

# 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.*

# TRAINING OVERVIEW

## 7 HOUR TRAINING

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

- 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

- 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

- 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	
Residential Schools	Yes	Yes	Yes
Confederation	Yes	Yes	
Intergenerational Trauma	Yes	Yes	Yes
Cultural Appropriation & Tokenism	Yes	Yes	
Cultural Insensitive Phrases	Yes	Yes	
Stereotypes & Myths	Yes	Yes	
Racism in the 21st Century	Yes	Yes	
Truth & Reconciliation	Yes		
Indigenous Children in Care	Yes		
Mental Health & Corrections	Yes		
MMIW2ST	Yes		
Applying Your Knowledge	Yes		
Handling Sensitive Topics	Yes		
Celebrating Culture & Building	Yes		
Relationships	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; 3 hour: Up to 50 people; 1 hour: Up to 100 people

Small groups (less than 10) may be asked to share their booking with another small group. If you want to attend as an individual or a pair, sign up to be notified of upcoming public sessions [here](#).

## 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 check out the [AFCS website](#) for the Friendship Centre nearest you and the contact for Cultural Humility Training.

## PAYMENT

A quote based on estimated participants will be sent during booking confirmation. Quotes will be calculated on the standard rate, unless otherwise identified. The client can update the participant number up to 24 hours prior to training. The final number will be based on the last number provided, unless the training participant number exceeds this, in which case the actual number of participants will be invoiced. Invoices will be sent within five days of the training.

# BOOKING CHANGES

## CLIENT CHANGES

Notification of changes to confirmed bookings, send to AFCS.

## CANCELLATION

The client may cancel training without charge up to 10 days prior to the scheduled training or the client will be invoiced for the estimated number of participants and the training may be scheduled to a later date.

## 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 at least two days prior to the session at a future date that works for both parties. If not within two days prior, the client will be invoiced for the estimated number of participants and the training may be scheduled to a later date.

## NUMBER OF PARTICIPANTS

If the client's last provided number of participants falls below a training's participant minimum, the session will be cancelled or rescheduled. In this case the guidelines listed above will be followed.

## 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 with 7 days notice and reschedule at a day and time that works for both parties and provide a discount. If no notification is received, the session will be provided to the client at no charge at a date and time 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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