



Stepping Stones: Resources for Indigenous Health, Wellness, and Reconciliation

# COURSE RESOURCES

BE WHAT THE WORLD NEEDS

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UNIVERSITY OF SASKATCHEWAN  
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## Introduction

The course resources provided below are part of the *Stepping Stones: Resources for Indigenous Health, Wellness, and Reconciliation* webpage hosted by the University of Saskatchewan (USask) Health Sciences. The learning opportunities referenced there and in this document have been provided to help meaningfully address current health inequalities rooted in colonization and systemic racism.

*Stepping Stones* materials are intended for people seeking to develop or enhance their understanding of — and approaches to — health and wellness through an Indigenous lens. Curated and annotated by a USask development team, these resources foster compassionate and respectful interactions through increased awareness, deeper understanding, and thoughtful consideration. It is the development team's understanding that community members, Elders, and Knowledge Keepers have contributed to the experiences, resources, and courses listed here or that those responsible for developing these materials did so with community involvement.

**Follow the stepping stones to Indigenous health and wellness that resonate with you and self-direct your unique journey towards more appropriate, equitable, inclusive, and caring interactions.**

### *Additional resources and more information*

To learn more — or to access additional resource lists from this archive focussed on videos and webinars, readings, websites, activities, and instructor resources — visit the *Stepping Stones: Resources for Indigenous Health, Wellness, and Reconciliation* webpage located at <https://healthsciences.usask.ca/steppingstones>.

## Learning opportunity guide

Descriptions of how the resources provided in this document have been categorized to reflect learning opportunities associated with Attitudes (A), Skills (S), and/or Knowledge (K) are provided below.

### *Attitudes*

**These *Stepping Stones* resources explore:**

- traditional cultural practices, beliefs, and Indigenous health models, as well as seeing ***One Health*** as *our* health **(A1)**;
- accepting your 50 per cent in all relationships **(A2)**;
- the diversity and individuality of communities in order to better support unique community needs **(A3)**;
- the value, integrity, authenticity, and emotional commitment related to your professional role **(A4)**; and

- how cultural humility, cultural safety, and cultural training can enhance your practice to deliver appropriate and responsive care **(A5)**.

### *Skills*

**These *Stepping Stones* resources provide opportunities to practice and further develop:**

- self-awareness through ongoing and guided reflecting **(S1)**;
- cultural humility **(S2)**;
- relationship-building skills **(S3)**; and
- being a resilient collaborator and partner in care **(S4)**.

### *Knowledge*

**These *Stepping Stones* resources provide:**


- a positive and “wholistic” approach to care which respects traditional cultural practices, beliefs, and Indigenous health models **(K1)**;
- strategies to promote health and wellness in Indigenous communities, such as community-based programs **(K2)**;
- strategies to maintain positive mental health while working in and with communities **(K3)**;
- a growing toolkit to support cultural responsiveness, anti-oppressive, and anti-racist care in professional settings **(K4)**;
- the recognition that social determinants impact health outcomes and disparities **(K5)**; and
- an awareness of the intersection of Western science and Indigenous knowledge **(K6)**.


## Course resources list

The courses listed below are organized from shortest to longest. Any courses which have associated fees or are offered by a college or school as a learning component of a particular program are listed at the bottom.

Title, link, and associated learning opportunities	Resource annotation	Details	Notes
<p><b><u>SITE 1.3: Reconciliation in Action</u></b>  <b>A</b> (1 to 4)  <b>S</b> (1, 3, 4)  <b>K</b> (1, 2, 5, 6)</p>	<ul style="list-style-type: none"> <li>• 2-week online workshop (2 hours per week).</li> <li>• Interprofessional event offered annually through the University of Saskatchewan Health Sciences.</li> </ul>	<p><b>Provider:</b> University of Saskatchewan Health Sciences  <b>Platform:</b> <a href="#">IPECT</a>  <b>Audience:</b> University of Saskatchewan health science learners  <b>Cost:</b> Free</p>	
<p><b><u>Seven Generations</u></b>  <b>A</b> (1, 3, 4, 5)  <b>S</b> (1, 2, 3, 4)  <b>K</b> (1, 2, 3, 4, 5)</p>	<ul style="list-style-type: none"> <li>• 6-hour online workshop (self-paced, non-facilitated).</li> <li>• Aims to improve health outcomes by strengthening cultural safety, competency, and humility.</li> </ul>	<p><b>Provider:</b> Island Health  <b>Platform:</b> BC Provincial Health Services Authority Learning Hub  <b>Audience:</b> General Vancouver Island residents  <b>Cost:</b> Free</p>	
<p><b><u>Aboriginal Worldviews and Education</u></b>  <b>A</b> (1, 3, 4)  <b>S</b> (3)  <b>K</b> (4)</p>	<ul style="list-style-type: none"> <li>• 13-hour online course developed in 2013 (introductory, self-paced).</li> <li>• Explores Indigenous ways of knowing by providing</li> </ul>	<p><b>Provider:</b> University of Toronto  <b>Platform:</b> <a href="#">Coursera</a></p>	

	<p>knowledge about Aboriginal education (historical, social, and political) and terminology in Aboriginal worldviews (cultural, spiritual, and philosophical), in addition to how Aboriginal worldviews may inform professional programs and practices.</p> <ul style="list-style-type: none"> <li>• Subtitles available in various languages.</li> </ul>	<p><b>Audience:</b> Introductory Indigenous and non-Indigenous learners</p> <p><b>Cost:</b> Free without certificate</p>	
<p><b><u>Indigenous Canada</u></b></p> <p><b>A</b> (1, 2) <b>S</b> (3) <b>K</b> (4)</p>	<ul style="list-style-type: none"> <li>• 12-week (21 hours) introductory online course (self-directed).</li> <li>• Includes worldviews from the Intuit, Nehiyawak, Kanien:Keha'ka, and Tlingit peoples.</li> <li>• Learners are introduced to the importance of storytelling and explore history (chronological events up to and including the fur trade, treaties, the Indian Act, impact of residential schools, the creation of the Truth and Reconciliation Commission, threats to Indigenous lands, communities, social movements, and art).</li> </ul>	<p><b>Provider:</b> University of Alberta</p> <p><b>Platform:</b> <a href="#">Coursera</a></p> <p><b>Audience:</b> Introductory with no specification</p> <p><b>Cost:</b> Free without certificate</p>	

<p><b><u>Reconciliation Through Indigenous Education</u></b></p> <p><b>A</b> (1, 4)  <b>S</b> (3)  <b>K</b> (2, 4)</p>	<ul style="list-style-type: none"> <li>• 6-week course, 2-4 hours per week (unmoderated, instructor-paced, American-based).</li> <li>• Through interactions with Elders, educational leaders, and learning resources, learners will gain insight on how to thoughtfully and respectfully strengthen relationships with Indigenous Peoples by changing institutional structures, practices and policies as well as various ideologies.</li> <li>• Includes colonial histories, current realities, and approaches to incorporating Indigenous worldviews in classrooms, organizations, and communities.</li> <li>• Regularly updated.</li> </ul>	<p><b>Provider:</b> University of British Columbia</p> <p><b>Platform:</b> <a href="#">edX</a></p> <p><b>Audience:</b> People interested in intermediate education, teacher training, or building knowledge</p> <p><b>Cost:</b> Free without certificate</p>	
<p> <b>Equity, Diversity, and Inclusion (EDI) 1</b></p> <p><b>A</b> (4, 5)  <b>S</b> (1, 2, 3, 4)  <b>K</b> (1, 3, 4)</p>	<ul style="list-style-type: none"> <li>• 10-hour introductory online workshop module. Check availability with University of Saskatchewan Health Sciences.</li> <li>• In addition to learning how one can practice inclusion in a small team setting, learners are introduced to EDI terminology</li> </ul>	<p><b>Provider:</b> University of Saskatchewan</p> <p><b>Platform:</b> <a href="#">IPECT</a></p> <p><b>Audience:</b> Anyone</p> <p><b>Cost:</b> Free</p>	

	<p>and learn the importance of the topic through historical contexts.</p> <ul style="list-style-type: none"> <li>Learners are guided through self-reflections.</li> </ul>		
<p> <b>Communication 1</b></p> <p><b>A</b> (4, 5) <b>S</b> (1, 2, 3, 4)</p>	<ul style="list-style-type: none"> <li>10-hour introductory online course. Check availability with University of Saskatchewan Health Sciences.</li> <li>Learners have the opportunity to develop and practice communication skills in a small team setting.</li> <li>Recognition that effective communication is a learned skill that is improved through repeated practice and feedback.</li> <li>By completing practice activities, learners are better equipped to communicate in personal and professional environments.</li> </ul>	<p><b>Provider:</b> University of Saskatchewan</p> <p><b>Platform:</b> <a href="#">IPECT</a></p> <p><b>Audience:</b> Anyone</p> <p><b>Cost:</b> Free</p>	
<p><b><a href="#">KIN 306</a></b></p> <p><b>A</b> (1, 2, 4) <b>S</b> (1, 3, 4) <b>K</b> (1, 2, 3, 4, 5)</p>	<ul style="list-style-type: none"> <li>Term 2, in-person course (includes <a href="#">SITE 1.3</a>).</li> <li>Uses a holistic approach to introduce learners to Indigenous wellness by</li> </ul>	<p><b>Provider:</b> University of Saskatchewan</p> <p><b>Platform:</b> <a href="#">Canvas</a></p> <p><b>Audience:</b> Restricted to third-year University of</p>	

	engaging in the physical, emotional, mental, and spiritual aspects of Indigenous health, physical health, and well-being.	Saskatchewan Kinesiology learners <b>Cost:</b> Part of the curriculum	
<p><b><u>Northern Quebec: Issues, Spaces and Cultures</u></b></p> <p><b>A</b> (1, 3) <b>S</b> (3) <b>K</b> (2, 4)</p>	<ul style="list-style-type: none"> <li>• 7-week, online course, 4 hours per week (introductory, non-credited).</li> <li>• <b>French</b> (Winter) and <b>English</b> (Fall) offerings.</li> <li>• Learning will include socio-political issues of Northern Quebec focusing on the diversity of cultures, lands, and perspectives of territorial development and socio-political evolution.</li> </ul>	<p><b>Provider:</b> Institute nordique du Québec</p> <p><b>Platform:</b> <b>Brio</b></p> <p><b>Audience:</b> Anyone interested in learning about the Northern Quebec territory's history, societies, and challenges</p> <p><b>Cost:</b> Free</p>	
<p><b><u>Building an Awareness of Cultural Humility</u></b></p> <p><b>A</b> (1, 3, 4, 5) <b>S</b> (1, 2, 3,4) <b>K</b> (1, 4, 5, 6)</p>	<ul style="list-style-type: none"> <li>• 8-week online course (~10 hours total).</li> <li>• Addresses five topics: the effect of beliefs and culture on communication with others; racism in health care; residential schools and intergenerational trauma; relationship building and communication strategies to enhance cultural safety; and advocating for cultural</li> </ul>	<p><b>Provider:</b> University of Saskatchewan</p> <p><b>Platform:</b> <b>Canvas</b></p> <p><b>Audience:</b> University of Saskatchewan health science learners or non-medically trained health service staff</p> <p><b>Cost:</b> \$150 + GST</p>	



	<p>responsiveness and anti-racism for Indigenous Peoples.</p> <ul style="list-style-type: none"> <li>• Self-paced activities that include discussion boards and a reflection component.</li> </ul>		
<p><b><u>The Role of Practitioners in Indigenous Wellness</u></b></p> <p><b>A</b> (1, 2, 3, 4, 5)  <b>S</b> (1, 2, 3, 4)  <b>K</b> (1, 2, 3, 4, 5, 6)</p>	<ul style="list-style-type: none"> <li>• 12-week online course with discussions boards and a reflection component (less than 48 hours, self-paced).</li> <li>• Online delivery is presented through the voices and stories of leaders in Indigenous healthcare.</li> <li>• Designed to equip healthcare professionals with the knowledge to offer interdisciplinary support to an Indigenous patient population.</li> </ul>	<p><b>Provider:</b> University of Saskatchewan</p> <p><b>Platform:</b> <a href="#">Canvas</a></p> <p><b>Audience:</b> Healthcare providers</p> <p><b>Cost:</b> \$250 + GST for learners and \$300 + GST for health professionals</p>	
<p><b><u>Package: Better Understand Aboriginal Realities</u></b></p> <p><b>A</b> (1, 2, 3, 4, 5)  <b>S</b> (1, 3, 4)  <b>K</b> (1, 2, 3, 4, 5)</p>	<ul style="list-style-type: none"> <li>• Online course offered in English and French (five modules).</li> <li>• Explore the webpage for free options such as the <a href="#">What reconciliation with the First Peoples in Canada?</a> module.</li> <li>• The program covers a range of topics, including the diversity of cultures, language and</li> </ul>	<p><b>Provider:</b> ASHUKAN</p> <p><b>Platform:</b> <a href="#">ASHUKAN Training platform</a></p> <p><b>Audience:</b> Citizens, employees, managers, or professionals</p> <p><b>Cost:</b> Free options, \$79/month, \$309 for the year</p>	

	<p>terminologies; the lasting impacts of colonization on Indigenous Peoples; and current societal conditions.</p> <ul style="list-style-type: none"> <li>• Learners gain knowledge about: the challenges that must be overcome for effective reconciliation; and keys to the intercultural approaches and elements to improve professional relationships (including an understanding of the different Indigenous organizations and government authorities that impact Indigenous issues).</li> <li>• Training includes a review of Aboriginal education in Canada and recommendations for moving forward.</li> </ul>		
<p><b><u>San'Yas Indigenous Cultural Safety Course</u></b></p> <p><b>A</b> (5)  <b>S</b> (1, 2, 3)  <b>K</b> (1, 2, 3, 4, 5)</p>	<ul style="list-style-type: none"> <li>• 8-week (8-10 hours) online training course offered in English or French (facilitated, self-paced).</li> <li>• Includes discussion boards.</li> <li>• Focuses on uprooting anti-Indigenous racism and promoting cultural safety (rather than competency) via</li> </ul>	<p><b>Provider:</b> Indigenous Health department at the Provincial Health Services Authority in Vancouver, British Columbia</p> <p><b>Platform:</b> <a href="#">San'Yas Platform</a></p> <p><b>Audience:</b> Indigenous and non-Indigenous health professionals</p> <p><b>Cost:</b> \$300</p>	

	transformative and adult education theories.		
<p><b><u>Mental Health First Aid – First Nations</u></b></p> <p><b>A</b> (5)  <b>S</b> (3, 4)  <b>K</b> (1, 2, 3)</p>	<ul style="list-style-type: none"> <li>• 20-hour course (8 sections).</li> <li>• Offered in English and French.</li> <li>• The focus of this course is to help strengthen connections within communities by providing awareness about mental health elements (e.g., signs of problems, crisis first aid skills, paths to recovery, building confidence) and wellness using the EAGLE model.</li> <li>• Participants are invited to reflect on their life experiences, acknowledge Canada’s history, and explore ways to restore balance.</li> </ul>	<p><b>Provider:</b> Mental Health Commission of Canada</p> <p><b>Platform:</b> TBD</p> <p><b>Audience:</b> First Nations Peoples or anyone with an existing and ongoing relationship with First Nations people and communities</p> <p><b>Cost:</b> TBD</p>	
<p><b><u>Mental Health First Aid – Inuit</u></b></p> <p><b>A</b> (3, 4)  <b>S</b> (3, 4)  <b>K</b> (2, 3)</p>	<ul style="list-style-type: none"> <li>• 18-hour (3-day) online course (8 sections).</li> <li>• Invites Inuit Nunangat to discuss mental health in a culturally safe and competent environment using the ALGEE model.</li> <li>• Topics include: health and mental health; mental health</li> </ul>	<p><b>Provider:</b> Mental Health Commission of Canada</p> <p><b>Platform:</b> TBD</p> <p><b>Audience:</b> For Inuit and anyone working with Inuit</p> <p><b>Cost:</b> TBD</p>	

	<p>first aid; substance-related disorders; mood-related disorders; suicide; deliberate self-injury; anxiety and trauma-related disorders; and psychotic disorders.</p>		
<p><b><u>Mental Health First Aid – Northern Peoples</u></b></p> <p><b>A</b> (1, 4)  <b>S</b> (3, 4)  <b>K</b> (2, 3)</p>	<ul style="list-style-type: none"> <li>• 18-hour course (seven sections).</li> <li>• Designed to respect the importance of holism and balance (i.e., the mental, physical, social, emotional, and spiritual aspects that comprise a person) when providing mental health first aid.</li> <li>• Participants will become familiar with the ALGEE model.</li> <li>• Topics include: health and mental health; mental health first aid; substance-related disorders; mood-related disorders; anxiety and trauma-related disorders; self-harm; and psychotic disorders.</li> </ul>	<p><b>Provider:</b> Mental Health Commission of Canada</p> <p><b>Platform:</b> TBD</p> <p><b>Audience:</b> TBD</p> <p><b>Cost:</b> TBD</p>	