

# Cultural Humility Training

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

Cultural Humility is a practice, not a presentation. Time determines how deeply participants can reflect, unlearn, and apply. The 7-hour session builds capacity; the 3-hour session builds awareness.

## **7 Hour Deep Dive Training**

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- The 7-hour Cultural Humility training is designed for organizations ready to move beyond awareness.
- Transformational learning focused on engagement, participation and discussion.
- Best for leadership teams committed to systems change, managers and any service providers working directly with Indigenous clients.
- Participants engage in deep-reflection, applied learning, and practical tools to embed Cultural Humility into policies, practices, and leadership approaches .

## **3 Hour Foundations Training**

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- Participants will build foundational awareness, explore colonial systems and lived realities of Indigenous Peoples in Canada & SK.
- Best for front-line staff & volunteers and organizations early in their reconciliation journey.
- Participants leave with practical insights that they can apply immediately in their roles.

## **1 Hour Information Session**

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- Brief introduction to Cultural Humility Training.
- Recommended for those seeking to know more about our training.

# Topics Covered

TOPICS	7 Hour	3 Hour
Cultural Humility & Cultural Competency	✓	✓
Understanding Culture & Cultural Safety	✓	✓
Statistics & Terminology	✓	⚠
Indigenous Groups in Canada & SK	✓	✓
Four Sacred Medicines	✓	✓
Symbols, Ceremonies & Elders	✓	⚠
Colonization & the Indian Act	✓	⚠
Residential Schools Era & Indian Hospitals	✓	✓
Confederation	✓	✗
Intergenerational Trauma	✓	✓
Trauma Informed Care	✓	✓
Cultural Appropriation & Tokenism	✓	✗
Culturally Insensitive Phrases	✓	✗
Stereotypes & Myths	✓	✗
Racism in the 21st Century	✓	✓
Truth & Reconciliation	✓	⚠
Indigenous Children in Care	✓	⚠
Mental Health & Corrections	✓	⚠
MMIW2ST & 60s Scoop	✓	⚠
Applying Your Knowledge	✓	✓
Indigenous Allyship	✓	✓
Understanding Privilege	✓	✓
Experiential Learning Activities	✓	✗
Certificate & Resource List	✓	✓



**In-depth**



**Limited in capacity**



**Not covered**

# Additional Information

## Number of Participants

Our training sessions can host the following number of people:

- **7 hour and 3 hour:** Minimum of 5 participants and up to 25 people.
- **1 hour:** Up to 100 people.
- **Individuals or small groups:** We have open session posted on our webpage calendar every month.

## 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

[training@afcs.ca](mailto:training@afcs.ca)

306-955-0762

## Payment

Pricing will be discussed based on organization and number of participants. Invoices will be sent out after training. Payment due within 30 days of invoice date.

# Booking Changes

## Client Changes

Notification of changes to confirmed bookings, send to AFCS.

## Cancellation

The client may cancel training with a minimum notice of 3 business days to receive 100% refund. Cancellations made less than 3 business days will not receive any refund and invoice will be sent on estimate numbers.

## 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. Training may also be rescheduled due to any weather conditions that may risk facilitator or participants safety on the day of training.

## Number of Participants

If the client's last provided number or 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.

# Cost of Training

## Non-Profit Organizations

7 Hour Training	\$100/Person
3 Hour Training	\$55/Person
1 Hour Training	\$30/Person

## Provincial & Municipal Government

7 Hour Training	\$150/Person
3 Hour Training	\$100/Person
1 Hour Training	\$40/Person

## Federal Government & Corporations

7 Hour Training	\$200/Person
3 Hour Training	\$110/Person
1 Hour Training	\$50/Person

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!

For further information or to book a training session, please contact us at:  
[training@afcs.ca](mailto:training@afcs.ca)