

# CULTURAL SERVICES

INDIGENOUS STUDENT SUPPORT GUIDE

# 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 *Kaahsinnoon* (Grandparent)







# WHO YOU ARE MATTERS TO US

## WELCOME TO OHKOTOKI'AAHKKOIYIINIIMAAN – “STONE PIPE”

Balancing life as a student can have its challenges and stresses. Lethbridge College is committed to cultivating a supportive environment that recognizes and respects the diverse needs of all students. We are committed to creating an enriched campus environment that supports your holistic health, well-being and success.

Lethbridge College Indigenous Services team offers a “Circle of Services” to assist Indigenous (First Nations, Métis and Inuit) students in their journey of pursuing a post-secondary education. We understand that life outside the classroom is just as important as your time working toward academic goals. Lethbridge College staff members are here to give the support you need.



### **When accessing supports you have lots of options:**

1. Visit Lethbridge College's Indigenous Services.
2. Visit or contact Lethbridge College Health and Shepell Counselling Services.
3. Access community indigenous resources. See the directory of services in the back of this booklet to help you on your student journey.

INDIGENOUS  
SERVICES  
STUDENT  
WELCOME

RECRUITER -  
INDIGENOUS  
FOCUS

CAREER &  
ACADEMIC  
ADVISING -  
INDIGENOUS  
FOCUS

INDIGENOUS  
CAMPUS  
VISITS

NIITSITAPI  
GATHERING  
PLACE

CULTURAL  
SUPPORT  
PROGRAM

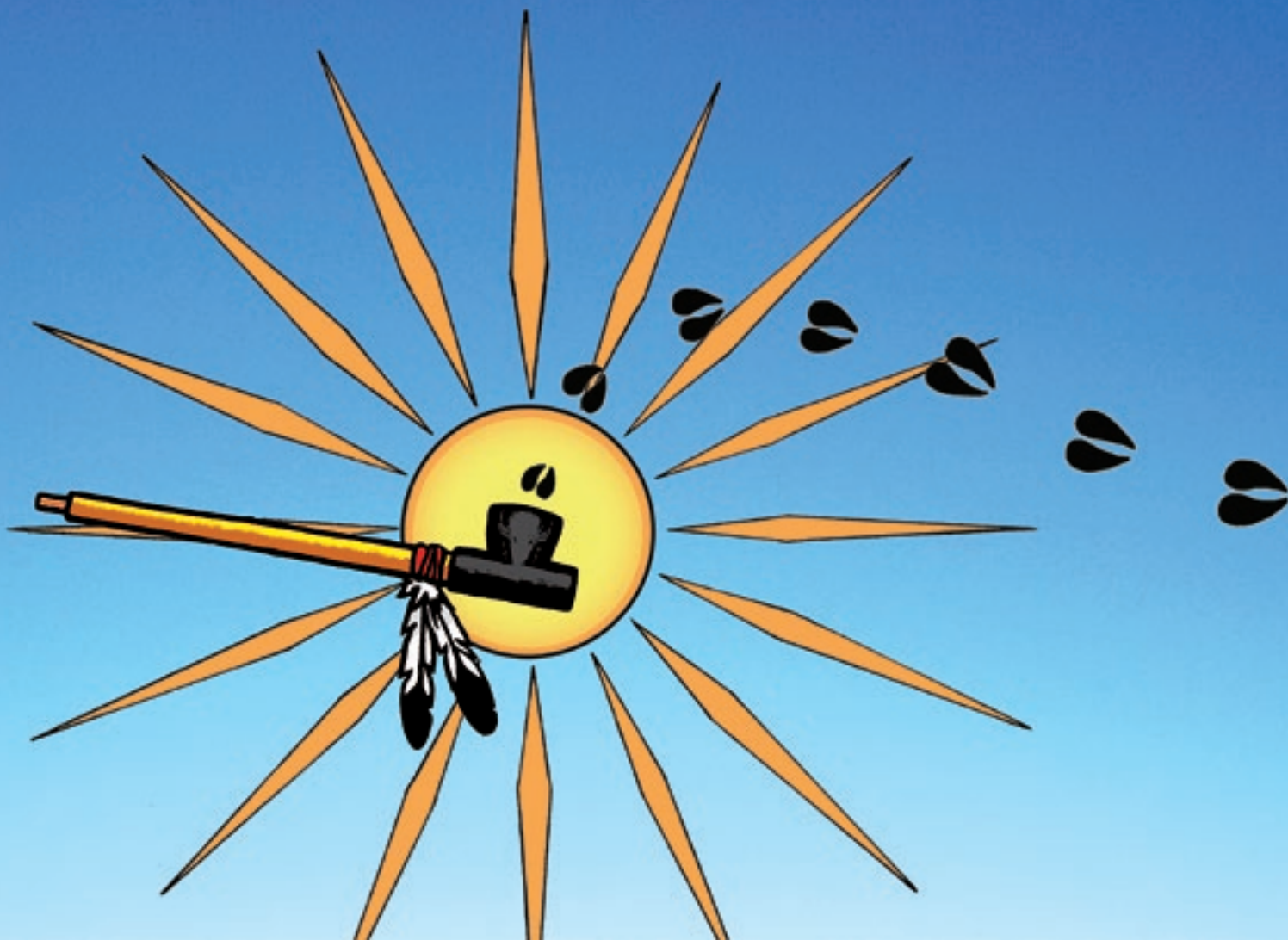
HONOUR  
NIGHT

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.

# > HEALTH AND SHEPELL COUNSELLING SERVICES

**We provide services to the campus community through a team of registered nurses, doctors, psychiatrists and counsellors. Our services are available to all students and employees, as well as their families, to support your health and well-being.**

In the case of an emergency, call 911. If you are experiencing a mental health crisis, contact Shepell Student Support (1-855-649-8641). You can also call the Distress Line of Southwestern Alberta (1-888-787-2880).

**We can also connect you to the most appropriate support services. Our services include, but are not limited to:**

- doctor clinics
- immunizations
- sexual health
- first aid





911

IN THE CASE OF AN EMERGENCY CALL 911.

## FEELING DOWN, STRESSED OR ANXIOUS? MAYBE YOU NEED TO TALK TO SOMEONE.

Shepell offers counselling and services to provide you with the support and skills to work through whatever is troubling you.

### **Counselling can be sought for many reasons, including:**

- managing stress/distress
- mental health concerns (like anxiety or depression)
- suicidal thoughts
- substance use/addiction
- relationship stress
- career and academic issues
- other personal issues you may be facing



## SHEPELL'S STUDENT SUPPORT PROGRAM

Shepell's Student Support Program (SSP) offers immediate, confidential assistance 24 hours a day, seven days a week, 365 days a year, both online and over the phone (1-855-649-8641). A Shepell counsellor is also located on campus in Health and Shepell Counselling Services.

In addition to on- and off-campus face-to-face counselling, you can access online, video, telephone or app-based counselling to discuss whatever is on your mind.

### Health and Shepell Counselling Services

healthservices@lethbridgecollege.ca

403-320-3289

CE1380

**Hours:** 8 a.m. – 4 p.m. Monday – Friday

24 hour support line: 1-855-649-8641.

Distress Line of Southwestern Alberta: 1-888-787-2880



WWW

YOU WILL ALSO FIND A WIDE VARIETY OF HEALTH AND WELLNESS INFORMATION AND ARTICLES ONLINE AT **MYSTUDENTSUPPORT.COM**, ON TOPICS LIKE HEALTH, LIVING AWAY FROM HOME, RELATIONSHIPS AND STUDENT LIFE.



LETHBRIDGE COLLEGE SECURITY SERVICES (CE1301)  
ARE AVAILABLE 24 HOURS A DAY, SEVEN DAYS A WEEK.

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## SEXUAL MISCONDUCT: RECEIVE SUPPORT AND LEARN ABOUT YOUR OPTIONS

**Lethbridge College is a respectful campus. We are here to support you.  
All members of the college community have the right to work and study in an environment  
that is free from any form of sexual violence.**

If you would like to report an act of sexual misconduct after business hours, staff members in Lethbridge College Security Services (CE1301) are available 24 hours a day, seven days a week (403-320-3206).

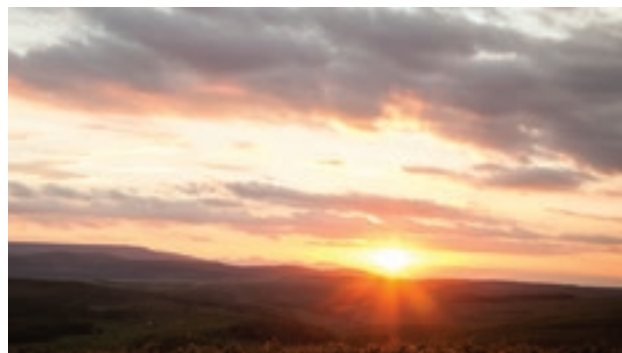
Safewalk is available to walk you to your destination on campus 24 hours a day, seven days a week. To request a Safewalk, call Security at 403-320-3206 or stop by the office (CE1301).



### **Sexual misconduct support:**

Health and Shepell Counselling Services  
403-320-3289  
CE1380

**Hours:** 8 a.m. – 4 p.m. Monday – Friday  
[SVsupport@lethbridgecollege.ca](mailto:SVsupport@lethbridgecollege.ca)  
[healthservices@lethbridgecollege.ca](mailto:healthservices@lethbridgecollege.ca)





# 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



## > DEALING WITH GRIEF

It can be difficult to predict exactly the emotion that will be felt before or after the death of a loved one. The one thing we can anticipate is deep sadness. Even though we can understand the passing as a part of life, we can never fully prepare for the loss. We each experience grief in a unique way, and sometimes assistance in understanding our emotions can be valuable as a reminder you are not alone.

FOR A STUDENT, ONE CONCERN WILL BE MISSED CLASSES, UPCOMING ASSIGNMENTS OR EXAMS. LET US ASSIST YOU.

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ELDERS

FOR STUDENTS WHO WOULD LIKE THE SUPPORT OF OUR BLACKFOOT GRANDPARENTS OR MÉTIS ELDER, REACHING OUT TO THE INDIGENOUS SERVICES CULTURAL SUPPORT PROGRAM IS AN OPTION.





### 1. First step, notify your instructors.

If you are feeling up to it, send one email addressing all your instructors, with a cc: to **advising@lethbridgecollege.ca** and **indigenous@lethbridgecollege.ca**. This way everyone who can assist you, in your program area as well as in student services, will receive the email. Your email can be very simple:



**Hi everyone,**

It is with unfortunate sadness that I notify you of a recent death in my family. I do not know if I will be present in class. If you would assist in arranging some time for any upcoming assignments or exams that will be helpful. I will be in contact for follow-up.

In addition to my email, I can be contacted at (include phone number).

**Thank you,**

(Your name)

If you are not feeling up to it, send one email to [indigenous@lethbridgecollege.ca](mailto:indigenous@lethbridgecollege.ca) or call 403-320-3202 ext. 5731, and we will help inform your instructors.

### 2. Next step, we will contact you.

The death of loved one is overwhelming to say the least. We will contact you and do our best to support you.

### 3. How can we help once you are back on campus?

Both Health Services and Shepell Counselling can assist in the grieving process. For students who would like to access the support of our Blackfoot or Métis Grandparents, reaching out to the Indigenous Services Cultural Support Program is an option. Please stop by Indigenous Services (AN1501) for help setting up some time with a Grandparent or Elder.

Community connections and specialized grief counselling may be another outlet to find support that suits you best. Additional off-campus support options are listed in the community directory of services in the back of this book.

# > HOUSING AND FUNDING PROGRAM DEVELOPMENT

## STUDENT HOUSING

**Our residences are located amid beautiful surroundings with views to the Rocky Mountains.**

You'll be within walking distance of a host of on- and off-campus services. The home-away-from-home atmosphere creates a great place to meet new, like-minded friends who have also come to Lethbridge College to pursue their dreams.

If you're thinking of living off campus, there are numerous housing options available. If you want to stay close to campus, look for places on the south side of the city.



**Residence Life:**

[lethbridgecollege.ca/residence](http://lethbridgecollege.ca/residence)  
1-800-572-0103 ext. 7218  
or 403-320-7218



## FUNDING AND SCHOLARSHIPS

**Figuring out how to afford school isn't always easy. So we've broken down your available options depending on the program or training you are pursuing at Lethbridge College.**

**It is important you apply for post-secondary funding, scholarships and awards.**

Please see our “Indigenous Student Funding and Awards Guide” for the opportunities available. The information in this guide will assist you in navigating sponsorship opportunities, grants, awards and other financial support available for Indigenous students. Some funding is specific to students of either Status First Nation, Non-Status First Nation, Métis or Inuit backgrounds. Even if you are not eligible to access specific funding, you will find funding options that are available to all students.

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INDIGENOUS STUDENT FUNDING AND AWARD GUIDE:  
**LETHBRIDGECOLLEGE.CA/INDIGENOUS**





# 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](http://lethbridgearches.com)

### **Lethbridge Family Services**

1098 - 3 Ave. N Lethbridge  
403-327-5724  
[www.lfsfamily.ca](http://www.lfsfamily.ca)

## CHILDCARE:

### **Boys and Girls Club**

1405 - 8th Ave N Lethbridge  
403-327-6423  
[bgclethbridge.com](http://bgclethbridge.com)

### **Family Ties Association**

206, 909 3rd Ave N Lethbridge  
403-320-8888  
[www.familyties.ca](http://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](mailto:tobi.horon@lethbridgecollege.ca)  
[lethbridgecollege.ca/daycare](http://lethbridgecollege.ca/daycare)

### **Opokaa'sin Early Intervention Society**

241 Stafford Drive N Lethbridge  
403-380-2569  
[www.opokaasin.org](http://www.opokaasin.org)

## COMMUNITY SERVICES:

### **Lethbridge Community Network (LCN)**

#200, 427 5 St S Lethbridge  
403-929-5636  
[www.ecycledrive.com](http://www.ecycledrive.com)

## COUNSELLING AND MENTAL HEALTH SERVICES:

### **Health and Shepell Counselling Services**

Room: CE1380  
403-320-3289  
[healthservices@lethbridgecollege.ca](mailto:healthservices@lethbridgecollege.ca)  
[lethbridgecollege.ca/healthservices](http://lethbridgecollege.ca/healthservices)

### **Native Counselling Services**

(social justice programs)  
1014 3 Ave S, Lethbridge  
403-329-6140  
[www.ncsa.ca](http://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](http://www.aboriginalcanada.gc.ca)

## GRIEF ASSISTANCE:

### **Online provincial government support**

[MyHealth.Alberta.ca](http://MyHealth.Alberta.ca)

### **Virtual Grief Assistance**

[www.mygrief.ca](http://www.mygrief.ca)

### **Grief Counselling in Lethbridge**

[www.psychologytoday.com/ca/therapists/grief/ab/lethbridge](http://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](http://www.bfls.org)

**Indigenous Health Program, Alberta Health Services**

200 - 4 Ave S Lethbridge  
587-787-3003  
[www.ahs.ca/ihp](http://www.ahs.ca/ihp)

**Lethbridge Friendship Society**

1709 2nd Ave S Lethbridge  
403-328-2414  
[www.lethbridgefriendship.ca](http://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](http://www.sisn.ca)

## FEMALE SUPPORT SERVICES:

**Womanspace Resource Centre**

#16, 740 4 Ave S, Lethbridge  
403-329-8338  
[www.womanspace.ca](http://www.womanspace.ca)

## FOOD SUPPORT SERVICES:

**Interfaith Food Bank Society of Lethbridge**

1103 3 Ave S, Lethbridge  
403-320-8779  
[interfaithfoodbank.ca](http://interfaithfoodbank.ca)

**LCSA Food Bank**

Room: CE1350  
3000 College Drive South, Lethbridge  
403-320-3373  
[lcsa@lethbridgecollege.ca](mailto:lcsa@lethbridgecollege.ca)  
[mylcsa.com](http://mylcsa.com)

**Lethbridge Food Bank**

1016 2 Ave S, Lethbridge  
403-320-1879  
[lethbridgefoodbank.ca](http://lethbridgefoodbank.ca)

## FINANCIAL SUPPORT:

**Money Mentors**

#101, 1221 - 2 Ave S, Lethbridge  
1-888-294-0076  
[www.moneymentors.ca](http://www.moneymentors.ca)

## HOUSING:

**Aboriginal Housing Society**

1273 3 Ave S Lethbridge  
403-328-8806  
[www.aboriginal-housing.ca](http://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](mailto:res.life@lethbridgecollege.ca)

**Rent Board, Lethbridge**

[www.rentboard.ca](http://www.rentboard.ca)

**Treaty 7 Urban Indian Housing Authority**

234, 12C St N Lethbridge  
403-327-1995  
[t7housing.com/lethbridge-office](http://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](http://ywcalethbridge.org)

## LIBRARY RESOURCES:

**Crossings Branch, Lethbridge Public Library**

255 Britannia Blvd. W Lethbridge  
403-320-4037  
[www.lethlib.ca](http://www.lethlib.ca)

**Lethbridge Public Library**

810 5th Ave. S Lethbridge  
403-380-7310  
[www.lethlib.ca](http://www.lethlib.ca)

## TRANSPORTATION SERVICES:

**Spotted Eagle, Standoff-Lethbridge Commuter Shuttle**

403-308-9628  
[phillip@spottedeagleinc.ca](mailto: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](mailto:indigenous@lethbridgecollege.ca)

[lethbridgecollege.ca/indigenous](https://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



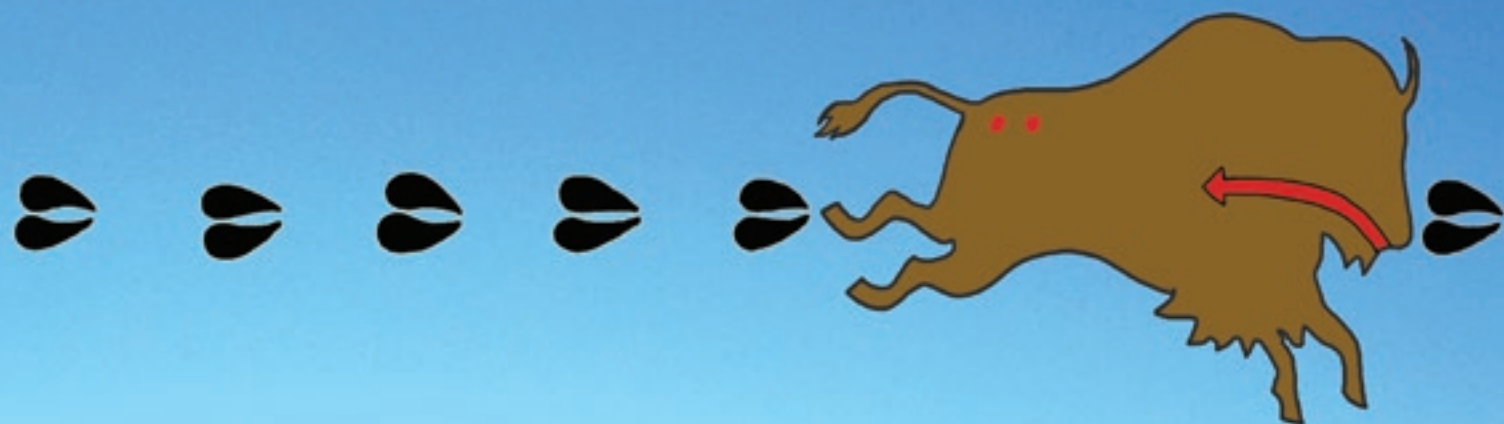
[indigenous@lethbridgecollege.ca](mailto:indigenous@lethbridgecollege.ca)

[lethbridgecollege.ca/indigenous](https://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](http://lethbridgecollege.ca/indigenous)

**BE READY.**

