

# ORANGE SHIRT DAY

*In remembrance and recognition of the experiences of residential school survivors*

**[www.orangeshirtday.org](http://www.orangeshirtday.org)**

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Orange Shirt Day grew out of Phyllis (Jack) Webstad's story of having her shiny new orange shirt taken away on her first day of residential school. It provides an opportunity to keep the discussion on all aspects of residential schools happening annually, and, in the spirit of reconciliation, come together as a community in remembrance and hope for generations of children to come, with the message that "Every Child Matters."



*Phyllis (Jack) Webstad in the 1970s.*

Read Phyllis' story in her own words at [www.orangeshirtday.org/phyllis-story](http://www.orangeshirtday.org/phyllis-story).

## **How to Participate**

Orange Shirt Day is held annually on **September 30**.

Simply wear an orange shirt, or an orange accessory, as a symbol of remembrance. If you're able, join and participate in an Orange Shirt Day event in your community.

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**Connect with OCAD U's  
Indigenous Student Centre**

[ocadu.ca/indigenous-students](http://ocadu.ca/indigenous-students)

Facebook: [@IndigenousStudentCentreOCADU](https://www.facebook.com/IndigenousStudentCentreOCADU)

*This artwork, featuring interlocking hands made to resemble a sweetgrass braid, is by OCAD U alumna Mariah Meawasige, of the Serpent River First Nation.*

## **Content Warning**

*The links below contain resources that describe cases of abuse.*

Look to meet your basic needs to take care of yourself before and after reviewing any of these resources (a snack, a meal, a walk, etc.). If you're able, before and after reviewing this content, please consider talking to someone you trust (should you need it).

OCAD University students may seek support through the Student Wellness Centre:

### **Student Wellness Centre**

416-977-6000, Ext. 260

[studentwellness@ocadu.ca](mailto:studentwellness@ocadu.ca)

230 Richmond Street West, 6th Floor

Monday to Friday, 9 a.m. to 4 p.m.

Walk-in services are available.

### **Should you need to talk to someone immediately:**

- Distress Centre Toronto at 416-408-4357
  - First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310
  - National Residential School Crisis Line: 1-866-925-4419
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## **Learn more about the impacts of Canada's Residential School System and the experiences of its survivors**

**National Centre for Truth and Reconciliation**

**Aboriginal Healing Foundation**

**Deepening Knowledge, OISE**

**Crown-Indigenous Relations and Northern Affairs Canada**