

Manitoba Alliance of Health  
Regulatory Colleges

# **Indigenous Inclusion Supplemental Resources Guide**

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Prepared by Braided Circle Consulting  
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## Introduction

This supplementary resource guide has been created to accompany the *Introduction to Indigenous Inclusion and Cultural Safety* module. The guide provides additional resources that Braided Circle came upon during the development of the module that could be useful to learners but could not be fit into the module due to time constraints.

The *Indigenous Inclusion and Cultural Safety* module covered the following topics:

- **Indigenous History of Canada:** Explored the history of pre-colonial Indigenous societies, the effects of European colonization, and significant events that have shaped Indigenous experiences across the country.
- **Indigenous History of Manitoba:** Offered a brief look into the Indigenous peoples of Manitoba, their deep connection to the land, and the important historical milestones such as the Red River Resistance and the leadership of Louis Riel in establishing Manitoba as a province.
- **Truth and Reconciliation:** Discussed the findings of the Truth and Reconciliation Commission (TRC), the ongoing work of reconciliation, and the critical importance of implementing the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP).
- **Cultural Safety:** Outlined the principles of cultural safety within healthcare through the lens of Indigenous culture to support respect, dignity, and culturally informed care.
- **Indigenous Health:** Examined the Indigenous healthcare landscape in Manitoba and identified issues impacting the health and well-being of Indigenous communities in the province, including the lingering effects of colonization, systemic healthcare inequities, and the need for culturally safe health practices.

Learners are encouraged to explore these supplementary resources to further their understanding and engagement with Indigenous inclusion and cultural safety.

We hope this guide serves as a helpful companion on your learning journey, offering the tools and knowledge to foster respectful, informed, and inclusive interactions with Indigenous communities.

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## Post Secondary Resources

Post-secondary institutions play a crucial role in promoting Indigenous knowledge, culture, and histories through their public-facing resources. These resources, often developed in collaboration with Indigenous scholars, Elders, and community members, are designed to be accessible and informative for a wide audience. They provide high-quality, reputable information that draws on both academic rigour and Indigenous ways of knowing, making them valuable tools for anyone seeking to learn about Indigenous issues. By offering resources on topics such as Indigenous history, culture, language, and reconciliation, these institutions contribute to greater public understanding and respect for Indigenous peoples. Additionally, they serve as trusted sources of knowledge, supporting ongoing education and the inclusion of Indigenous perspectives in various sectors.

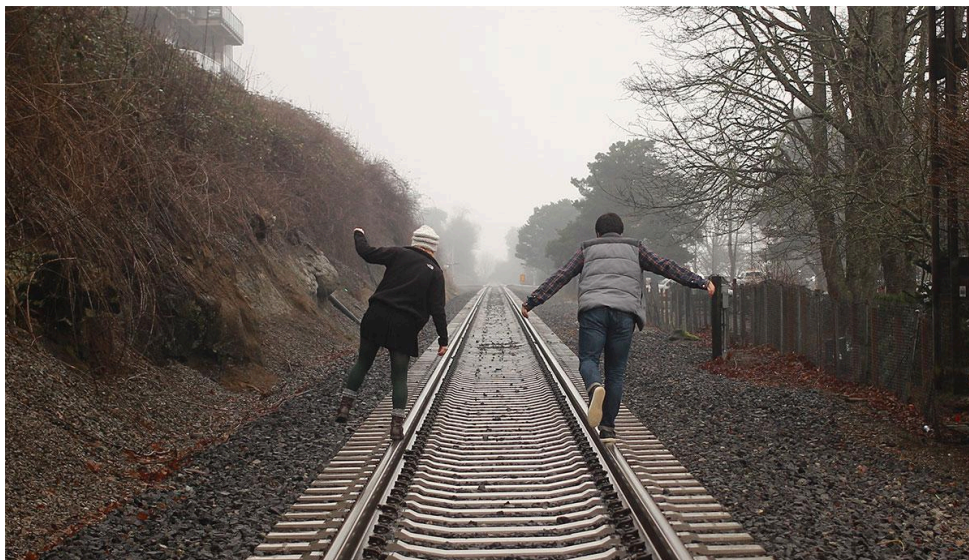


[The University of Manitoba](#) has great resources for cultural protocols including [Protocols for working with Elders](#); [Traditional Territories Acknowledgement](#); and a [Cultural Competency and Safety Guide](#).

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## Language

Indigenous languages in Manitoba reflect the rich cultural and linguistic diversity of the province's First Nations, Métis, and Inuit communities. These languages, which include Anishinaabemowin (Ojibwe), Cree (Nehethowuk, Ininiwak, and Nehiyawak), Dene, Dakota, Michif, and Oji-Cree, are deeply tied to the land and the cultural identities of the people who speak them. For millennia, these languages have been passed down through generations, carrying with them unique worldviews, traditions, and knowledge systems. Despite the impacts of colonization, residential schools, and language suppression, many Indigenous communities in Manitoba continue to revitalize and preserve their languages, recognizing them as vital to cultural survival, health, and well-being. The ongoing efforts to protect and promote these languages play a crucial role in sustaining the cultural heritage and resilience of Indigenous peoples in Manitoba.



<https://tusaalanga.ca/lesson/1>

<https://www.louisrielinstitute.ca/metis-languages-learning-resources>

<https://lrimetislanguages.my.canva.site/my-southern-michif-introductions>

<https://www.gov.nu.ca/en/culture-language-heritage-and-art/we-speak-inuktut>

<https://www.bing.com/translator>

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## Indigenous Health Organizations & Advocacy

[Ka Ni Kanichihk](#)

[Ma Mawi Wi Chi Itata](#)

[First Nations Child and Family Caring Society](#)

[MMF Health & Wellness Department](#)

[Manitoba Inuit Association - Inuit Health Research](#)

[Aboriginal Health & Wellness – \(Urban-Indigenous Community Health Agency\)](#)

**The National Collaborating Centre for Indigenous Health (NCCIH)** is a national Indigenous organization established in 2005 by the Government of Canada and funded through the Public Health Agency of Canada (**PHAC**) to support First Nations, Inuit, and Métis public health renewal and health equity through knowledge translation and exchange. The NCCIH is hosted by the University of Northern BC (**UNBC**) on the traditional territory of the Lheidli T'enneh in Prince George, BC.

<https://www.nccih.ca/en/>


**Indigenous Physicians. Association of Canada** is an organization dedicated to supporting Indigenous medical professionals and improving the health of Indigenous peoples in Canada. IPAC fosters a community of Indigenous physicians and medical learners while advocating for culturally safe healthcare practices and Indigenous-led health initiatives. Through collaboration, mentorship, and education, IPAC works to address health disparities and promote Indigenous wellness.

<https://ipacamic.ca/>

[Indigenous Physician & Medical Learner Engagement Guidelines \(PDF\)](#)

[FAQ: Engagement Guidelines \(PDF\)](#)

[Canadian Indigenous Nurses Association](#) is a national organization that supports Indigenous nurses and promotes health equity for Indigenous communities in Canada. CINA advocates for culturally safe healthcare, provides leadership in nursing education, and encourages the inclusion of Indigenous knowledge in health practices. Through mentorship, education, and advocacy, CINA works to improve Indigenous health outcomes and support the professional development of Indigenous nurses.



[Indigenous Pharmacy Professionals of Canada](#) is a non-profit association representing pharmacists, pharmacy technicians, and pharmacy assistants with Indigenous ancestry. Governed by an elected Board of Directors, IPPC focuses on empowering Indigenous pharmacy professionals and transforming healthcare to better serve Indigenous communities. Their mission is to cultivate a thriving community of Indigenous pharmacy professionals to support safe and equitable patient care. The organization values good relations, accountability, inclusivity, Indigenous leadership, and intergenerational wisdom.



## Academic Articles

Loppie, C., & Wien, F. (2022). [Understanding Indigenous health inequalities through a social determinants model \(nccih.ca\)](#). National Collaborating Centre for Indigenous Health.

Kim, P. (2019). [Social Determinants of Health Inequities in Indigenous Canadians Through a Life Course Approach to Colonialism and the Residential School System](#). *Health Equity*, 3(1), 378–381. Doi: 10.1089/heq.2019.0041.

National Collaborating Centre for Indigenous Health. (2019). [Access to health services as a social determinant of First Nations, Inuit and Métis health](#).

Nelson, S. E., & Wilson, K. (2018). [Understanding barriers to health care access through cultural safety and ethical space: Indigenous people's experiences in Prince George, Canada](#). *Social Science & Medicine*, 218, 21-27. Doi: 10.1016/j.socscimed.2018.09.017.

Wilk, P., Maltby, A. & Cooke, M. (2017). [Residential schools and the effects on Indigenous health and well-being in Canada—a scoping review](#). *Public Health Review*, 38(8). Doi: 10.1186/s40985-017-0055-6.



## Regional Health Authorities - Indigenous Health

[WRHA](#)

[Interlake-Eastern](#)

[Southern Health-Santé Sud](#)

[Prairie Mountain Health](#)

[Northern Health Region](#)

## Provincial Resources

Provincial resources such as those provided by the Winnipeg Regional Health Authority (WRHA) play a vital role in promoting cultural safety and enhancing healthcare services for Indigenous communities in Manitoba. These resources include Indigenous-specific health navigation supports, cultural safety guidelines, and policies designed to address the unique needs of First Nations patients, especially those from communities with transportation restrictions. The WRHA offers a range of tools, such as language interpreter services, guidance on traditional medicines, and support for navigating the First Nations and Inuit Health Branch (FNIHB) Non-Insured Health Benefits (NIHB) program. These initiatives aim to foster respectful and culturally informed care while addressing healthcare access challenges for Indigenous individuals across the province.

[Cultural Safety Resources | Winnipeg Regional Health](#)

[Cultural Safety Initiatives in Manitoba](#)

### **WRHA Indigenous-Specific Policies**

[Responsibility for Care of First Nations Patients from First Nations Communities with Transportation Restrictions](#) (PDF, 54 KB)

### **Cultural Safety in Action**

[Indigenous Cultural Healing & Mental Health Supports](#) (PDF, 316 KB)

[Indigenous Terms Describing Identity](#) (PDF, 207 KB)



[Indigenous-Specific Health Navigation Supports](#) (PDF, 360 KB)

[Language Interpreter Services Available for WRHA and Provincially-Funded Sites Quick Reference Guide](#) (PDF, 223 KB)

[Medical Transportation Coverages In Manitoba For Indigenous Individuals](#) (PDF, 271 KB)

[Navigating First Nations & Inuit Health Branch \(FNIHB\) Non-Insured Health Benefits \(NIHB\) \(Formerly Medical Services\) - Transportation Referral Unit \(TRU\)](#) (PDF, 229 KB)

[Resources for Self-Learning](#) (PDF, 396 KB)

[Respecting Use Of Traditional Medicines & Sacred Tobacco In Indigenous Ceremonies](#) (PDF, 395 KB)

## Further Resources

### **Statistics Canada**

- [Indigenous population continues to grow and is much younger than the non-Indigenous population, although the pace of growth has slowed.](#)
- [Postsecondary educational attainment and labour market outcomes among Indigenous peoples in Canada, findings from the 2021 Census.](#)
- [Quality of employment among First Nations people living off reserve and Métis, 2022](#)
- [Housing experiences and measures of health and well-being among First Nations people living off reserve, Métis and Inuit: findings from the 2018 Canadian Housing Survey](#)
- [Membership in a Métis organization or Settlement: Findings from the 2021 Census of Population](#)
- [Housing conditions among First Nations people, Métis and Inuit in Canada from the 2021 Census](#)
- [Indigenous Peoples Survey: First Nations children living off reserve, Métis children and Inuit children and their families, 2022](#)
- [Primary health care access among First Nations people](#)

[First Nations and Inuit Health and Wellness Indicators](#)

[An update on the socio-economic gaps between Indigenous Peoples and the non-Indigenous population in Canada: Highlights from the 2021 Census. Indigenous Services Canada.](#)

[Study: Access to primary health care among First Nations ...](#)



[Healthcare for Indigenous women \(infographic\) - Canada.ca](#)

## Module Links

<https://indiandayschools.org/>

<https://www.thecanadianencyclopedia.ca/en/article/indian-day-schools-in-canada>

<https://www.cbc.ca/news/canada/manitoba/manitoba-sixties-scoop-apology-moves-indigenous-families-to-tears-1.3119232>

[The National Centre for Truth and Reconciliation - Memorial Map](#)

[Indigenous cultural safety - An environmental scan of cultural safety initiatives in Canada - Chapter 6 -Cultural safety initiatives in Manitoba. March 2024](#)

## Recommended Books

W̓inipêk: Visions of Canada from an Indigenous Centre by Niigaan Sinclair

I Am My Culture: My Memoir of Self-Determination by Annette Alix Roussin MSW

Who We Are by Senator Murray Sinclair

Reconciling History: A Story of Canada by Jody Wilson-Raybould, Roshan Danesh, et al.

True Reconciliation: How to Be a Force for Change by Jody Wilson-Raybould and McClelland & Stewart

"Indian" in the Cabinet: Speaking Truth to Power by Jody Wilson-Raybould

From Where I Stand: Rebuilding Indigenous Nations for a Stronger Canada by Jody Wilson-Raybould

