



First Nations Health
Directors Association

Sharing experience for community wellness



Red Dress Day - May 5th, 2024

Dear Members of the FNHDA,

As we approach a pivotal day of remembrance and advocacy in our collective history. With the utmost respect and reverence for the protocols of our First Nations communities, attention to the significance of **Red Dress Day**, also known as the **National Day of Awareness for Missing and Murdered Indigenous Women and Girls (MMIWG)** and Two-Spirit People on **May 5, 2024**.

Red Dress Day stands as a solemn reminder of the systemic injustices faced by our Indigenous women, girls, and Two-Spirit individuals. It serves as a platform to honor the lives lost, acknowledge the unresolved cases, and advocate for action to address the alarming rates of violence and disappearance within our communities.

The history of MMIWG and Two-Spirit People is fraught with heartache and unspoken truths deeply rooted in a legacy of colonialism, racism, and systemic neglect. For far too long, these injustices have persisted, casting shadows on the lives of our loved ones and the integrity of our communities.

This day of awareness is a symbol and a call to action. As leaders in health and wellness within our communities, it beckons us to stand in solidarity, amplify the voices of the marginalized, and advocate for meaningful change. It requires us to address the underlying societal issues that perpetuate violence and discrimination against Indigenous women, girls, and Two-Spirit People.

As Health Director Members of the First Nation Health Director Association, your dedication to promote holistic wellness and cultural competency is a beacon of hope and resilience.

In commemorating Red Dress Day, here are some suggestions:

1. Honor the lives lost and those affected by displaying a red dress, ribbon, or accessory on this day.
2. Educate and raise awareness within your respective communities about the history and significance of MMIWG and Two-Spirit People.
3. Advocate for resources, policies, and initiatives that address the root causes of violence and support the healing and safety of Indigenous women, girls, and Two-Spirit People.
4. Collaborate with community leaders, stakeholders, and organizations to foster a supportive and inclusive environment for those affected.

Let us unite our efforts in fostering a future where our Indigenous women, girls, and Two-Spirit People can thrive without fear, prejudice, or violence.

We acknowledge and honor our communities' strength, resilience, and enduring spirit as we come together to remember, advocate, and instigate change on Red Dress Day.

In solidarity,

FNHDA



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