

About National Indigenous History Month



Learn more about National Indigenous History Month and how you can participate.

June is National Indigenous History Month in Canada, an opportunity to learn about the unique cultures, traditions and experiences of First Nations, Inuit and Métis. It's a time to honour the stories, achievements and resilience of Indigenous Peoples, who have lived on this land since time immemorial and whose presence continues to impact the evolving Canada.

The House of Commons designated June as National Aboriginal History Month in 2009. The name was changed to National Indigenous History Month in 2017.

Mental health support available

This page contains topics that may be distressing to some readers. If you need help, please note there are [Indigenous mental health](#) services available.

2023 weekly themes

Each week will be dedicated to a different theme to highlight specific aspects of Indigenous history, cultures and perspectives. Explore learning resources on each theme:

- June 1 to 6: [Women, girls and 2SLGBTQI+ people](#)
- June 5 to 11: [Environment, traditional knowledge and territory](#)
- June 10 to 18: [Children and youth](#)
- June 19 to 25: [Languages, cultures and arts](#)
- June 26 to 30: [Reconciliation](#)

How to get involved

We encourage you to take some time in June to learn more about First Nations, Inuit and Métis as well as our collective past. Here are a few ideas of how you can get involved and show your support.

Discover stories, traditions and cultures

The best way to gain a deeper understanding of First Nations, Inuit and Métis experiences is through their own voices. Enjoy Indigenous storytelling by picking up a book, attending a show, watching a movie or listening to music from Indigenous artists.

You can also check out the [GC Indigenous](#) Instagram account to learn more about inspiring Indigenous women, 2SLGBTQ+ people, environmentalists, artists, activists, scientists and researchers.

For generations, many Indigenous communities have celebrated their culture on or near June 21, the summer solstice. Learn more [About National Indigenous Peoples Day](#) and how the tradition lives on.

Explore the past and honour the truth

Take the first steps on your educational journey:

- [Learn about Inuit across Canada](#)
- [Learn about Métis across Canada](#)
- [Learn about First Nations across Canada](#)

There is also the [Reconciliation: A Starting Point](#) app you can download on your smart device to learn about Indigenous Peoples in Canada, key historical events and reconciliation initiatives.

Visit the [National Centre for Truth and Reconciliation Commission](#) to learn more about the tragic legacy of residential schools, the experiences of families and Survivors as well as the 94 Calls to action to start the healing process.

Read documents from the [National Inquiry on Missing and Murdered Indigenous Women and Girls](#) and educate yourself about the impacts that colonialism and racism still have today on the lives of Indigenous women and girls as well as on their families and communities.

Learn more about present-day communities

Look at these maps of [Indigenous Peoples and lands](#) to see the First Nations, Inuit and Métis communities around you and the traditional land you live on. Find out more about the significance of land acknowledgment and how you can integrate this practice in your life.

Watch this [video](#) and check out this [infographic](#) for an overview of population statistics for First Nations people, Inuit and Métis in Canada from the 2021 Census. Statistics Canada also offers a wide range of data on various subjects related to [Indigenous peoples](#).

Show your support

All month long, individuals, communities and organizations will showcase First Nations, Inuit and Métis historic figures, leaders and cultures on social media with the hashtag #NIHM2023. [Join the conversation](#) and share what resonates with you!

Help spread the word about National Indigenous History Month. Use our downloadable images such as:

- [Posters](#)
- [Social media images](#)
- [Phone background](#)
- [Meeting background](#)

Related links

- [About National Indigenous Peoples Day](#)
- [Understanding the National Day for Truth and Reconciliation](#)