



Shining Mountains Living Community
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TOPICS IN CULTURAL TRAINING SERIES

*** The 1st in the series must be taken before any others, the remaining sessions can be offered in any order desired.*

1st in Series:

Overview of Aboriginal People in Canada and Alberta

- Timeline of migrations and colonization
- Languages
- Contributions
- Description of nations and delineation of bands
- Demographics
- Three main nations and attendant lifestyles
- History of treatment and de-mystification
- Common myths and misconceptions
- Reserve and settlement locations
- Status, Non-Status, Métis and Inuit

2nd in Series:

First Nations

- Impact of Indian Act
- Treaties
- Art and Storytelling (literature) (view pieces/audio/storyteller guest)
- Language
- Laws
- Indian Renaissance
- Contemporary developments – Prophecy: “Eagle has Landed”
- Relevant Issues
- Relevant legislation

3rd in Series

Métis People

- History
- Who are Métis
- Impacts and Contributions
- Symbols
- Contemporary Developments
- Relevant Legislation
- Important Dates

4th in Series

Values, Ethics and Beliefs

- Compare and contrast with non-aboriginal belief systems
- Aboriginal Values Framework
- Family structure
- Code of Ethics
- Inherent values of the Sacred Circle

5th in Series

Elders, Traditions and Protocols

- Elders, - First Nations, Métis and Inuit
- Roles of Elders
- Approaching Elders
- Traditional healing methods and ceremonies
 - Talking and Healing Circles
 - Smudging
 - Pipe Ceremony
 - Sweat Lodge
 - Round Dance

6th in Series

Working with Culture

- What is Culture
- Valuation and Devaluation
- Characteristics Comparison in Context of Cultures
- Phases of Cultural Awareness
- Spiral of Discrimination
- Degrees of assimilation
- Common differences within populations and among age groups
- Measuring and responding to differences

7th in Series

Creating Cross Cultural Teams

- Cross Cultural Challenges
- Developmental Stages for Cross Cultural Teams
- Advantages of Cross Cultural Teams
- Concerns for Cross Cultural Teams
- Communication Style
- Inflection and tone
- Response time
- Non-verbal communication (eye contact, body language, etc.)
- Respect

Aboriginal Prevention and Awareness Workshops

- **Messengers** – an Aboriginal program of Sexual Health and HIV/AIDS prevention and education (4 hrs.)
- **PeyWapun** – an Aboriginal option for conflict resolution training (8hrs.)
- **Happiness Skills** – teaching the skills necessary to create one's own happiness (36hrs.)
- **Peace Keeping** – Aboriginal skills program for violence prevention (36 hrs.)