

February 14th is Valentine's Day. It is a time to show that we have a heart and shower those near and dear to us with love, cards, chocolates and flowers. The BC Federation of Retired Union Members (BC FORUM) is asking that you add to that list to help ensure First Nations children have the services they need to grow up safely at home, get a good education, be healthy, and be proud of who they are.

The First Nations Child and Family Caring Society of Canada has designated February 14th as "Have a Heart Day". On that day children and young people will be gathering on Parliament Hill to celebrate this child and youth reconciliation campaign to help ensure First Nations children get the childhood they deserve.

It is easy to participate in "Have a Heart Day". All you need to do is to send a Valentine or a post card to Prime Minister Trudeau and your MP telling them to take steps to ensure First Nations children and their families have equitable opportunities to grow up safely at home, be healthy, get a decent education, celebrate their languages and cultures and achieve their dreams. (And this can be done postage free)

The First Nations Child and Family Caring Society is led by the brave and remarkable advocate and activist Dr. Cindy Blackstock. She was one of the speakers at the 2016 BC Federation of Labour Convention.

If you would like further information please go to <https://fncaringsociety.com>

In Solidarity,

Diane Wood

President

BC Federation of Retired Union Members

(BC FORUM)