Reconciliation is about exploring the past and choosing to build a better future. Many people do not know where to start in this overwhelming process. This quick graphic is meant to be a general guide to help people find where to start the conversation. Reconciliation is about understanding each other, building trust, and creating a better future for us all. We are all Treaty people and we all have a role in reconciliation.

**HEAD**

The Truth and Reconciliation Commission asks Canadians to acknowledge and understand our collective past as a way to understand the present and move us towards a stronger and healthier future.

**A starting point for Reconciliation is to get informed!**

- Read a book, look online, or chat with people about reconciliation!
- Read the 94 TRC Calls to Action
- Attend an event in your community. This is a great way to connect, listen, and learn with your local community.
- Go online! You can also find various resources online at otc.ca. You can also stay current on Twitter, Facebook, or by sign up to our newsletter.

**HEART**

In order for authentic reconciliation to begin, you must truly understand and feel that reconciliation is important and needed in Canada.

**How do you feel about Reconciliation?**

- Look within your heart and write down all the reasons why you personally believe in reconciliation?
- Connect and listen to stories from Elders and community members to understand reconciliation from another perspective.
- Give students, colleagues, and family opportunities to share their feelings on reconciliation.
- Ask yourself what successful reconciliation will look like in a generation.

**HAND**

Reconciliation is a process, not an ending point. When Treaties were signed the handshake was an important symbol noting that they agreed to live together for mutual benefit.

**Reconciliation: It's time to act!**

- Reconciliation is about small and big steps to making change. Think about what you can do today.
- Make a list of ways in which you can move on reconciliation both personally and within the various communities in your life.
- Be an ally and support others who are making change! Make relationships in your community.
- Get started! Be humble, listen but don't be afraid.
- Stay current on twitter and Facebook.

Office of the Treaty Commissioner

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