

## Minute for Right Relations Have a Heart Day

At the start of the year there was some good news in that an agreement in principle was reached to compensate those harmed by discriminatory underfunding of First Nations Child and Family Services, and to achieve long-term reform of the First Nations Child and Family Services program. This is an important first step – but until it is signed and acted on by the Government of Canada it is only a framework. This year is as important as any other to celebrate ***Have a Heart Day!***

***Have a Heart Day*** is a child and youth-led reconciliation event that brings together caring Canadians to help ensure First Nations children have the opportunity to grow up safely at home, get a good education, be healthy, and be proud of who they are.

This year is ***Have a Heart Day's*** 10th year anniversary!

Due to COVID-19, ***Have a Heart Day*** for 2022 will be commemorated at home or online. The national gathering on Parliament Hill has been canceled in keeping with local health restrictions and many people across Canada are following public health protocols that significantly limit gatherings.

Here are some ideas of how you can celebrate ***Have a Heart Day***:

- **Snow Bear Activity**  
Get outside, and show your support in COVID-safe ways. After learning about why we celebrate Have a Heart Day, we invite you to create snow bears with signs or messages in support of equity for First Nations children.
- **Have a Heart – Send a Valentine**  
Send a Valentine's Day card or letter supporting Have a Heart Day to the Prime Minister and your Member of Parliament. Create your own card or letter or get creative using the letter or colouring pages found here <https://fncaringsociety.com/have-a-heart>
- **Spread the word**  
Post photos of your Have a Heart Day letter, cookies, snow bear or however you choose to celebrate on social media! Use the hashtag #HaveAHeartDay and/or #JourneeAyezUnCoeur. Please follow us @CaringSociety and @SpiritBear on Twitter and @SpiritBearAndFriends on Instagram, and tag us in your festivities for a chance to be featured!
- **Get Cooking**  
Bake some ***Have a Heart Day*** cookies with your group, or family. Find Spirit Bear's Bearcipe cards here [https://fncaringsociety.com/sites/default/files/38363\\_sb\\_recipe\\_cards\\_v3f\\_0.pdf](https://fncaringsociety.com/sites/default/files/38363_sb_recipe_cards_v3f_0.pdf)

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