



**AFCS**

Aboriginal Friendship  
Centres of Saskatchewan

# Cultural Humility Training



ABORIGINAL  
FRIENDSHIP  
CENTRES OF  
SASKATCHEWAN  
CENTRES

## Resources 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.*

# Cultural Humility Training Participant Package

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## Applying Your Knowledge

# Resources

These resources are meant to encourage you to further your knowledge on Indigenous cultures and are meant to complete our Cultural Humility training. We appreciate your commitment to becoming more culturally humble. Please use these resources to further your education on the Indigenous groups in our province.

### Websites:

- Aboriginal Friendship Centres of Saskatchewan: [www.afcs.ca](http://www.afcs.ca)
- National Association of Friendship Centres: [www.nafc.ca](http://www.nafc.ca)
- The National Centre for Truth & Reconciliation: [www.nctr.ca](http://www.nctr.ca)

### QR Code Links:



**National Inquiry into  
Missing and Murdered  
Indigenous Women and Girls  
Two Spirit and Trans People**



**Truth and Reconciliation  
Commission of Canada:  
Calls to Action**



**United Nations  
Declaration  
on the Rights of  
Indigenous Peoples**

## Applying Your Knowledge

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- University of Oregon (2021), What is Cultural Humility? The Basics, Accessed August 18, 2023 <<https://inclusion.uoregon.edu/what-cultural-humility-basics>>
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- Métis National Council (2023), About Us, Accessed August 18, 2023, <<https://www.metisnation.ca/about/about-us>>
- Inuit Tapiriit Kanatam (2016), Inuit History and Heritage, Accessed August 18, 2023, <[https://www.itk.ca/wp-content/uploads/2016/07/5000YearHeritage\\_0.pdf](https://www.itk.ca/wp-content/uploads/2016/07/5000YearHeritage_0.pdf)>
- Office of the Treaty Commissioner (2020), Treaty Boundaries, Locations of First Nations, and Treaty Sites in Saskatchewan, Accessed August 18, 2023, <[http://www.otc.ca/ckfinder/userfiles/files/treatymap\\_large.pdf](http://www.otc.ca/ckfinder/userfiles/files/treatymap_large.pdf)>
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## Applying Your Knowledge

# Resources

### Videos:

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- Jay Smooth (2008, July 21) How To Tell Someone They Sound Racist [Video]. YouTube. <https://www.youtube.com/watch?v=b0Ti-gkJiXc>

## Applying Your Knowledge

# Resources

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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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