

Caregiver Training Walking Together: Supporting Indigenous Cultural Connections

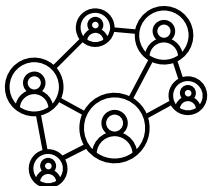
Participant Material

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.

Alberta

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?



Next

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

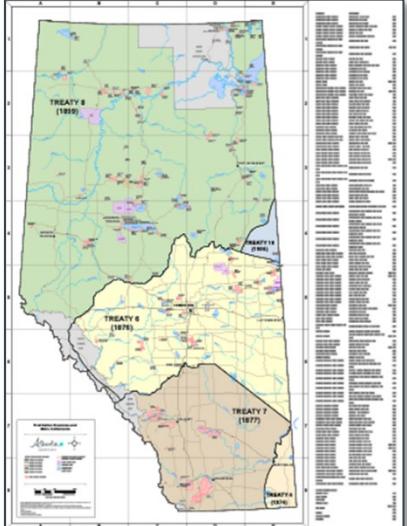
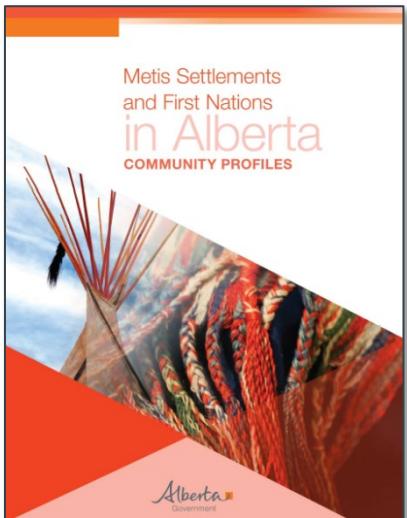


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First Nation and Settlement Resources

Resource	Description
Map of First Nations reserves and Métis settlements Link	Map of: <ul style="list-style-type: none">Eight Métis Settlements48 First NationsFive treaty areas: Treaty 4, Treaty 6, Treaty 7, Treaty 8, Treaty 10 
Métis settlements and First Nations in Alberta: community profiles Link	Information on: <ul style="list-style-type: none">LocationPopulationCommunity contactsPhone numberWebsite 

Previous



Next



Books and Videos

Name	Description
Etuaptmumk: Two-Eyed Seeing YouTube link (9:08)	VIDEO: 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	CHILDREN'S BOOK: 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	BOOK: Portraits of Elders in Alberta who have devoted their lives to preserving the wisdom and spirituality of their ancestors.
150 Acts of Reconciliation Link	BOOKLET: List of 150 actions for reconciliation you can take. Many of these are small, everyday acts that average Canadians can do.
8 th Fire – CBC (Search YouTube for all 4 episodes)	DOCUMENTARY: 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	BOOK: 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.



Important Days



January 4 - National Ribbon Skirt Day	Celebrates ribbon skirts, a symbol of identity, resilience, and survival for Indigenous women, girls, and gender-diverse people.
March 19 - Two-Spirit and Indigenous LGBTQQIA+ Celebration and Awareness Day	Celebrates the radiance and diversity of Two-Spirit identities, expression, and experiences.
May 5 - 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.
June - National Indigenous History Month	Honours the stories, achievements and resilience of Indigenous Peoples, who have lived on this land since time immemorial.
June 21 - National Indigenous Peoples Day	Recognizes and celebrates the history, heritage, resilience and diversity of First Nations, Inuit, and Métis across Canada.
September 30 - 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.
September 30 - 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 Link	Services include daycares, youth centres, employment programs, shelters, cultural camps, socio-economic, health promotion, and prevention and life skills programs.
Métis Nation of Alberta Link	Provides culturally-appropriate, self-directed social, wellness, and economic opportunities for Métis individuals, families, and communities.
Rupertsland Institute (RLI) Métis Centre for Excellence Link	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) Link	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

