419).
- Individuals impacted by the issue of Missing and Murdered Indigenous Women and Girls are encouraged to contact the **MMIWG Crisis Line** toll-free at [1-844-413-6649](tel:1-844-413-6649).
- First Nations, Inuit and Métis seeking immediate emotional support can contact the **Hope for Wellness Help Line** toll-free at [1-855-242-3310](tel:1-855-242-3310), or by online chat at hopeforwellness.ca