

# Workforce Development Trainings

All trainings are accredited by the Indigenous Certification Board of Canada.

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camh  
Shkaabe Makwa

## Beautiful Difference: A Primer on Intellectual and Developmental Disabilities for Indigenous Helpers



Dive into the multifaceted realm of developmental disabilities with an overview of screening, assessment, support interventions, physical health, dual diagnosis, and program and policy landscapes across Ontario.

**Delivery format:** Virtual

**Time commitment:** 12 hours (over multiple days)

**Intended audience:** Ontario-based Indigenous helpers and workers who provide direct services to First Nations, Inuit, and/or Métis peoples living with developmental disabilities.

## Building Good Relations: Essential Counselling Skills for Helpers



Refine your skills in counselling and support work as you engage in hands-on practice in foundational techniques, including helper self-awareness, simple and complex reflection, goal setting, setting boundaries, exploratory questions, empathetic validation, instilling hope, and safe self-disclosure.

**Delivery format:** Virtual or in-person

**Time commitment:** 12 hours (over multiple days)

**Intended audience:** Ontario-based Indigenous helpers and workers who provide direct services to First Nations, Inuit, and/or Métis peoples. Participants should engage in some form of counselling, coaching, guidance, or support of community members within their role.

## Culture is Protection: A Strengths-Based Approach to Youth Violence Prevention



Explore the contextual variables influencing the experience of violence among Indigenous youth. Through collaborative activities, this training aims to equip participants with practical tools to assess protective factors effectively and craft culturally informed, strengths-based support plans.

**Delivery format:** Virtual or in-person

**Time commitment:** 10 hours (over multiple days)

**Intended audience:** Ontario-based Indigenous and non-Indigenous helpers and professionals that work with Indigenous Youth who may be at risk of criminalization, or who are already involved with the criminal justice system.

## Indigenous Helper Wellness: Building Skills for Self-Care



Navigate the landscape of Indigenous helper wellness in the context of working with Indigenous communities and service providers, and gain insights into recognizing signs of vicarious trauma, compassion fatigue, and burnout, among other vital aspects of helping work.

**Delivery format:** Virtual or in-person

**Time commitment:** 3 hours

**Intended audience:** Ontario-based First Nations, Inuit, Métis mental health professionals and community helpers.

## Indigenous Perspectives of Disability: A Primer on Fetal Alcohol Spectrum Disorder



Acquire an understanding of Indigenous perspectives on disabilities, wellness, and the ongoing impacts of colonialism and trauma, while exploring how research disparities and the over-surveillance of our communities have shaped the landscape of Fetal Alcohol Spectrum Disorder (FASD). Review how language can promote dignity rather than feed the ongoing stigma in relation to FASD awareness.

**Delivery format:** Virtual or in-person

**Time commitment:** 7 hours

**Intended audience:** Ontario-based Indigenous helpers and workers who provide direct services to First Nations, Inuit, and/or Métis peoples.

## Pivoting Towards the Good Life: Braiding Indigenous Wisdom with Acceptance and Commitment Therapy for Indigenous Helpers



By bringing together Traditional Teachings from Indigenous Knowledge Keepers with Acceptance and Commitment Therapy principles, this training will empower and support individuals grappling with challenging thoughts and emotions, featuring experiential learning, practical tools, and extensive opportunity for counselling role-play.

**Delivery format:** Virtual or in-person

**Time commitment:** 21 hours (over multiple days)

**Intended audience:** Ontario-based First Nations, Inuit, Métis mental health professionals and community helpers.

## Strengths-Based Strategies for Challenges at School



Demystify “challenging behaviour” through an exploration of its roots, from trauma and adverse childhood experiences to cultural considerations, culminating in practical strategies for nurturing healthy relationships and behaviours.

**Delivery format:** Virtual or in-person

**Time commitment:** 10 hours (over multiple days)

**Intended audience:** Ontario-based First Nations, Inuit, Métis mental health professionals, community helpers or educators who work with Indigenous children in school.

## Trauma-Informed Care for Helpers Who Support First Nations, Inuit and Métis Peoples



Equip yourself with a rich understanding of the impacts of trauma, contextualized within historical and ongoing colonization, to gain a wholistic view into protective factors, trauma-informed practices, and implement trauma-informed approaches within your organization and interpersonal interactions.

**Delivery format:** In-person

**Time commitment:** 14 hours (over multiple days)

**Intended audience:** Ontario-based First Nations, Inuit, Métis mental health professionals and community helpers.