

# Cultural Humility Training



ABORIGINAL  
FRIENDSHIP  
CENTRES OF  
SASKATCHEWAN  
CENTRES

## Information Package

**ACCOUNTABLE | CULTURALLY AWARE | INCLUSIVE | RESPECT**

*AFCS is located on Traditional Treaty 6 Territory and Homelands of the Métis People. Our centres serve all of Saskatchewan which resides on Métis Homelands and Treaties: 2, 4, 5, 6, 8, and 10.*

# ABOUT

The Aboriginal Friendship Centres of Saskatchewan (AFCS) have heard from communities that creating a stronger relationship with the health care field was integral to ensuring that all cultures and specifically Indigenous community members receive high quality health services. The ultimate goal is to bridge the gap between the Indigenous community and the health care field.

AFCS modeled its training after the highly successful St. Johns First Light Friendship Centre training and amended it to be Saskatchewan specific. This project aims to implement a one-day training course for health services providers in Saskatchewan, to ensure all cultures and specifically Indigenous community members receive high quality health services. The current relationship is strained, with many health care facilities generally viewed as culturally unsafe.

Our goals include that initially, health system partners will have increased capacity to create culturally safe and inclusive health services for racialized and marginalized communities. Then, health system partners will apply this knowledge to create culturally safe and inclusive health services. Finally, health system partners will provide inclusive and culturally safe health services for racialized and marginalized communities.

# TRAINING OVERVIEW

## 8 HOUR TRAINING

\$100/person  
5 to 25 people  
In-person

NOT YET  
AVAILABLE

- Comprehensive session focuses on engagement and participation includes activities and videos
- Many opportunities for experiential learning
- Recommended for anyone working in the service field or with Indigenous clients

## 3 HOUR TRAINING

\$55/person  
5 to 50 people  
In-person

FREE

- A more in-depth introduction to Indigenous groups in Saskatchewan, history and culture
- Some time for questions and answers
- Recommended for anyone looking to further their learning on the Indigenous cultures in the province

## 1 HOUR TRAINING

\$30/person  
5 to 100 people  
In-person

NOT YET  
AVAILABLE

- Brief introduction to Indigenous groups and history
- Lecture format
- Recommended for workshops, conferences or post-secondary classes

# TOPICS COVERED

TOPICS	7 HOUR	3 HOUR	1 HOUR
Cultural Humility	Yes	Yes	Yes
Understanding Culture	Yes	Yes	
Statistics & Terminology	Yes	Yes	Yes
Indigenous Groups	Yes	Yes	Yes
Symbols, Ceremonies & Elders	Yes	Yes	
Colonization & the Indian Act	Yes	Yes	
Indian Residential Schools & Hospitals	Yes	Yes	Yes
Canada's Food Guide	Yes	Yes	
Intergenerational Trauma	Yes	Yes	Yes
Cultural Appropriation & Tokenism	Yes		
Cultural Insensitive Phrases	Yes		
Stereotypes & Myths	Yes		
Racism in the 21st Century	Yes	Yes	
Truth & Reconciliation	Yes		
Indigenous Children in Care	Yes		
Mental Health & Corrections	Yes		
MMIW2ST	Yes	Yes	
Applying Your Knowledge	Yes	Yes	
Handling Sensitive Topics	Yes	Yes	
Celebrating Culture & Building	Yes	Yes	
Relationships	Yes	Yes	
Experiential Learning Activities	Yes	Yes	
Participant Questions	Yes	Yes	

Note: It may take up to 5 business days to receive the certificate by email

# TOPICS COVERED

## NUMBER OF PARTICIPANTS

Our training sessions can host the following number of people:

7 hour: Up to 25 people

We can accommodate small groups (less than 10).

## IN-PERSON SESSIONS

Currently, all sessions will be held in-person at the Friendship Centre nearest you unless for a reason that is out of our hands. The facilitators will arrive a half hour ahead of time to prepare for the training.

## VIRTUAL SESSIONS

At this time, virtual sessions are not offered.

## BOOKING

Please reach out to Melody Wood at [mwood@afcs.ca](mailto:mwood@afcs.ca) and we help you or connect you to the the Friendship Centre nearest you and the contact for Cultural Humility Training.

## PAYMENT

Until March 31, 2024, any and all sessions delivered will be free of charge. After that date, regular fees will apply.

# BOOKING CHANGES

## CLIENT CHANGES

Notification of changes to confirmed bookings, send to AFCS.

## CANCELLATION

If the client needs to cancel, please do so as early as possible in advance. The training may be scheduled to a later date that works for both parties.

## INCLEMENT WEATHER

Living and working in Saskatchewan means training may be impacted by the weather. Reschedule if the forecasted weather may affect the safety of the participants as early as possible in advance. The training may be scheduled at a later date that works for both parties.

## AFCS CHANGES

Notification of any changes will be sent to the client booking contact.

## RESCHEDULING

Outside of inclement weather, if AFCS needs to reschedule, we will notify the client as early as possible in advance. The training will be scheduled at a later date that works for both parties.


Plains Cree – ay hay  
Swampy Cree – ay hay  
Woodland Cree – Thī  
Saulteaux – mīkwec  
Inuit – nakurmiik  
Dakota – pidamayaye  
Lakota – wopila  
Nakoda – pinamaya  
Dene – mahsi cho  
Metis – maarsii


Thank you!



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