

# INDIGENOUS CULTURAL DIVERSITY TRAINING

First Light has been providing Indigenous Cultural Diversity Training in the St. John's area since 2015. With three different training formats, this training program is an excellent professional development opportunity for anyone working in a service or management role. Our trained facilitators provide a safe and welcoming space to ask questions, participate in experiential learning opportunities, and learn how this information can help you provide a better service to the community you serve.

## SESSIONS WE OFFER:

### 1 HOUR SESSION

The one-hour training is a very basic introduction to the Indigenous groups and history of our province. Presented in a lecture format, this session does not include videos or activities. Unfortunately, there is not enough time for questions in this format.

**RECOMMENDED FOR:** Conference workshops, post-secondary classes.

**NUMBER OF PARTICIPANTS:** Minimum – 3 Maximum - 100

**COST:** \$30/participant

### 3 HOUR SESSION

Our three-hour training is a more in-depth introduction to the Indigenous groups and history of our province. Still very content heavy, the presentation does include a few videos and one activity. There is a small amount of time for questions at the end.

**RECOMMENDED FOR:** Anyone interested in gaining an understanding of Indigenous cultures in the province.

**NUMBER OF PARTICIPANTS:** Minimum – 3 Maximum - 50

**COST:** \$55/participant

### 1 DAY SESSION

The one-day training is a comprehensive session, focused on discussion and participation. This training includes many opportunities for experiential learning, questions, and understanding how to apply the information learned during the day.

**RECOMMENDED FOR:** Anyone in the service field, working with Indigenous clients, or interested in an in-depth learning experience.

**NUMBER OF PARTICIPANTS:** Minimum – 3 Maximum - 25

**COST:** \$100/participant

For more information, or to register for one of our training sessions, please contact us:

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

709-754-2532

[www.firstlightnl.ca](http://www.firstlightnl.ca)

## TOPICS INCLUDED

MODULE 1: CULTURE	1 HOUR	3 HOUR	1 DAY
Importance of Cultural Humility	•	•	•
Understanding Culture			•
MODULE 2: INDIGENOUS GROUPS IN NL	1 HOUR	3 HOUR	1 DAY
Statistics & Terminology	•	•	•
Indigenous Groups in NL	•	•	•
Symbols, Art, Ceremonies		•	•
Community & Elders		•	•
MODULE 3: HISTORY	1 HOUR	3 HOUR	1 DAY
Colonization & Settlement		•	•
Indian Act		•	•
Residential Schools	•	•	•
Confederation		•	•
MODULE 4: CURRENT REALITIES	1 HOUR	3 HOUR	1 DAY
Intergenerational Trauma		•	•
Cultural Appropriation & Tokenism		•	•
Portrayal in Media			•
21 <sup>st</sup> Century Racism		•	•
Stereotypes & Myths			•
Urban Indigenous Population			•
Indigenous Children in Care			•
Missing & Murdered Indigenous Women			•
Truth & Reconciliation Commission			•
Health Care & Mental Health			•
Education, Housing & Employment			•
Corrections			•
MODULE 5: APPLYING YOUR KNOWLEDGE	1 HOUR	3 HOUR	1 DAY
Differences in Worldview			•
Handling Sensitive Topics			•
How to Celebrate Culture			•
Questions to Ask Your Organization & Yourself			•
Experiential Learning & Activities			•