



Cultural Safety Training and Teachings offered by COINS

Please note we require at least 2 months notice to coordinate these requests

1. Blanket Exercise - <https://www.kairosblanketexercise.org/>

For: Community groups, front line workers, management, board members and volunteers

Description:

The KAIROS Blanket Exercise (KBE) is an experiential teaching tool that explores the historic and contemporary relationship between Indigenous and non-Indigenous peoples in the land we now know as Canada. Responding to the 1996 Report of the Royal Commission on Aboriginal Peoples, the Aboriginal Rights Coalition (which became part of KAIROS in 2001) worked with Indigenous elders and educators in 1996 to develop an interactive way to learn the history that most Canadians are never taught. KAIROS and its partners have since offered the KAIROS Blanket Exercise thousands of times, presenting Canada's history from the perspective of Indigenous peoples to churches, schools, community centres, businesses and government departments and agencies from coast-to-coast-to-coast.

This exercise will require a ***minimum of 14 participants and maximum of 30 participants.***

Time required for the activity - Between 4 to 5 hours, depending on size of the group

Location:

Can be either in COINS building in Castlegar or other location as determined

Costs:

\$1500 honorarium to COINS for Coordination and Facilitation

\$150-\$250 honorarium for Elder (depending where the Elder is driving to and from)

\$300-\$400 lunch for participants and facilitators (estimate) (you provide the lunch)

Considerations:

Space needs to hold the appropriate number of participants with the ability for sitting in a circle on chairs before and after the exercise. Ceremony and drumming is also part of the experience, so the space should allow for that to be done freely. A gift for the Elder would graciously be accepted as well (often this is in the form of tobacco/traditional medicine, or other cultural item).

2. Towards Reconciliation

a.) Part 1

For: Front line workers, community members, anyone working with Aboriginal children and families.

Description/Outcomes:

- Understanding that reconciliation is a life-long learning journey
- Self-reflection, understanding inherent biases and how they can affect our client interactions
- Deepened awareness of Aboriginal people living in our region – *who are they? How many Aboriginal people live in the KB? What do we know?*
- Characteristics of Allyship
- Opportunity to learn about and practice “speak up” culture in the workplace.

Time Required: 4-4.5 hours

Cost:

\$1000 honorarium to COINS for Coordination and Facilitation

\$150-\$250 honorarium for Elder (depending where the Elder is driving to and from)

\$300-\$400 lunch for participants and facilitators (estimate) (you provide the lunch)

Considerations: This training requires a *minimum of 8 participants and maximum of 25 participants.*

b.) Part 2

For: Management staff, Executive Directors, Board members of community/social service agencies

Description: Building on outcomes of the Part I Towards Reconciliation Training, participants will enhance their knowledge and skill sets around approaches to reconciliation, inclusive leadership and learn about Indigenous approaches to employee support and retention. Leaders of non-profit social service agencies can be empowered to work more effectively with Aboriginal (First Nations, Métis, and Inuit) peoples that may be employed by the agency or that the agency serves.

Outcomes include

- Inclusive practices - hiring and retaining good people. Hiring competencies and asking good questions on the hiring committee.
- Supervision - assessment tools, reporting
- Understanding how leadership can be more inclusive of Aboriginal peoples, and develop anti-oppression understanding and approaches.

Time Required: 4 hours

Location: Can be either in COINS building in Castlegar or other location as determined

Cost:

\$1000 honorarium to COINS for Coordination and Facilitation

\$150-\$250 honorarium for Elder (depending where the Elder is driving to and from)

\$300-\$400 lunch for participants and facilitators (estimate) (you provide the lunch)

Considerations: This training requires a *minimum of 8 participants and maximum of 25 participants*. Space needs to hold the appropriate number of participants with the ability for sitting in a circle on chairs before and after the exercise. Ceremony and drumming is also part of the experience, so the space should allow for that to be done freely. A gift for the Elder would graciously be accepted as well (often this is in the form of tobacco/traditional medicine, or other cultural item).

3. COINS History and Programs Presentation (powerpoint)

A presentation to share information about COINS history, current programs, and referral processes. This can occur in your location or ours, and will require 45-60 minutes in total to allow for the presentation and any questions. There is no cost for this offering.