

## STA Counsellors – Handbook of Mindfulness in Education

With a desire to learn more about the Indian Act, its historic impact, and its ongoing implications, a group of us decided to read *21 Things You May Not Know About the Indian Act*, written by Bob Joseph. As we read through the book, we were able to come together multiple times throughout the year, to share our lunch and learning. Rich discussions ensued as we worked to understand the impact of the Indian Act both past and present, and what that means as we consider Truth and Reconciliation today. Many thanks to the STA, for assisting us in our journey, learning, and unlearning, as we work to understand our history and current context as settlers living, working, and playing in the traditional territories of the W'SANEC people.