



Starting Your Learning Journey...

The following resources will provide an initial overview of the historical and contemporary issues impacting First Nations, Inuit and Métis health and wellbeing, as well as insight into OPH's efforts to address locally identified concerns.

🌸 Ottawa Public Health

These references provide detailed information on the local context:

- Annual BOH reports on Reconciliation - [2017](#); [2018](#); [2019](#) (including [video report](#)); [2020](#) ([2020 Snapshot of Activities](#)); [2021](#) ([2021 Snapshot of Activities](#)); [2022](#)** ([2022 Snapshot of Activities](#))
- [OPH Reconcili-ACTION Plan](#) / OPH Reconcili-ACTION [Evaluation Framework](#)

🌸 Anti-Indigenous Racism

- [Share Your Story: Indigenous-Specific Racism & Discrimination in Health Care Across the Champlain Region](#) ** (Wabano Centre for Aboriginal Health, 2022) / [Racism in Healthcare - Share Your Story Project](#) (video)**
- [Jordan's Principle: Overview & Resources](#) (website) / [Jordan's Principle: Overview & History](#) (video)

🌸 Articles / Primers / Reports

- [Honouring the Truth, Reconciling for the Future](#) (TRC Final Report, 2015) **
- [Indigenous Health Primer](#) (and other resources) (Royal College of Physicians & Surgeons of Canada, 2019)
- [Inuit Qaujimajatuqangit - The Role of Indigenous Knowledge in Supporting Inuit Wellness in Nunavut](#) (NCCIH, 2010) | [Inuit Qaujimajatuqangit –What Inuit Have Always Known to be True](#)
- [Our Health Counts: Urban Indigenous Health Database Project](#) (Tungasuvvingat Inuit, 2017)
- [Reclaiming Power and Place](#) (Missing and Murdered Indigenous Women and Girls Final Report, 2019)
- [Truth and Reconciliation Commission of Canada: Calls to Action](#) (TRC, 2015)
- [Visioning the Future: First Nations, Inuit and Métis Population and Public Health](#) (National Collaborating Centre for Indigenous Health, 2021) **

🌸 Courses, Websites

- [Pathways to Indigenous Learning](#) (City of Ottawa e-Learning Centre)
An online series of five (5) self-paced learning modules designed to enhance cultural awareness and understanding of First Nations, Inuit and Métis Peoples and practices. Each module features two (2) videos and a short quiz and takes ~ 30-60 minutes to complete. This introductory training is recommended for ALL City employees and Councillors.
- [San'yas Anti-Racism Indigenous Cultural Safety \(ICS\) Training Program](#) **
The [Core Enhanced Health](#) course is recommended for anyone working in the health sector, especially individuals in leadership roles. It is a self-paced, facilitated course with content that includes colonization in Canada; racism, discrimination, stereotyping, and their impacts on Indigenous Peoples; social and structural determinants of Indigenous health; taking action to improve ICS in health care; recognizing areas for organizational change; and advocating for Indigenous rights and social justice. **Depending on one's learning style, the training takes ~ 16-18 hours and must be completed within eight (8) weeks.** This training is considered exemplary and has consistently received positive reviews from OPH colleagues who have taken it. Please contact [Casey Whitarar](#) if you would like to register.

- [Foundations of Indigenous Cultural Safety](#) (Indigenous Primary Health Care Council)
Another self-paced, online ICS training that was created for individuals/leaders within the health system to learn the importance of adopting culturally safe practices when serving Indigenous Peoples. While it is stated that this course takes 3-hrs to complete, anecdotal evidence suggests that 5-7 hours (over an 8-week period) may be a more realistic estimate as to the amount of time required. Please contact [Casey Whiticar](#) if you would like to register.
- [National Collaborating Centre for Indigenous Health](#) (NCCIH)
- [Ottawa Aboriginal Coalition](#) (OAC) ** - [Reports](#) presented at the OAC Community Forum (May 2023)
- [Urban Inuit Knowledge Centre](#) **

🌸 Indigenous Rights

- [Implementing the United Nations Declaration on the Rights of Indigenous Peoples in Canada](#)
- [United Nations Declaration on the Rights of Indigenous Peoples](#) **

🌸 Land Acknowledgements

- [Guidance for Honouring the Land and Ancestors through Land Acknowledgments](#) (CAMH, 2022)
- [How to Develop a Meaningful Land Acknowledgment](#) (IPHCC)

🌸 Literature

We are often asked to recommend fiction and non-fiction literature. Here are just a few to consider:

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| – 21 Things You May Not Know About the Indian Act (B. Joseph) ** | – Saqiyuk (N. Wachowich et al.) |
| – Braiding Sweetgrass (R. Wall Kimmerer) | – Seven Fallen Feathers (T. Talaga) |
| – Five Little Indians (M. Good) | – The Inconvenient Indian (T. King) |
| – Halfbreed (M. Campbell) | – The Long Exile: A Tale of Inuit Betrayal and Survival in the High Arctic (M. McGrath) |
| – Indian Horse (R. Wagamese) | – The Right to be Cold (S. Watt-Clouthier) |
| – Indigenous Writes: A Guide to First Nations, Metis and Inuit Issues in Canada (C. Vowel) | – True Reconciliation (J. Wilson-Raybould) |

🌸 Treaties

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| – Treaties | – Native Land Website / iPad | – Treaty Agreements |
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🌸 Videos

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| – Colonization Road (CBC) | – The Anishinaabe Creation Story: Turtle Island | – The Unforgotten (Funded by CMA) |
| – Cultural Safety: Respect & Dignity in Relationship **
(Northern BC Health) | – The Invisible Nation ** | |

** = Highly recommended for onboarding purposes