

CULTURAL SERVICES

GUIDE FOR STAFF AND FACULTY



WE RECOGNIZE AND HONOUR OUR INDIGENOUS HISTORY

“We are here to support you. To help people through prayer and conversation.”

PETER WEASEL MOCCASIN

Lethbridge College Kainai Grandparent



> WHO WE ARE MATTERS

WELCOME TO OHKOTOKI'AAHKKOIYIINIIMAAN – “STONE PIPE”

Life as a student has its challenges and stresses. The Lethbridge College community is committed to cultivating a supportive environment that recognizes and respects students' diverse needs while creating an enriched campus environment that supports holistic health, well-being and success.

Lethbridge College's Indigenous Services team offers a “Circle of Services” to assist Indigenous (First Nations, Métis and Inuit) students on their post-secondary journeys.

We understand that life outside the classroom is equally important as the time students spend working toward their career and academic goals. Lethbridge College staff and faculty members play a crucial role in supporting students; we hope this guide will help you assist students in navigating the cultural services available on campus and in the community.



When helping students access supports, consider the following options:

1. Contact Indigenous Services for guidance.
2. Contact Student Affairs.
3. Contact Learning Services.
4. Contact Wellness Services.

INDIGENOUS
SERVICES
STUDENT
WELCOME

RECRUITER -
INDIGENOUS
FOCUS

CAREER &
ACADEMIC
ADVISING -
INDIGENOUS
FOCUS

INDIGENOUS
CAMPUS
VISITS

NIITSITAPI
GATHERING
PLACE

CULTURAL
SUPPORT
PROGRAM

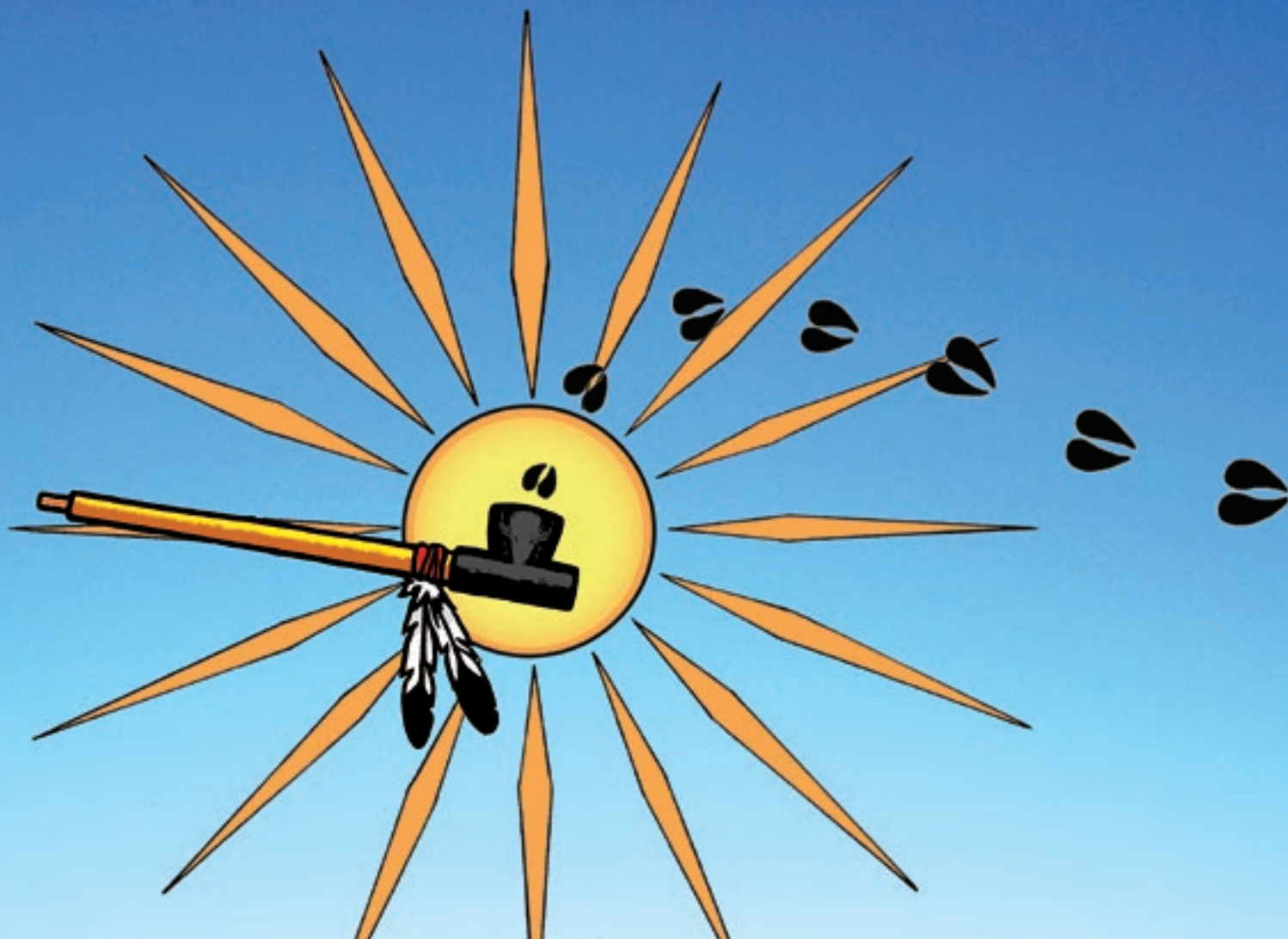
HONOUR
NIGHT

INDIGENOUS
CALENDAR OF
EVENTS

CIRCLE OF SERVICES

Lethbridge College offers a “Circle of Services” to assist our Indigenous learners and help them be successful on their journey of pursuing a post-secondary education.

> LETHBRIDGE COLLEGE'S INDIGENOUS SERVICES



COMMUNITY AND A SENSE OF BELONGING ARE VALUABLE FOUNDATIONS OF SUPPORT.

Indigenous Services can assist you in accessing available support on campus as well as in connecting you to related community supports.

Through the *Indigenous Cultural Support Program*, you can connect with Elders, spiritual advisors, leaders and role models. Elders and spiritual advisors make regularly scheduled visits to campus and are available to meet individually with you. This opportunity allows you to benefit from the support, traditional knowledge and guidance of the Elders.

Four Indigenous Elders make regularly scheduled visits to our campus:

- Peter Weasel Moccasin, Blackfoot Grandfather
- Georgette Fox, Blackfoot Grandmother
- Betty Ann Little Wolf, Blackfoot Grandmother
- Louise Saloff, Métis Grandmother

Drop in to the Niitsitapi Gathering Place (AN1501) to talk to one of our Indigenous Services Coordinators. You can also book an appointment by email or phone.



Indigenous Services:

indigenous@lethbridgecollege.ca
403-320-3202 ext. 5731
AN1501



AN1501

VISIT THE NIITSITAPI GATHERING PLACE (AN1501) TO FIND ANSWERS TO QUESTIONS YOU MAY HAVE OR SIMPLY FOR SOMEONE TO TALK WITH.

> CULTURAL AWARENESS TRAINING

Lethbridge College is located on the traditional lands of the Blackfoot People. It's important for our institution to be authentic and to understand what it means to say, "We are on Blackfoot Territory."

Indigenous Services offers professional development opportunities to strengthen Indigenous cultural competency. This service equips our college community with knowledge as participants realize their commitment to our Indigenous students and community.

KAIROS Blanket Exercise

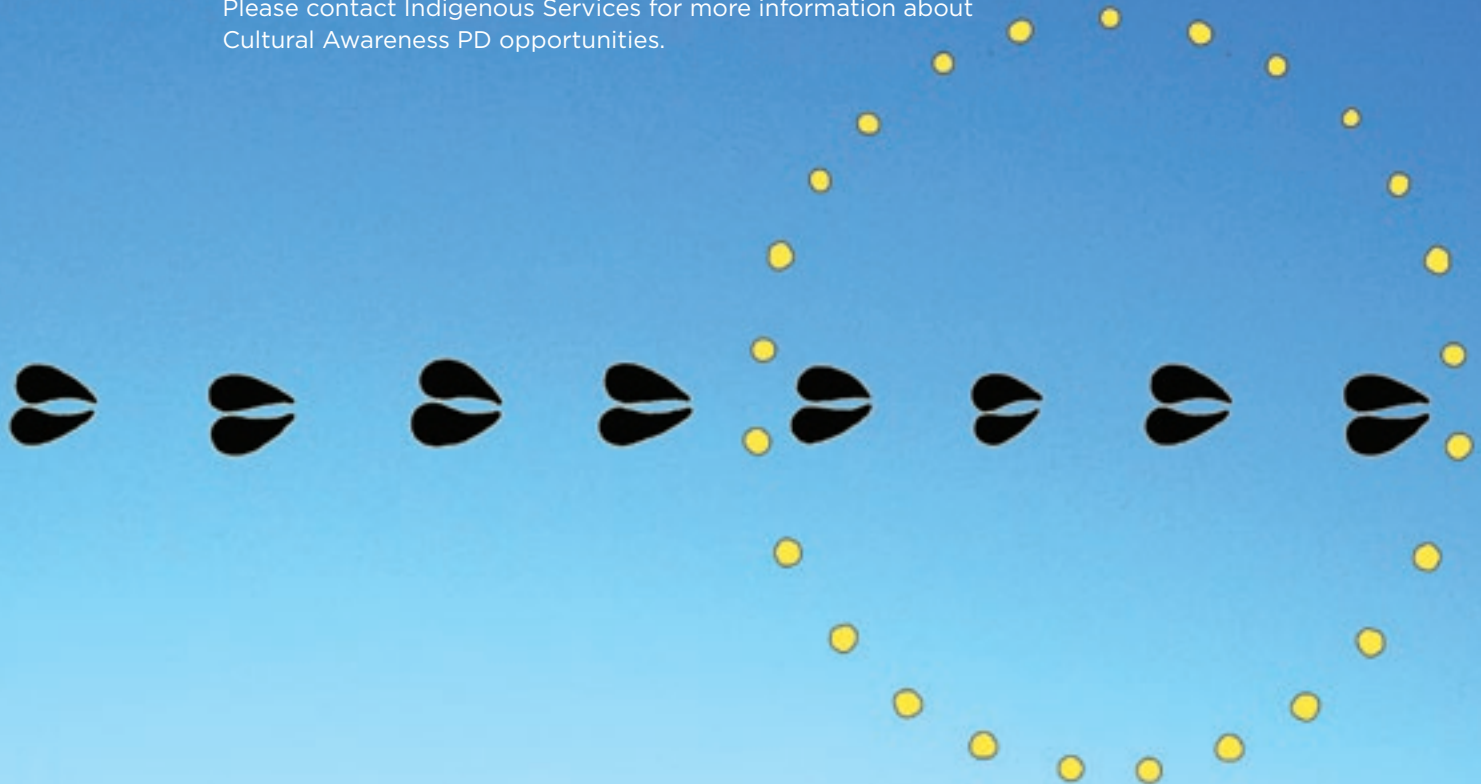
The KAIROS Blanket Exercise is based on participatory popular education methodology. The exercise builds understanding about our shared history as Indigenous and non-Indigenous peoples in Canada by walking attendees through pre-contact, treaty-making, colonization and resistance. Participants are actively involved as they step onto blankets that represent the land and into the roles of First Nations, Inuit and, later, Métis peoples. By engaging people on an emotional and intellectual level, the Blanket Exercise effectively educates and increases empathy.



LEARNING FROM PLACE

The Blackfoot Traditional Sites Tour: Learning from Place enables employees to make a connection to place through storytelling. This land-based learning format is facilitated by key members of the Blackfoot community: the Kaahsinnooniiks (Grandparents), who hold sacred knowledge. The promise and principle of the Blackfoot perspective that the land sustains all will provoke thought and create dialogue, encouraging new learning approaches or enhancements within your current program curriculum.

Please contact Indigenous Services for more information about Cultural Awareness PD opportunities.



READY TO FACE THE CHALLENGE

> “When it comes to achieving my goal of becoming a clinical psychologist, Indigenous Services has allowed me to push myself beyond the limits of the everyday stresses we face as students. The Indigenous Services team made a huge impact on my overall mental well-being, especially when our grandparents come visit. They listen with no judgment and brighten everyone’s day. It also creates an identity that helps me culturally.”

TIFFANY WEASEL HEAD

General Studies 2019



> STUDENT AFFAIRS: HOLISTIC LEARNING DEVELOPMENT

Student learning happens inside and outside of the classroom. As a division of Student Affairs, Indigenous Services understands the holistic nature of Indigenous learners. Guided by an Academic–Student Affairs collaborative model, which emphasizes connection between academic and Student Affairs employees, Indigenous Services aims to support student success by providing advocacy and working in collaborative partnerships with academic stakeholders and other college departments.

A photograph of a person walking away from the camera on a grassy hill. The person is wearing a dark jacket and a hat. The background shows a vast landscape with rolling hills and mountains under a hazy sky. A large, semi-transparent green and blue graphic is overlaid on the image, framing the text.

**WHAT HAPPENS NEXT
MATTERS MOST.**

OUR STUDENTS MATTER MOST

Working together to reduce barriers for students creates a safe and welcoming campus environment.

Instructors' time with students is crucial to student success. Building relationships with students and coming to understand Indigenous students as unique individuals is a good measure of embracing diversity. Do not assume all Indigenous students come to post-secondary education with barriers.

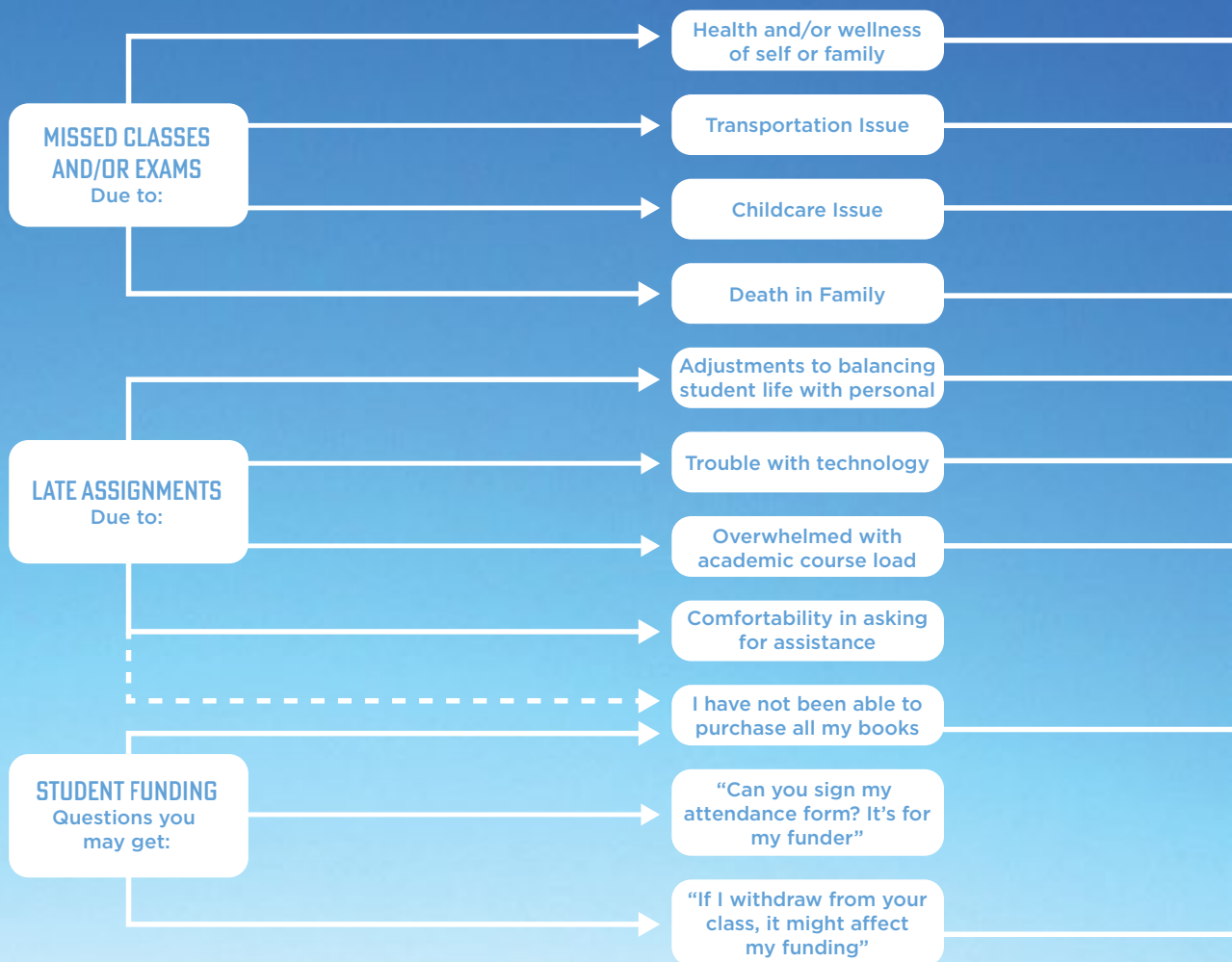
If you're concerned about a student or a student brings a concern to you, address it as either an academic concern or a concern that requires assistance from our student support areas. After acknowledging the concern, be attentive in providing referrals to relevant student supports.

Please see the *Employee Quick Reference Guide to Services for Students*.



> STUDENT SUPPORT FLOWCHART

STUDENT SITUATIONS THAT MAY ARISE





HOW CAN I ASSIST?

Create a safe place of mutual communication for students with respect and understanding of unique situations. Be confident in accessing the support that the student needs.

Wellness Services

From an on-campus clinic to mental health professionals, Wellness Services is available to students and their families.

Indigenous Services

Some students commute with drive times ranging from 45-60 minutes. Please refer to index for transportation.

Indigenous Services

If on-campus childcare is not an option, the Cultural Services Indigenous Student Support Guide has some listings.

Indigenous Services

Refer to pages 12-13 in the Cultural Services Indigenous Student Support Guide on *Dealing with Grief*.

Learning Cafe

Encourage workshops that assist in skills and strategies, and that can assist in coursework and professional life.

Digital Learning Support

Located in the library, their help desk can assist with teaching and learning technology, for formats such as canvas.

Career & Academic Advising

Encourage students to meet with an Academic Advisor to talk about options such as a reduced course load.

We can all help. Rely on your human side. Put yourself in their shoes... recall being 18 years old, if you're a parent, think about juggling work and life. If you feel there is a barrier in communication, ask if they feel more comfortable talking to Indigenous Services.

Indigenous Services

Funders allowance for books and purchase options varies. We can help with assistance of options.

Some Funders require their students to provide them with documentation of attendance and progress reports. Indigenous Career Pathways program students also require this documentation as a bursary is provided to them. Please be helpful when students bring these forms to you.

Career & Academic Advising

Encourage students to meet with an Academic Advisor to talk about options such as a reduced course load.

READY TO SUPPORT MY COMMUNITY

> “As an Indigenous student ambassador, I play a really big role of being a support for other students. No matter the issues that you are dealing with, just keep trying hard.”

CHELSEA LOW HORN

Agricultural Sciences 2018



> COMMUNITY DIRECTORY OF SERVICES

ALCOHOL AND DRUG SERVICES:

ARCHES: Supervised Consumption and Wrap-Around Services

1016 - 1 Ave. S Lethbridge
403-942-8213 or 403-942-8214
lethbridgearches.com

Lethbridge Family Services

1098 - 3 Ave. N Lethbridge
403-327-5724
www.lfsfamily.ca

CHILDCARE:

Boys and Girls Club

1405 - 8th Ave N Lethbridge
403-327-6423
bgclethbridge.com

Family Ties Association

206, 909 3rd Ave N Lethbridge
403-320-8888
www.familyties.ca

Lethbridge College Daycare provided by the Hands on Early Learning Centre Ltd.

3000 College Drive S. Lethbridge, AB T1K 1L6
403-320-3430
tobi.horon@lethbridgecollege.ca
lethbridgecollege.ca/daycare

Opokaa'sin Early Intervention Society

241 Stafford Drive N Lethbridge
403-380-2569
www.opokaasin.org

COMMUNITY SERVICES:

Lethbridge Community Network (LCN)

#200, 427 5 St S Lethbridge
403-929-5636
www.ecycledrive.com

COUNSELLING AND MENTAL HEALTH SERVICES:

Health and Shepell Counselling Services

Room: CE1380
403-320-3289
healthservices@lethbridgecollege.ca
lethbridgecollege.ca/healthservices

Native Counselling Services

(social justice programs)
1014 3 Ave S, Lethbridge
403-329-6140
www.ncsa.ca

Urban Aboriginal Mental Health: Aboriginal Health Program, Alberta Health Services

#1101, 400 - 4 Ave S, Lethbridge
403-388-6694
www.aboriginalcanada.gc.ca

GRIEF ASSISTANCE:

Online provincial government support

MyHealth.Alberta.ca

Virtual Grief Assistance

www.mygrief.ca

Grief Counselling in Lethbridge

www.psychologytoday.com/ca/therapists/grief/ab/lethbridge

INDIGENOUS FOCUSED SERVICES:

Blackfoot Family Lodge Society

830 7th St N Lethbridge
403-329-6506
www.bfls.org

Indigenous Health Program, Alberta Health Services

200 - 4 Ave S Lethbridge
587-787-3003
www.ahs.ca/ihp

Lethbridge Friendship Society

1709 2nd Ave S Lethbridge
403-328-2414
www.lethbridgefriendship.ca

Metis Nation of Alberta - Local 2003

132, 909 3 Ave N Lethbridge
403-328-7828

Supporting Indigenous Sharing Network

www.sisn.ca

FEMALE SUPPORT SERVICES:

Womanspace Resource Centre

#16, 740 4 Ave S, Lethbridge
403-329-8338
www.womanspace.ca

FOOD SUPPORT SERVICES:

Interfaith Food Bank Society of Lethbridge

1103 3 Ave S, Lethbridge
403-320-8779
interfaithfoodbank.ca

LCSA Food Bank

Room: CE1350
3000 College Drive South, Lethbridge
403-320-3373
lcsa@lethbridgecollege.ca
mylcsa.com

Lethbridge Food Bank

1016 2 Ave S, Lethbridge
403-320-1879
lethbridgefoodbank.ca

FINANCIAL SUPPORT:

Money Mentors

#101, 1221 - 2 Ave S, Lethbridge
1-888-294-0076
www.moneymentors.ca

HOUSING:

Aboriginal Housing Society

1273 3 Ave S Lethbridge
403-328-8806
www.aboriginal-housing.ca

Lethbridge College Residence Life

Kodiak House, 3000 College Drive S. Lethbridge
403-329-7219 or 1-800-572-0103
res.life@lethbridgecollege.ca

Rent Board, Lethbridge

www.rentboard.ca

Treaty 7 Urban Indian Housing Authority

234, 12C St N Lethbridge
403-327-1995
t7housing.com/lethbridge-office

YWCA Harbour House: Outreach Services

604 - 8 St S Lethbridge
403-320-1881 (crisis calls) or toll-free 1-866-269-0447
ywcalethbridge.org

LIBRARY RESOURCES:

Crossings Branch, Lethbridge Public Library

255 Britannia Blvd. W Lethbridge
403-320-4037
www.lethlib.ca

Lethbridge Public Library

810 5th Ave. S Lethbridge
403-380-7310
www.lethlib.ca

TRANSPORTATION SERVICES:

Spotted Eagle, Standoff-Lethbridge Commuter Shuttle

403-308-9628
phillip@spottedeagleinc.ca

> INDIGENOUS SERVICES TEAM

MANAGER OF INDIGENOUS SERVICES

The Manager of Indigenous Services is a key member of the Student Affairs Leadership team at Lethbridge College. As the team lead, the manager provides initial guidance and decision-making for the development and implementation of Indigenous-focused strategies, services, programs and projects.

Phone: 403-320-3242

Contact the manager for information, inquiry or assistance related to the following:

- Indigenous Strategy development and implementation
- Indigenous Services Operational Plan
- Indigenous-focused Mental Health initiatives
- Opportunities for project development
- Indigenous Student recruitment, retention, success and metrics

INDIGENOUS STUDENT INITIATIVES & COMMUNITY RELATIONS COORDINATOR

The Indigenous Student Initiatives and Community Relations Coordinator is a key consult on Indigenous cultural competency, strategic development of Indigenous curriculum infusion and enhancing operation of services supporting Indigenous student retention and success.

Phone: 403-320-3202 ext. 5731

Contact this coordinator for information, inquiry or assistance related to the following:

- Coordination of Cultural Awareness: KAIROS Blanket Exercise and Learning from Place
- Opportunities for Indigenous curriculum development and infusion
- Guidance of Indigenous protocols and connection to external community areas of expertise
- Opportunities to enhance Indigenous Student support, retention and success

CONTACT INDIGENOUS SERVICES



indigenous@lethbridgecollege.ca

lethbridgecollege.ca/indigenous

 Facebook /LCindigenous

> INDIGENOUS SERVICES TEAM

INDIGENOUS STUDENT SUPPORT COORDINATOR

The Indigenous Student Support Coordinator is front-line to delivery of Indigenous-focused support services and implementation of best practices for current Indigenous students. This coordinator oversees day-to-day operations of the Niitsitapi Gathering Place, Cultural Support Program and Indigenous Calendar of Events.

Phone: 403-320-3202 ext. 5540

Contact this coordinator for information, inquiry or assistance related to the following:

- Navigating LC student supports and referral of community services
- Cultural Support Grandparents on-campus schedule
- Delivery of Circle of Services presentation
- General student advising
- LC Indigenous Calendar of Events
- Niitsitapi Gathering Place

CAREER & ACADEMIC ADVISOR, INDIGENOUS FOCUS

The Career and Academic Advisor, Indigenous-focus is a key collaborative member of the Student Affairs team. Focused on recruitment initiatives, academic and career advising geared toward Indigenous learners, this advisor facilitates information sessions, assists both prospective and current students explore programs, career planning, admission requirements, services and Indigenous supports offered by Lethbridge College.

Phone: 403-320-3202 ext. 5359

Contact this advisor for information, inquiry or assistance related to the following:

For future students:

- Recruitment presentations with an Indigenous focus
- Career Development; delivery of Strong Interest Inventory assessment
- Exploration and selection of a program of study
- Application guidance and admission requirements

For current students:

- Academic planning
- Assistance with student course schedule
- Assistance in change of program
- Planning breaks in studies

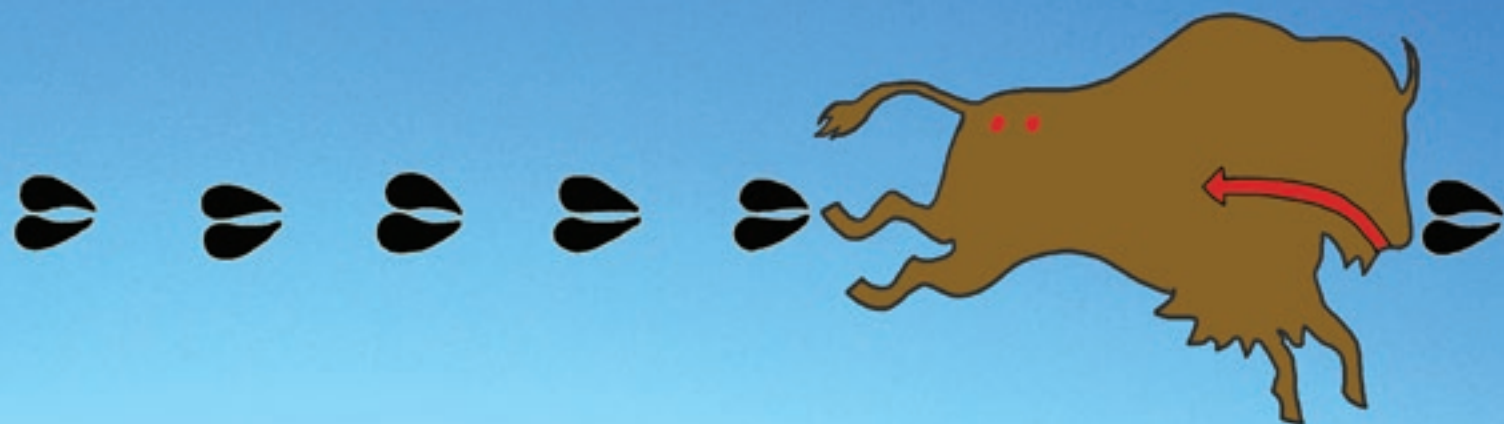
CONTACT INDIGENOUS SERVICES



indigenous@lethbridgecollege.ca

lethbridgecollege.ca/indigenous

 [Facebook /LCindigenous](https://www.facebook.com/LCindigenous)



THANK YOU TO WILLIAM SINGER FOR PROVIDING THE
ARTWORK USED THROUGHOUT THIS BOOK.

403.320.3202
3000 College Drive S. Lethbridge, AB T1K 1L6

lethbridgecollege.ca/indigenous

BE READY.

