



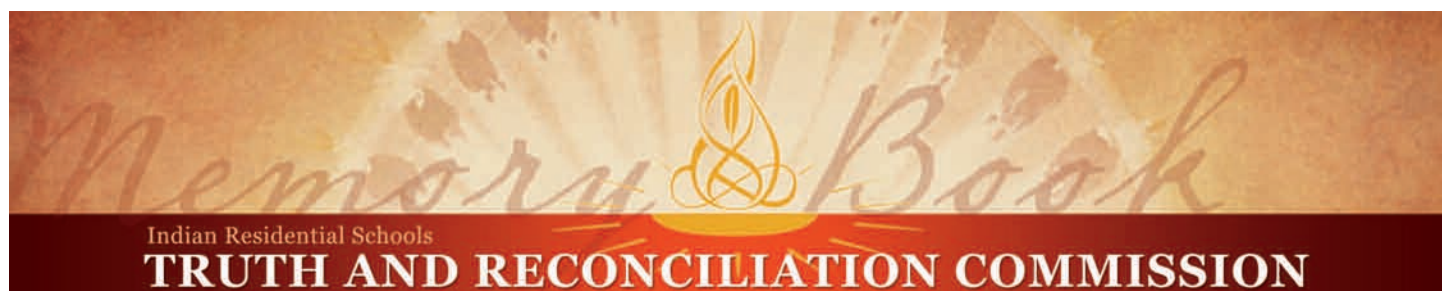
Indian Residential Schools  
**TRUTH AND RECONCILIATION COMMISSION**

# Memory Book

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## Overview

The *Memory Book* offers an opportunity for you to reflect on the history of Indian residential schools and the impact that these schools have had on so many lives. By sharing your thoughts and memories, you can help ensure that your individual experience will not be forgotten and that the legacy of residential schools will have a permanent place as part of Canada's shared history.

### Background History

Indian residential schools date back to the 1870's. Over 130 residential schools were located across the country, and the last school closed in 1996. The original purpose of these government funded, church-run schools was to assimilate Aboriginal peoples in Canada.

During this era, more than 150,000 First Nations, Métis, and Inuit children were placed in these schools often against their parents' wishes. Many were forbidden to speak their language and practice their own culture. While there is an estimated 80,000 former students living today, the ongoing impact of residential schools has been felt throughout generations and has contributed to social problems that continue to exist.

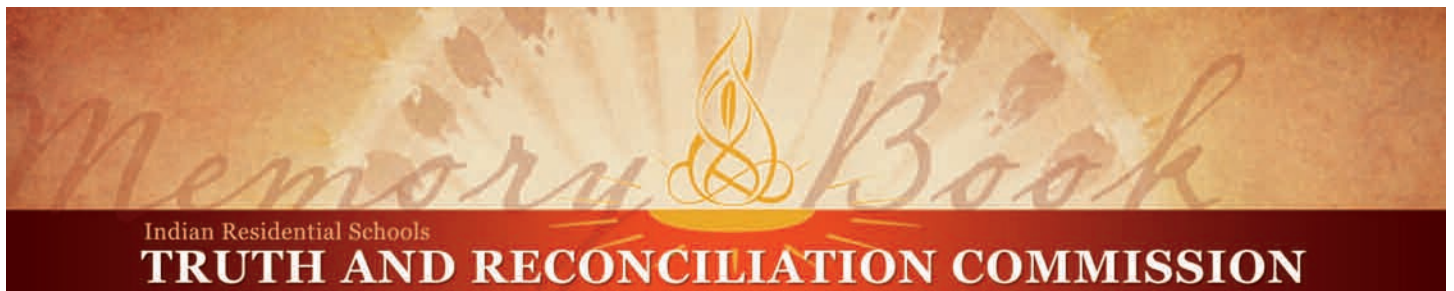
The Indian Residential Schools Settlement Agreement is Canada's largest class action lawsuit that was negotiated by legal counsel for former students, legal counsel for the churches, the Government of Canada, and Aboriginal organizations and is intended to begin repairing the harm caused by residential schools. The Indian Residential Schools Truth and Reconciliation Commission (TRC) is said to be the cornerstone of the Settlement Agreement.

On June 11, 2008, the Prime Minister, on behalf of the Government of Canada, delivered a formal apology in the House of Commons to former students, their families, and communities for Canada's role in the operation of the residential schools.

### Indian Residential Schools Truth and Reconciliation Commission

The Truth and Reconciliation Commission was established, in part, to give a voice to those touched by the Indian residential school legacy, to educate and promote awareness among Canadians and to acknowledge the events of the past. The TRC is a stepping-stone to a stronger and healthier future. By building an understanding of our shared history, the TRC will contribute to a future Canada that is built upon truth, healing, and reconciliation.

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During its five year mandate, the TRC will listen to the thoughts and memories of former students, their families, and communities. The TRC also hopes to hear from former staff, church and government officials, experts and the Canadian public who have been affected by the Indian residential school policy.

By gathering together all of these stories, the TRC hopes to create a full and accurate public historical record regarding the operation of the schools, the experiences of the children who attended them, and the impact they had on future generations.

### Why Tell My Story?

People have been telling stories in various ways for thousands of years. Some people tell a story to teach and inform the younger generation; others will share a story to help heal the wounds of the past and move forward.

Each person has their own unique experience related to the legacy of Indian residential schools. By telling your story, you are sharing your truth about how residential school has impacted you, your family, and community. Your story will not be forgotten.

### How Can I Tell My Story?

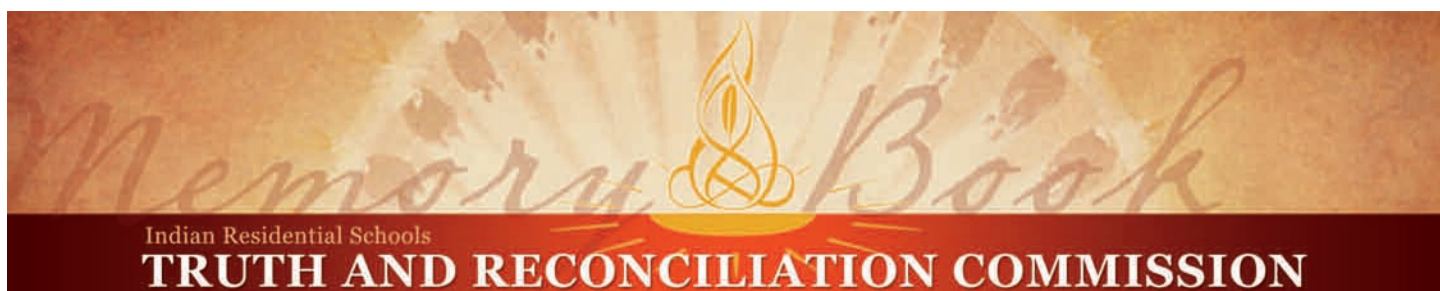
There are a number of ways you can share your experience with the TRC. You may choose to write your experience in the language of your choice. Also, there will be opportunities in the future to share your story through art, poetry, music, theatre, in a public forum at a community event or in an one-on-one interview.

Contributions are voluntary. You do not have to share your story with anyone. It is entirely your choice whether you want to share your thoughts and memories with the TRC. If you do not wish to tell your story today, there will be opportunities for you to do so in other ways in the future.

All experiences will be respected as a unique contribution to this largely unknown and misunderstood chapter of Canada's history.

Should you choose to share your story with the TRC, please refer to the "How to Share Your Memory Book" section on page four (4).

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## How to Share Your *Memory Book* with the Truth and Reconciliation Commission

### STEP ONE:

- This *Memory Book* belongs to you. It is up to you if you would like to send your *Memory Book* to the TRC.
- If you choose to send your *Memory Book* to the TRC, give yourself some time to relax and reflect on the experiences that you have shared. There may be more details that you would like to share about your story that you remember after some time has passed.

### STEP TWO:

- Turn to the “Personal and Contact Information” section of this *Book* on page nine (9).
- This will ensure your personal information is accurately recorded and that you can be contacted, if necessary. The information is confidential.
- It is your choice whether you want to complete the “Personal and Contact Information” section.

### STEP THREE:

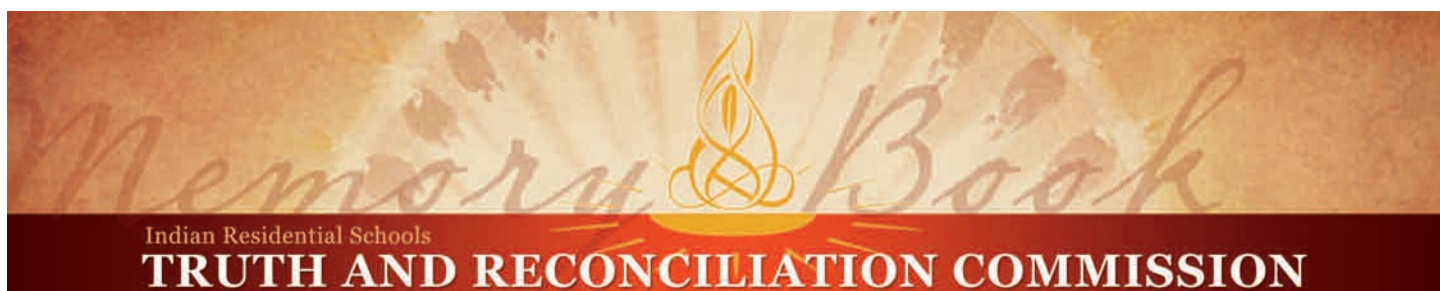
- Turn to the “Consent Form” section of this *Book* on page seven (7).
- If you choose to give your *Memory Book* to the TRC, you must sign the “Consent Form” and send the Form with your *Memory Book*.
- It is important that you read and understand the “Consent Form”.
- If you have any questions about the Consent Form, please see “How to Contact the TRC” on page twenty-one (21).

### STEP FOUR:

- Consider making a copy of the *Memory Book* and Consent Form for yourself.
- You can submit your completed *Memory Book* to the TRC by:

**Mail:** Statement Gathering  
Truth and Reconciliation Canada  
1500 - 360 Main Street  
Winnipeg, MB R3C 3Z3

**Fax:** (204) 984-5915



## Tips on Self-Care

### Before you begin to tell your story, you may consider:

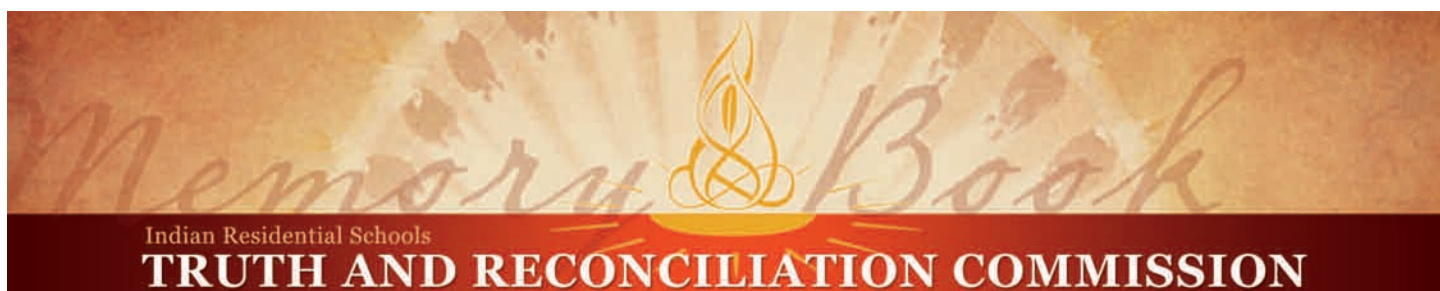
- Talking to someone you trust about your experience to help you remember details that you would like to share.
- Whether you would like to submit your thoughts and memories in the *Memory Book* to the Commission or keep it as a memento for yourself.
- Taking some time to think about what you can recall from your residential school experience and what you would like to share with the Commission.
- Your comfort. Locate a safe, quiet place where you can collect your thoughts and not be interrupted.

### While you are sharing your experience:

- Write in the language of your choice. Or you might prefer to describe your experience through art, voice recording, or film.
- Take as long as you want to tell your story. If you start to feel uncomfortable, allow yourself to come back to it a little later.
- Have someone with you or nearby for support, such as a family member, counselor, traditional healer, Elder or someone else from your community you trust.
- Take as long as you need to remember, reflect, and write about what you would like to share with the TRC.
- If you would like to talk to someone, a toll-free **National Support Line** is available 24 hours a day, seven days a week at: **1-866-925-4419**.
- You may access services by the Health Canada Indian Residential Schools Resolution Health Support Program. A description of what the Program offers and contact information can be found on page six (6) of this *Book*.

### After you have finished sharing your story:

- Remembering some of your experiences can be painful and uncomfortable. Allow yourself the time to put yourself at ease.
- Consider making a copy of your story for yourself.
- Reflect on the story you have shared before you submit your *Memory Book* to the TRC. Once some time has passed, there may be additional information that you would like to include.



## Where to Go for Support

Remembering past and personal experiences may cause an emotional response. If you need immediate emotional assistance, you can call the toll-free **National Support Line 24 hours a day, seven days a week at: 1-866-925-4419.**

There may also be an organization or project in your area that provides support to those affected by the legacy of Indian residential schools. Community pastors or spiritual care advisors may also be available to assist you.

Health Canada's Indian Residential School Resolution Health Support Program (IRS RHSP) provides cultural and emotional support as well as professional counseling to former students and their families as well as assistance with the cost of transportation, throughout all phases of the Indian Residential Schools Settlement Agreement. Emotional and cultural supports provided through the IRS RHSP are available to all those participating in Truth and Reconciliation and Commemoration events and activities.

An Aboriginal or non-Aboriginal Support Worker can help you. If you wish to contact a Support Worker in your area, please call:

<b>Nova Scotia, P.E.I., New Brunswick, Newfoundland and Labrador</b>	<b>1-866-414-8111</b>
<b>Northwest Territories &amp; Nunavut</b>	<b>1-866-509-1769</b>
<b>Yukon</b>	<b>1-800-464-8106</b>
<b>Quebec</b>	<b>1-877-583-2965</b>
<b>Ontario</b>	<b>1-888-301-6426</b>
<b>Manitoba</b>	<b>1-866-818-3505</b>
<b>Saskatchewan</b>	<b>1-866-250-1529</b>
<b>Alberta</b>	<b>1-888-495-6588</b>
<b>British Columbia</b>	<b>1-877-477-0775</b>

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Indian Residential Schools

**TRUTH AND RECONCILIATION COMMISSION**

# Consent Form

**Why is the TRC gathering statements?**

- The Indian Residential Schools Truth and Reconciliation Commission (TRC) was established on June 1<sup>st</sup> 2008 as part of the court-approved Indian Residential School Settlement Agreement.
- As part of its mandate, the TRC hopes to learn about the residential school experience by listening to the memories of former students, staff, their families and anyone else who wants to contribute their thoughts and ideas.
- Your statement, including any documents that you give to the TRC (such as photographs, yearbooks, letters or drawings), will be collected and used by the TRC in full or in part:
  - to document the history and legacy of the Indian Residential School system;
  - to honour the experiences of former students and their families; and
  - to educate Canadians.
- Statements can be recorded using typed or handwritten notes, audio and/or visual recordings.
- All statements are voluntary. You do not have to give a statement to the TRC.
- A detailed description of the TRC mandate can be found on the TRC's website ([www.trc-cvr.ca](http://www.trc-cvr.ca)) and in Schedule N of the Indian Residential Schools Settlement Agreement.

**What will happen to my Statement when the TRC has finished its work?**

- The mandate of the TRC includes the creation of a national research centre.
- Your statement, along with other documents submitted by you, will be stored by the TRC for the duration of the TRC's mandate and then transferred to the national research centre, according to any applicable archival and privacy legislation, where it will be preserved and made accessible to the general public so that anyone can learn more about the legacy of Indian Residential Schools.

**Who has ownership over my statement?**

- You own your statement and you can tell it whenever, however and to whomever you like.
- If you allow the TRC to record your statement, you own the story but the TRC will own the recording.
- If you submit your story through writing or art, you own the document, but by signing the consent form, you are allowing the TRC to use it for the purposes described above.

**How will the TRC protect my privacy rights?**

- Personal information included in any statement and documents that you give to the TRC, is protected under the federal *Privacy Act* and the *Access to Information Act*.
- The *Privacy Act*, protects your privacy regarding personal information held by the TRC. It also gives you the right to access your own personal information and to request changes to incorrect information. After giving your statement, you can contact the TRC to access your information, request changes or withdraw your statement.
- The *Access to Information Act*, on the other hand, gives other people such as members of the Canadian public, the right to access records that are held by the TRC, and later by the national research centre; no one can see your personal information without your consent, with certain specific and limited exceptions.
- If you wish to have more information regarding your privacy rights, you can contact the Office of the Privacy Commissioner of Canada at 1-800-282-1376 or visit the website at [www.priv.gc.ca](http://www.priv.gc.ca).

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Indian Residential Schools

# TRUTH AND RECONCILIATION COMMISSION

## Consent Form

Having read and understood the above, please check which of the following you consent to:

- (a) I give the TRC my consent to collect and use my statement on the condition that it is only used internally by the TRC for the purposes of its work.  Yes  No
  - (b) In addition to (a), I give the TRC and the future national research centre my consent to share my statement with the public, excluding personal information (including my name, address, date of birth or other information that might allow me to be identified).  Yes  No
- OR**
- (c) In addition to (a), I give the TRC and the future national research centre my consent to share my statement with the public, including personal information (including my name, address, date of birth or other information that might allow me to be identified).  Yes  No

---

Signature

Date

---

Name (please print)

---

Mailing Address (Street, P.O. Box, City/Town, Province, Postal Code)

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Phone Number

E-mail

Date of Birth (dd/mm/yyyy)(Optional)

**IMPORTANT – If someone helped you with this form or you signed with a mark, please ask the person helping you sign below:**

I certify that the above named individual has read the consent form and understands the content.

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Witness Signature

Date

---

Witness Name (please print)

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Mailing Address (Street, P.O. Box, City/Town, Province, Postal Code)

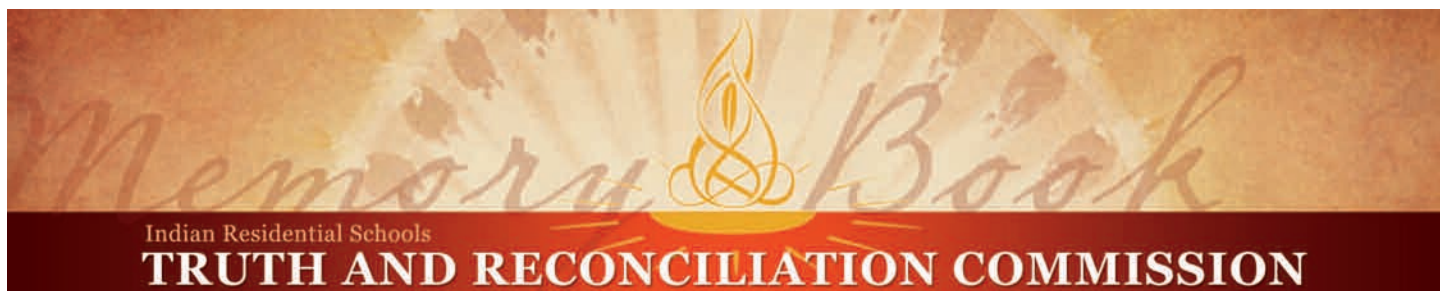
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Phone Number

E-mail

**If you have any questions about this form, please contact the TRC at: 1-866-879-4913.**

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## Personal and Contact Information

As outlined in the Consent Form, this section will ensure your personal information is accurately recorded and that you can be contacted, if necessary. The information is voluntary and confidential. You do not have to complete this section.

First

Middle

Last

**Name:** \_\_\_\_\_

**Other Names:** \_\_\_\_\_

**Mailing Address:**

Street Name \_\_\_\_\_

P.O. Box or RR# \_\_\_\_\_

City or Town \_\_\_\_\_

Province or Territory \_\_\_\_\_

Postal Code \_\_\_\_\_

**Home Phone Number:** \_\_\_\_\_

**Work Phone Number:** \_\_\_\_\_

**Cell Phone Number:** \_\_\_\_\_

**Fax Number:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Gender:** (please circle)

Male

Female

**Date of Birth:** Year/Month/Day      /      /      /

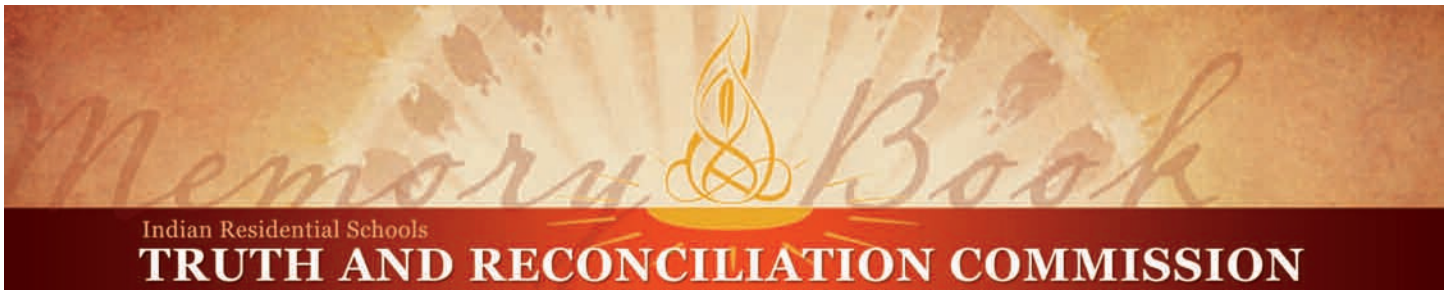
**Would you be willing to be contacted by the Truth and Reconciliation Commission?**

(please circle)

Yes

No

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**What is the best way to contact you?** (please circle)

Home phone

Work phone

Cell phone

Mail

Email

Other: \_\_\_\_\_

**Would it be okay if the Commission left you a telephone message?** (please circle)

Yes

No

**Secondary Contact Information:** For instance, this could be a close friend or family member who will know how to contact you if the Commission can not get a hold of you.

First

Middle

Last

**Name:** \_\_\_\_\_

**Relationship to you:** \_\_\_\_\_

**Home Phone Number:** \_\_\_\_\_

**Work Phone Number:** \_\_\_\_\_

**Cell Phone Number:** \_\_\_\_\_

**Did someone help you fill out this form?** (please circle)

Yes

No

**If someone helped you fill out this form, can you provide the person's contact information:**

First

Middle

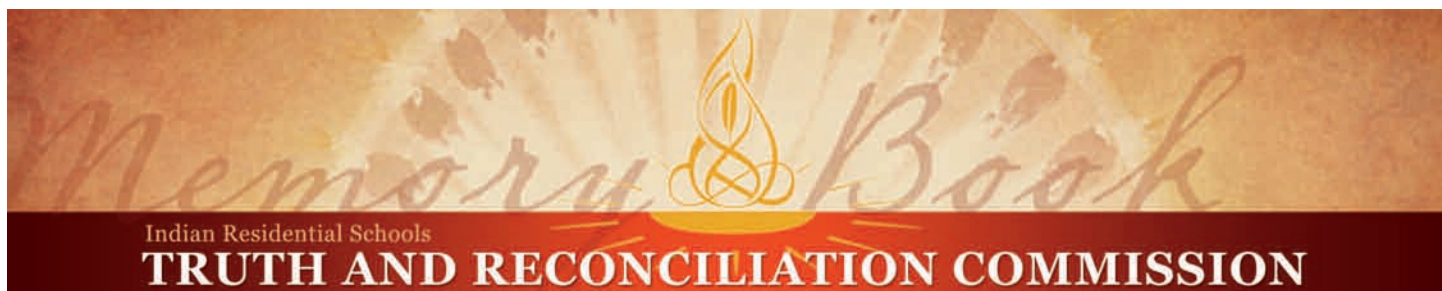
Last

**Name:** \_\_\_\_\_

**Relationship to you:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_





## Additional Information

### Where were you born?

City/Town

Province/Territory

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**What is your connection to Indian residential schools?** For example, were you a student, staff member, coach, and/or did a relative or friend attend or work at a residential school?

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### Which school(s) are you connected to?

Name

Location

Years

Start

End

1. 

---

2. 

---

3. 

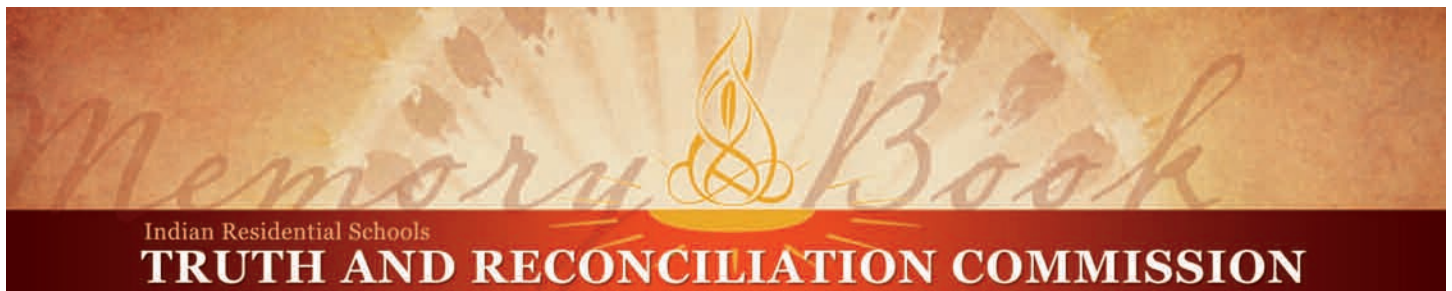
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4. 

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5. 

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## Things to Consider

The *Memory Book* is for all those who have been touched by the legacy of Indian residential schools. This includes former students, their families and communities as well as former staff, church and government officials, experts, and the Canadian public.

The following questions are intended to guide and assist you as you recall your experiences of residential school. You do not have to answer these questions directly, rather they may help you remember details that you may want to include in your statement to the Truth and Reconciliation Commission. Also, some of the questions may not apply to your personal experience or circumstances.

- You may be able to piece together your memory by thinking of certain dates, events, or seasons throughout the year.
- What do you recall about your life before residential school?
- When did you first hear about Indian residential schools?
- What would a typical day at residential school be like for you?
- Were there specific tasks that you were responsible for at the school?
- Do you have any particular memories of people, events, or experiences that stand out in your mind, either good or bad?
- What was it like when you left residential school?
- How has residential school had an impact on who you are today?
- What impact has having family or friends attend or work at a residential school had on you?
- What does Indian residential school mean to you?
- How can Canadians and Aboriginal peoples establish new relations with one another based on mutual understanding and respect?
- What does reconciliation mean to you? How will we know when reconciliation has taken place?

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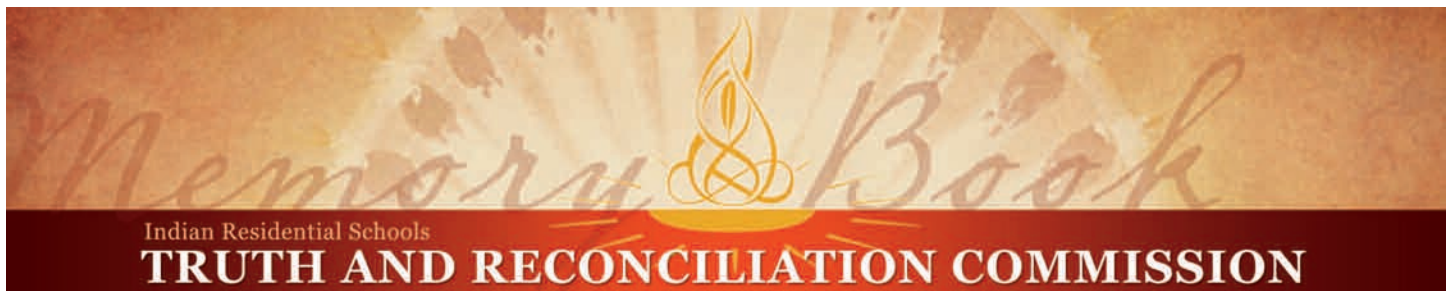












*Meegwetch Tansi  
Nya:Weh Mahsi Cho  
Qujannamiik Thank you  
Merci*

Thank you for taking the time and energy to share your story with the Indian Residential Schools Truth and Reconciliation Commission.

Your contribution will enrich the work of the Commission, will enlighten future generations, and will forge a brighter future based on mutual respect and recognition.

*The truth of our common experiences  
will help set our spirits free and  
pave the way to reconciliation.*

### How to Contact the TRC

**Telephone:** 1-888-872-5554 (1-888-TRC-5554)


**Email:** [info@trc.ca](mailto:info@trc.ca)

**Fax:** (204) 984-5915

**Mail:** Truth and Reconciliation Canada  
1500 - 360 Main Street  
Winnipeg, MB R3C 3Z3

**Website:** [www.trc.ca](http://www.trc.ca)

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Indian Residential Schools

**TRUTH AND RECONCILIATION COMMISSION**

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