

# Caregiver Training

# Walking

# Together:

## Supporting Indigenous Cultural Connections

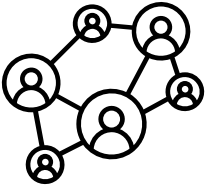
## Participant Material

Alberta Children and  
Family Services  
2025



Alberta

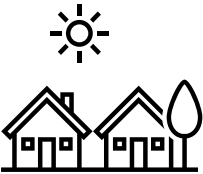
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This material features beautiful art created by children and youth in care. We thank them for their creativity and generosity.

# Prompts for Creating Cultural Connections



Here are some reflection questions to prepare you for a conversation with the Child Intervention Practitioner about the cultural plan.

- **How am I supporting cultural connections for this child in my home, day-to-day?**
  - Do I allow smudging in my home?
  - Am I smudging in my home? If so, how often?
  - How often do I prepare Indigenous foods?
  - Does the child have toys that look like them?
  - Is there traditional artwork in my home? Am I playing traditional music? Am I encouraging the child to explore drumming, etc.?
  - How am I supporting the development of traditional languages for the child?
- **What community activities and teachings am I currently helping the child attend?**
  - How often are we attending these teachings/activities?
  - What agencies or people am I connected to that organize these activities?
  - How am I supporting connections to traditional music and dance?



# Prompts for Creating Cultural Connections (continued)



- **What relationships am I nurturing between the child and other Indigenous people?**
  - Do they have friends who are Indigenous?  
(If not, we need to work on that.)
  - Do they have mentors who are Indigenous?  
(If not, we need to work on that.)
  - Am I connected to an Elder? Will I be able to stay connected to this Elder if adoption or permanent guardianship is granted?
- **How am I supporting the child's family connections?**
  - Who is the child connected to on both sides of their family?
  - How often am I supporting tangible connections?
- **What is the child's home community and where is that community?**
  - How is the child tangibly connected to that community?
  - Who is the child connected to in their home community?
  - How often do we currently visit the child's home community?




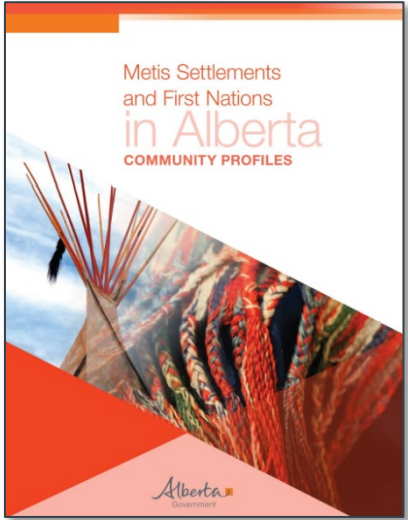
# Cultural Planning Resources

Resource	Description
Bill C-92 Compliance Guide for Social Workers and Service Providers <a href="#">Link</a>	<ul style="list-style-type: none"><li>▪ Bill C-92 is now called <i>An Act respecting First Nations, Inuit and Métis children, youth and families</i>.</li><li>▪ It is the first federal legislation about Indigenous Child and Family Services.</li><li>▪ This Act applies to you as a caregiver if you care for an Indigenous child or youth.</li><li>▪ This guide has information about the purpose of the Act and guidelines for cultural connections planning.</li></ul>





# First Nation and Settlement Resources

Resource	Description
Map of First Nations reserves and Métis settlements <a href="#">Link</a>	Map of: <ul style="list-style-type: none"><li>▪ Eight Métis Settlements</li><li>▪ 48 First Nations</li><li>▪ Five treaty areas: Treaty 4, Treaty 6, Treaty 7, Treaty 8, Treaty 10</li></ul> 
Métis settlements and First Nations in Alberta: community profiles <a href="#">Link</a>	Information on: <ul style="list-style-type: none"><li>▪ Location</li><li>▪ Population</li><li>▪ Community contacts</li><li>▪ Phone number</li><li>▪ Website</li></ul> 

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# Books and Videos

Name	Description
Etuaptmumk: Two-Eyed Seeing <a href="#">YouTube link</a> (9:08)	<b>VIDEO:</b> Two-Eyed Seeing is an Indigenous teaching that means to braid Indigenous Knowledge and Western perspectives together to create something stronger.
<i>Walking Together</i> by Albert D. Marshall and Louise Zimanyi	<b>CHILDREN'S BOOK:</b> Introduces the concept of Two-Eyed Seeing, the gift of multiple perspectives in the Mi'kmaw language, while following a group of young children connecting to nature.
<i>Those Who Know: Profiles of Alberta's Aboriginal Elders</i> by Dianne Meili	<b>BOOK:</b> Portraits of Elders in Alberta who have devoted their lives to preserving the wisdom and spirituality of their ancestors.
150 Acts of Reconciliation <a href="#">Link</a>	<b>BOOKLET:</b> List of 150 actions for reconciliation you can take. Many of these are small, everyday acts that average Canadians can do.
8 <sup>th</sup> Fire – CBC (Search YouTube for all 4 episodes)	<b>DOCUMENTARY:</b> A four-part series that explores ways to repair the relationship between Canadians and Indigenous Peoples of Canada.
<i>21 Things You May Not Know About the Indian Act</i> by Bob Joseph	<b>BOOK:</b> Since 1876, the <i>Indian Act</i> has impacted the lives and opportunities of Indigenous Peoples. This book explains the Act and how to move forward toward true reconciliation.

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# Important Days



<b>January 4</b> - National Ribbon Skirt Day	Celebrates ribbon skirts, a symbol of identity, resilience, and survival for Indigenous women, girls, and gender-diverse people.
<b>March 19</b> - Two-Spirit and Indigenous LGBTQQIA+ Celebration and Awareness Day	Celebrates the radiance and diversity of Two-Spirit identities, expression, and experiences.
<b>May 5</b> - Red Dress Day (National Day of Awareness for Missing and Murdered Indigenous Women and Girls and Two-Spirit People)	Honours and brings awareness to the thousands of Indigenous women, girls and two-spirit people who have been subject to disproportionate violence in Canada.
<b>June</b> - National Indigenous History Month	Honours the stories, achievements and resilience of Indigenous Peoples, who have lived on this land since time immemorial.
<b>June 21</b> - National Indigenous Peoples Day	Recognizes and celebrates the history, heritage, resilience and diversity of First Nations, Inuit, and Métis across Canada.
<b>September 30</b> - National Day for Truth and Reconciliation	Honours the children who never returned home and survivors of residential schools, as well as their families and communities.
<b>September 30</b> - Orange Shirt Day	Raises awareness of the individual, family and community inter-generational impacts of residential schools, and to promote the concept of “Every Child Matters.”



# Organizations

Name	Description
Alberta Native Friendship Centres Association <a href="#">Link</a>	Services include daycares, youth centres, employment programs, shelters, cultural camps, socio-economic, health promotion, and prevention and life skills programs.
Métis Nation of Alberta <a href="#">Link</a>	Provides culturally-appropriate, self-directed social, wellness, and economic opportunities for Métis individuals, families, and communities.
Rupertsland Institute (RLI) Métis Centre for Excellence <a href="#">Link</a>	Rupertsland Institute is an affiliate of the Métis Nation of Alberta. Their website has many Métis education resources, including videos, books, art, and a learning app for your phone or tablet.
Family Resource Networks (Government of Alberta) <a href="#">Link</a>	Provides in-person and virtual services and supports for children and youth aged 0 to 18 and their families. Supports include early childhood development programs, activities to build developmental skills, and activities to promote positive connections between children, youth, families, and communities.



# My Local Resources

Name	Contact	Description

