

Personal Stories, Podcasts, Film and Radio		
Resource Title	Duration	Details
Truth and Reconciliation: A Conversation	44 min.	<a href="https://www.islandhealth.ca/news">News (islandhealth.ca)</a>
Kuper Island	8 episodes; 30-53 min. each	<a href="#">Kuper Island   CBC Podcasts   CBC Listen</a>
The Secret Life of Canada	Varies per episode	<a href="#">The Secret Life of Canada Podcasts Listen</a>
The Urbariginal	6 episodes; 24 -37 min. each	<a href="#">The Urbariginal CBC Podcasts Listen</a>
Unreserved with Rosanna Deerchild	Varies per episode	<a href="#">Unreserved Podcasts Listen</a>
Indigenous Peoples and Public Health	25 min.	<a href="#">MEDIA INDIGENA : Indigenous current affairs: Ep. 15: Indigenous peoples and public health (libsyn.com)</a> Encourages health practitioners to be more aware of the larger social, political and historical issues and dynamics that often drive Indigenous health disparities.
Len Pierre Consulting Podcast	6 episodes; 28 – 38 min. each	<a href="#">Len Pierre Consulting Podcast</a>
First Nations, Second Class Care	27 mins.	<a href="#">First Nations, Second-Class Care   CBC Radio</a> A look at why First Nations patients sometimes receive second-class health care in Canada.
National Collaborating Centre for Indigenous Health	Varies by episode	<a href="#">NCCIH Podcast Series</a>
Indigenous Cinema	Varies by film	<a href="#">National Film Board of Canada – Indigenous Cinema</a>

Books & Articles		
Resource Title	Duration	Details
White Women: Everything You Already Know About Your Own Racism by Regina Jackson and Saira Rao	N/A	This book explores how white women can unintentionally contribute to racism, even while seeking to support equity and inclusion. Through reflection, stories, and practical guidance, the authors encourage readers to deepen their awareness and take more meaningful steps toward genuine anti-racist action.

21 Things You May Not Know About the Indian Act by Bob Joseph	N/A	A guide to understanding how the Indian Act has shaped Canada's policies.
Braiding Sweetgrass by Robin Wall Kimmerer	N/A	A blend of Indigenous wisdom and scientific knowledge on sustainability.
Five Little Indians by Michelle Good	N/A	This novel follows five Indigenous children who survive residential school and are thrust into adulthood carrying deep scars from their experiences. Through their intertwined stories, Michelle Good portrays the lasting impacts of colonial violence while highlighting resilience, friendship, and the struggle to find healing.
Ally is a Verb: A Guide to Reconciliation with Indigenous Peoples by Rose LeMay	N/A	This guide helps non-Indigenous readers move from passive support to active reconciliation, offering historical context, personal reflection, and practical steps for meaningful allyship. It emphasizes sustained action and responsibility in fostering equity and combating racism.
Me and White Supremacy by Layla F. Saad	N/A	This book guides readers through a reflective journey to recognize and take responsibility for their own complicity in white supremacy. Through journaling prompts and exercises, Saad encourages honest self-examination and actionable steps toward unlearning harmful behaviors and fostering racial equity.
Medicine Unbundled by Gary Geddes	N/A	This book explores the history of segregated Indigenous healthcare in Canada, revealing experiences of abuse, neglect, and forced medical procedures. It also highlights the resilience of survivors and the ongoing impact of these injustices.
How to Be Anti – Racist by Dr. Ibram X.Kendi	N/A	This book combines memoir, history, and social analysis to show how racism is embedded in society and in individual behaviors. Kendi presents a framework for recognizing, confronting, and actively dismantling racist ideas and policies, encouraging readers to take intentional, anti-racist action in daily life.

True Reconciliation by Jody Wilson-Raybould	N/A	<b>True Reconciliation</b> offers a practical guide to building respectful relationships with Indigenous peoples. Using the framework <b>Learn, Understand, Act</b> , it encourages readers to understand Indigenous histories, reflect on the impacts of colonialism, and take meaningful action. The book emphasizes that reconciliation is a shared responsibility requiring ongoing commitment.
---	-----	---