



First Nations Health Authority  
Health through wellness

# International Overdose Awareness Day

**A Time to Remember. A Time to Act.**

In BC, we have been responding to the overdose crisis for over five years. Tragically, our loved ones continue to die in growing numbers due to toxic drugs. Tainted and unpredictable drugs have been flooding the illicit drug market. People from all walks of life are dying – our sisters, fathers, aunties, uncles, mothers, cousins, brothers and friends. Every day we are losing more people that we love.

August 31 is [International Overdose Awareness Day](#), the world's largest annual campaign to end overdose. It is a day dedicated to remembering without stigma the people who have died, and to acknowledge the grief of the family and friends left behind. It is a time to remember and a time to act.



## **APPLY FOR A \$1,000 GRANT TO HOST AN EVENT**

The FNHA is offering community-based grants of up to \$1,000 to hold an event, gathering or ceremony on (or around) International Overdose Awareness Day. These grants are intended to hold up the good work needed to honour the loved ones we've lost, remember their stories, encourage conversations, and reduce stigma.

Who can apply for the grant? All First Nation communities, urban-based health and social organizations that provide wellness services to Indigenous people, and correctional facilities located in BC.

### SOME IDEAS FOR EVENTS OR ACTIVITIES

The \$1,000 grant can be used to support an event, gathering or ceremony that relates to the toxic drug crisis and reflects the unique needs of your community or group. Some ideas for the day could include, but are not limited to:

- Grief and loss supports or circles
- Education sessions and/or speakers
- Community meal with guest speakers
- Ceremony
- Commemorative space or public art (e.g., mural, carving, plaque, sculpture, a garden space)
- Community event where everyone is welcomed together in a safe space
- Training session on how to use naloxone to save lives
- Cultural gathering to share teachings
- Create and share medicine bundles
- Candlelight vigil
- Collage of videos and pictures of loved ones who have died
- Designate a space for a memorial to remember lost loved ones
- Support harm reduction conversations



### HELPFUL RESOURCES

- [FNHA's Harm Reduction Campaign](#)
- [FNHA's Harm Reduction Web Section](#)
- [Thunderbird Partnership Foundation's Harm Reduction Fact Sheet](#)
- [Manitoba Harm Reduction Network Website](#)
- [Moms Stop the Harm Website](#)
- [Toward the Heart Website](#)