

November 2025

# Indigenous Education

## Online Newsletter



### Honouring Indigenous Veterans- November 8th

As we approach Indigenous Veterans Day on November 8, we take time to honour and remember the courageous service of First Nations, Inuit, and Métis veterans across Canada. For generations, Indigenous peoples have answered the call to serve in times of war and peace, despite facing systemic barriers and discrimination. Their contributions in World War I, World War II, the Korean War, and peacekeeping missions reflect deep commitment, resilience, and strength.

This day is not only about remembrance, it is about recognition. Many Indigenous veterans returned home to communities where their sacrifices were overlooked, and

their rights diminished. Indigenous Veterans Day is a moment to acknowledge these truths, to uplift their stories, and to continue the journey of reconciliation.

Learn more about the important contribution of Indigenous Veterans:

[Indigenous Veterans Government of Canada](#)  
[Métis Veterans BC](#)  
[People and Stories](#)

### November is Indigenous Disability Awareness Month



This November, we recognize Indigenous Disability Awareness Month (IDAM) in British Columbia. It is a time to honour the strength, resilience, and contributions of Indigenous Peoples living with disabilities. First proclaimed in 2015 by Indigenous Disability Canada/BCANDS, IDAM brings attention to the unique challenges faced by First Nations, Inuit, and Métis individuals with disabilities, and calls for greater inclusion, equity, and accessibility. As we observe this important month, we are reminded of the need to uphold the values of reconciliation and to build communities where everyone can thrive.

For more information:

[Indigenous Disability Awareness Month](#)

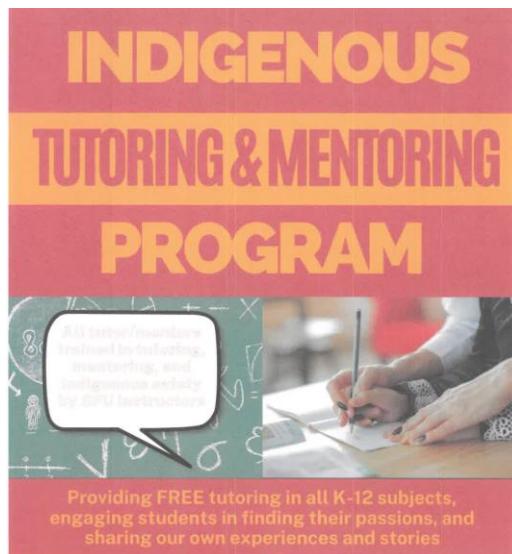
## Resources

Our Indigenous Education Online Support team can connect you with a variety of resources including academic tutors, mentors, mental health supports, and food security supports. Please reach out to a team member at any time.

**Food support:** If your family is in need or you know of another NIDES family that is facing food insecurity, please reach out to our Indigenous Support team or another NIDES staff member. We will help to connect you with support.

### Academic Support:

Visit <https://www.itmp.ca/> for more information.



### Mental Health supports:

KUU-US Crisis Line Society provides crisis services for Indigenous people across BC. Phone (adults and Elders): 250-723-4050 Phone (Youth): 250-723-2040 Phone (toll-

free): 1-800-588-8717 Website: [www.kuu-uscrisisline.com](http://www.kuu-uscrisisline.com).

**Hope for Wellness Help Line** offers immediate mental health counselling and crisis intervention by phone or online chat. Phone (toll-free): 1-855-242-3310 Website: [hopeforwellness.ca](http://hopeforwellness.ca).

**Métis Crisis Line** is a service of Métis Nation British Columbia. Phone: 1-833-MétisBC (1-833-638-4722)

**VictimLink BC** Immediate 24 hours, 7 days a week, crisis support or victims of family or sexual violence. This service also provides information and referrals for all victims of crime. Phone: 1-800-563-0808 Email: [VictimLinkBC@bc211.ca](mailto:VictimLinkBC@bc211.ca)

**Foundry** virtual access provincewide virtual services for youth under 24 and their caregivers. All services are free and confidential, and may be accessed through the Foundry BC app or chat. Phone: (1 833 308-6379) or video calls. <https://foundrybc.ca/virtual/>

**Kids Help Phone** Get 24/7, immediate counselling, support, information and referrals. Phone: 1 800 668-6868 or Text: TALK to 686868 Texting support for adults available by texting TALK to 741741

**1-800-SUICIDE** offers support for those experiencing feelings of distress including thoughts of suicide. This phone line is available in over 140 languages. Phone: 1-800-784-2433

### General Resources:

Métis Nation B.C. <https://www.mnbc.ca/>  
First Nations Health Authority:  
<https://www.fnha.ca/>