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**Black Press Truth and reconciliation**

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"We heard about deaths in the schools, we heard about abuse in the schools," Thira said. "We want to create a tool for communities to prepare spiritually. There are people who thought they were ready to share their story, but then they couldn't."

The commission will be coming to B.C. first, she said, so B.C. First Nations communities need to prepare to take part.

"(Delegates) said the commission has to come to every community. Each and every person has to speak," she said. "They said you can't force reconciliation... reconciliation is a long-term process."

The Prince George session was the fourth held in B.C. Others were held in Terrace, Vancouver and Kamloops.

"Being survivors, they've always been victims in these types of processes. Our goal is to help empower survivors and create a measure of peace in their lives."

Adeh Dene Healing Camp Society coordinator Margo Sagalong said her agency partnered with the survivor's society to help inform residents of rural aboriginal communities.

"We felt that nobody knew about this Truth and Reconciliation Commission. People in isolated areas don't know what's going on."

Prince George residents Nelly Prince and Rosie Sam said the forum reminded them they are not alone on their healing journey.

"We were at the day schools on the reserve, and they were just as bad, so we can relate," Prince said. "Lots of people have just started their healing journeys. A lot couldn't talk about it yet. It's tough, they can't trust anyone."

Sam said for many years First Nations people didn't talk about what happened to them in residential and day schools.

"Lots of people are struggling. I learned something from it and heard a lot of different stories."

For more information about the Indian Residential Schools Truth and Reconciliation Commission, go online to [www.trc-cvr.ca](http://www.trc-cvr.ca).

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