



SAN'YAS INDIGENOUS  
CULTURAL SAFETY TRAINING

# San'yas Training in Ontario

Information Booklet

## WHAT IS SAN'YAS?

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The San'yas Indigenous Cultural Safety Training Program offers online training and consultation services that focus on uprooting anti-Indigenous racism and promoting cultural safety for Indigenous people in Canada.

### Our Training

- Accredited by multiple professional colleges and societies
- Online and interactive
- Facilitated and self-paced
- 6 to 10 hours long
- Over 100,000 people trained

Our online training courses have been designed to help increase **the knowledge, self-awareness, and skills** of participants, so that they work more safely and effectively with Indigenous people.

We explore topics such as:

- Colonization in Canada
- Racism, discrimination, stereotyping, and their impacts on Indigenous people
- Taking action to uproot anti-Indigenous racism
- Transforming systems to strengthen Indigenous cultural safety in relationships, practices, and services

### Benefits of San'yas

- Increases confidence working with Indigenous people and contributes to reconciliation
- Contributes to safer practices and safer workplaces
- Contributes to better outcomes for patients and clients
- A key component of organizational cultural safety strategies

# SAN'YAS IN ONTARIO



In 2013, Indigenous leaders and educators in Ontario partnered with San'yas to develop Ontario-specific online training courses.

Today, we offer the following courses to participants in Ontario:

## Core Training

**Ontario Core ICS Foundations** (English/French)  
*A foundational course for non-health sector employees*

**Ontario Core ICS Health**  
(English/French)

**Ontario Core ICS Enhanced Health**

**Ontario Core ICS Mental Health**

## Advanced Training

**From Bystander to Ally**  
*To be eligible to register in an Advanced Training, you must have completed a Core Training at least 6 months prior.*

*"I am grateful for this opportunity, I have been educated, re-educated and inspired to carry many of these practices forward in my everyday life and the work field."*

*"Excellent program, very informative, was so impressed with the speakers, learned so much and it developed in me a strong commitment to do everything I can to ensure culturally safe relationships and environments that are free from racism and discrimination."*

# CORE TRAINING

Courses introduce participants to key aspects of cultural safety and addressing anti-Indigenous racism

## Core ICS Foundations

**What are some of the topics that are covered in this course?**

- Colonization in Canada
- Racism, discrimination, and stereotyping, and their impacts on Indigenous peoples in different contexts
- Taking action to uproot Indigenous specific racism and strengthen Indigenous Cultural Safety in relationships, practices, and service

**Who is this course designed for?**

This course is designed for anyone who wishes to enhance Indigenous Cultural Safety in their work and workplace. It is meant for people who work outside the health sector. This can include people who work in education, business, government, finance, not-for-profits, research, or any other field. Anyone can take Core ICS Foundations. This course can contribute to supporting reconciliation between Indigenous and Settler peoples. There are no prerequisites.

## Core ICS Health

**What are some of the topics that are covered in this course?**

- Colonization in Canada
- Racism, discrimination, and stereotyping, and their impacts on Indigenous peoples in health care contexts
- Social and structural determinants of health in relation to Indigenous people
- Gaps in health equity for Indigenous people
- Taking action: Enhancing Indigenous Cultural Safety in health care by uprooting Indigenous specific racism

**Who is this course designed for?**

This course is designed for anyone working in the health system who wishes to enhance their knowledge, awareness, and skills when working with Indigenous people. This includes clinical service providers (e.g., physicians, surgeons, nurses, midwives, and allied health professionals), as well as administrators, managers, research staff, clerks, and so forth. This course is introductory and meant to supplement Nation- and region-specific training provided by local Indigenous communities and organizations. As such this course can contribute to supporting reconciliation between local Indigenous and Settler communities. Anyone who works, studies, or volunteers within the health sector can take Core ICS Health. There are no prerequisites.

## Core ICS Enhanced Health

### What are some of the topics that are covered in this course?

- Colonization in Canada
- Racism, discrimination, and stereotyping, and their impacts on Indigenous peoples in health care contexts
- Social and structural determinants of health in relation to Indigenous people
- Gaps in health equity for Indigenous people
- Taking action: Enhancing Indigenous Cultural Safety in health care by uprooting Indigenous specific racism.
- Recognizing areas for organizational change
- Speaking up and advocating for social justice for Indigenous people

### Who is this course designed for?

This course is designed for anyone working in the health system who wishes to enhance their knowledge, awareness, and skills when working with Indigenous people. This includes clinical service providers (e.g., physicians, surgeons, nurses, midwives, and allied health professionals), as well as administrators, managers, research staff, clerks, and so forth. This course may be of most interest to leaders and administrators because of its additional focus on the organizational aspect of Indigenous Cultural Safety. This course is introductory and meant to supplement Nation- and region-specific training provided by local Indigenous communities and organizations. As such this course can contribute to supporting reconciliation between local Indigenous and Settler communities. Anyone who works, studies, or volunteers within the health sector can take Core ICS Enhanced Health. There are no prerequisites.

## Core ICS Mental Health

### What are some of the topics that are covered in this course?

- Colonization in Canada
- Racism, discrimination, and stereotyping, and their impacts on Indigenous peoples in mental health, substance use, and addiction contexts
- Historical and ongoing impacts of colonization on mental health and substance use
- Perspectives on mental health and healing
- Reducing health inequities and enhancing mental health
- Taking action: Enhancing Indigenous Cultural Safety in mental health and substance use services by uprooting Indigenous specific racism

### Who is this course designed for?

This course is designed for people who work, study, or volunteer in the mental health sector. This includes clinical service providers (e.g., psychologists, psychiatrists, counsellors, therapists), as well as administrators, managers, research staff, and so forth. This course is introductory and meant to supplement Nation- and region-specific training provided by local Indigenous communities and organizations. As such this course can contribute to supporting reconciliation between local Indigenous and Settler communities. Anyone who works, studies, or volunteers within the mental health sector can take Core ICS Mental Health. There are no prerequisites.

## ADVANCED TRAINING

Courses available to participants who have completed any one [San'yas Core Training course](#)

## From Bystander to Ally

### What are some of the topics that are covered in this course?

The Bystander to Ally (BTA) course provides information, encourages critical self-reflection, and teaches practical skills that can help people become more effective allies. Participants learn ways to assess and respond to situations in which bias, discrimination, or racism is suspected. Participants also learn tools and strategies that they can apply in their workplaces and daily lives. We hope that in applying the learning from this course, participants can become powerful agents for change in their personal and professional lives.

### Who is this course designed for?

BTA is designed for people who have completed one or more Core Training courses, and wish to enhance their skills in speaking out and advocating for social justice for Indigenous people. It is of particular value for people actively engaged in working towards reconciliation between Indigenous and Settler peoples.

# ACCREDITATION INFORMATION



**Core ICS Foundations:** This program contains 8 hours of EDI Professionalism content. Accredited by the Law Society of Ontario.

Attendance at this program entitles certified Canadian College of Health Leaders members (CHE / Fellow) to 5 Category II credits towards their maintenance of certification requirement.

**Core ICS Health, Core ICS Enhanced Health, & Core ICS Mental Health:** The online Core Health and Core Mental Health program meets the accreditation criteria of The College of Family Physicians of Canada. This Self-Learning program has been certified by the College of Family Physicians of Canada for up to 20 Mainpro+ credits.

The University of British Columbia Division of Continuing Professional Development (UBC CPD) is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME) to provide study credits for continuing medical education for physicians. This activity is an Accredited Self-Assessment Program (Section 3) as defined by the Maintenance of Certification Program (MOC) of the Royal College of Physicians and Surgeons of Canada, and has been approved by UBC CPD for up to 10.0 MOC Section 3 Self-Assessment hours (credits are automatically calculated). Each physician should claim only those credits accrued through participation in the activity.

Attendance at this program entitles certified Canadian College of Health Leaders members (CHE / Fellow) to 5 Category II credits towards their maintenance of certification requirement.

**From Bystander to Ally:** The University of British Columbia Division of Continuing Professional Development (UBC CPD) is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME) to provide study credits for continuing medical education for physicians. This activity is an Accredited Self-Assessment Program (Section 3) as defined by the Maintenance of Certification Program (MOC) of the Royal College of Physicians and Surgeons of Canada, and has been approved by UBC CPD for up to 5.0 MOC Section 3 Self-Assessment hours (credits are automatically calculated). Each physician should claim only those credits accrued through participation in the activity.

Attendance at this program entitles certified Canadian College of Health Leaders members (CHE / Fellow) to 2 Category II credits towards their maintenance of certification requirement.



**San'yas Training in Ontario**

[WWW.SANYAS.CA](http://WWW.SANYAS.CA)

For **individuals** interested in registering or learning more, contact Leresha Lickers (Ontario Registrar) at [leresha.lickers@phsa.ca](mailto:leresha.lickers@phsa.ca)

For **organizations** interested in supporting change, contact Diane Smylie (Ontario Partnerships & Projects) at [dsmylie@phsa.ca](mailto:dsmylie@phsa.ca)