

DECOLONIZE YQR



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The Regina Public Library and Reconciliation Regina present a monthly workshops series exploring decolonization.

Join us in a journey of self-reflection as we explore the history and impacts of colonization and ways we can decolonize our hearts, minds, and community. These workshops will create a space where we can begin to explore decolonizing ourselves, practice taking personal responsibility for our beliefs and actions, and build allegiance with centuries of Indigenous resistance. Facilitators will take a broader look at the system of colonization and the socio-economic impacts of systemic racism and discrimination that are experienced by Indigenous peoples today and provide participants with actionable steps to begin their journey towards decolonization.

The workshops are facilitated by Indigenous community leaders that are dedicated to supporting a safe, diverse and inclusive environment that educates, energizes and inspires creativity, agency and transformation. Join us for some or all of the workshops and be an active part of the Truth and Reconciliation movement.



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ALL WORKSHOPS IN THIS SERIES WILL BE HELD ON TUESDAY NIGHTS
@ 7:00-9:00 PM

May 4
2021

UNDERSTANDING COLONIZATION

500 YEARS OF CONTACT: JOHN LAGIMODIERE

Using humour and history, John will guide you through 500 years of contact that relates to Saskatchewan's Indigenous population. In the process you will come to understand Terminology and Demographics, the Métis story, the Treaties and the impact of the Indian Act on First Nations people.

June 1
2021

DECOLONIZING OUR MINDS, HEARTS & URBAN SPACES

DECOLONIZING COMMUNITY SPACES & BRINGING BACK THE BUFFALO: JOELY BIGEAGLE-KEQUAHTOWAY

Before colonization, an estimated 30 million bison roamed Turtle Island, but as a result of colonial policies and hunting by settlers. Jump ahead to modern times and understand the impacts colonization has had on Indigenous cultures and how it affects our shared public spaces today.

June 22
2021

DECOLONIZATION & RACISM

UNDERSTANDING THE HISTORY OF RACISM IN CANADA: BECKY SASAKAMOOSÉ-KUFFNER

Through this workshop we take a deeper look into the origins of racism on a global and national level, and why Anti-Racism is different than Multiculturalism. Outcomes of this workshop will provide a greater understanding of the systemic racism ingrained into society today.

September
2021

DECOLONIZATION & ALLYSHIP

HOW TO BECOME AN INDIGENOUS ALLY

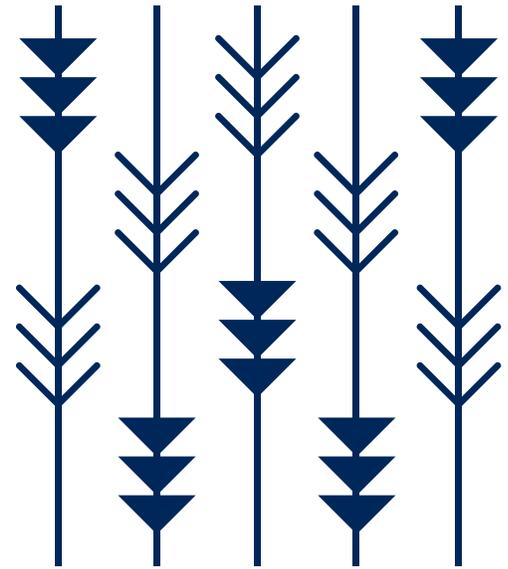
Through this interactive workshop we explore what it means to think critically about where you stand as ally. Being involved in any kind of anti-oppression work is about recognizing that every person has a basic right to human dignity, respect, and equal access to resources.

October
2021

DECOLONIZING THE WORKPLACE

IMPLEMENTING AN INDIGENOUS STRATEGY & HIRING/RETENTION FOR BUSINESS

This workshop is designed with senior business leaders and managers in mind and covers how to implement an Indigenous strategy for your business as well as information on hiring and retaining Indigenous employees.



REGISTRATION

Participants are encouraged to register for as many workshops as they like and these workshops have been design for an inclusive audience of both Indigenous and non-Indigenous, and will be provided on a digital platform (ZOOM) until it is safe to meet in person again.

You can find the link to register on the Regina Public Llibrary's website and Facebook page. Visit https://www.reginalibrary.ca/attend/_programs to register.

Downloadable workbooks have been created for you to record experiences, things you learn and to help guide your actions following this workshop series.

These workshops are free, and all are welcome to attend.

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Why should we participate in this workshop?

Learning the true history of these lands, place-based understanding, and looking at history through an Indigenous lens will allow self-reflection and a deeper understanding of the ongoing trauma and harm that is the legacy of colonization.

Reconciliation Regina and the Regina Public Library have come together to create space for our community to develop the skills, compassion, and abilities required to recognize and change colonial systems and practices in their personal and professional lives. These are the vital first steps in playing an active and meaningful part in Decolonization.

Participants should bring with them an open mind and an open heart to get the most out of what is sure to be an enlightening workshop.

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What will we explore through this workshop series?

Decolonization refers to a process where a colonized people reclaim their traditional culture and ways and restores an Indigenous world view.

For many, decolonization is understood as the way to healing and restoring family and community health and plays a large role in the truth and reconciliation movement in our country. Decolonization also requires non-Indigenous individuals, governments, institutions and organizations to create the space and support for Indigenous Peoples to reclaim all that was taken.

It is for this reason, Reconciliation Regina and the Regina Public Library have created the Decolonize YQR Series. We will explore the following themes to create actionable outcomes based on our learned experiences through these facilitated workshops;

**COLONIALISM, RACISM, ALLY-SHIP, TRUTH & RECONCILIATION,
LAND-BASED EDUCATION & THE TRC'S 94 CALLS TO ACTION**

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NOTES



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Through this workshop, we hope that participants have become more aware of the important of taking a decolonizing perspective to support Indigenous peoples in our community. **What have you gained through your participation in this workshop?**

With an open heart and an open mind, we hope that participants have learned more about colonialism that currently affects Indigenous peoples in our community today. **What is something your learned during this workshop that you did not know before?**

We recognize that each participant of this workshop is on a different pathway of learning about truth and reconciliation. Through this workshop, we hope that participants become more aware of the importance of taking a decolonizing perspective to support Indigenous peoples. **What is something you learned during this workshop that can put into action and practice in your daily life?**

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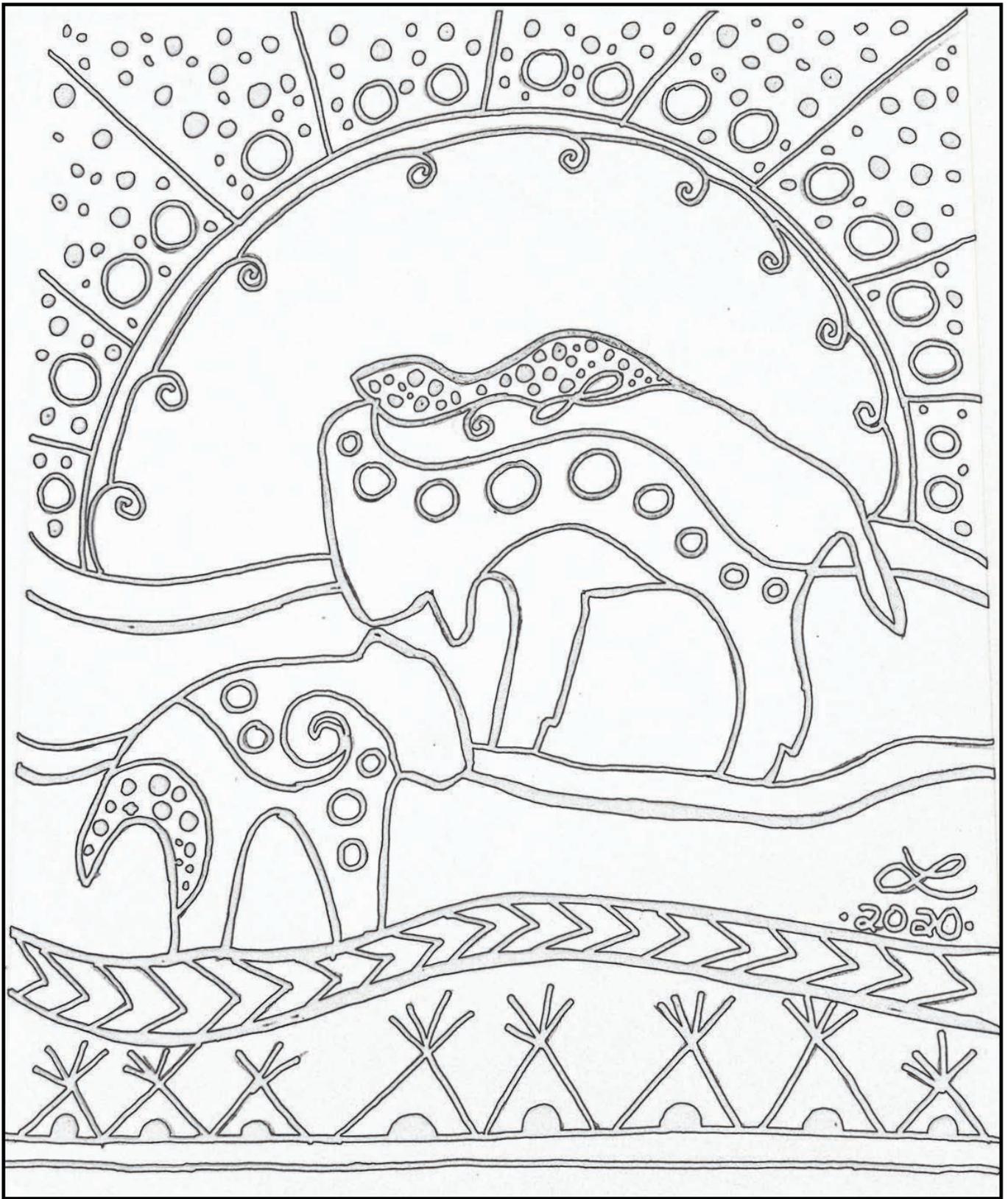
DECOLONIZE YOUR

How can you incorporate decolonization into your life on a daily basis?

Be Respectful. Listen to the Elders and children and make time for them. Eat a healthy and traditional diet of mainly meats, eggs, vegetables and fruits. Drink lots of water and herbal teas. Exercise daily. Get outside and get to know your traditional territory. Increase your participation in traditional activities such as; hunting fishing, berry picking, medicine harvesting and making hand drums, regalia and baskets. Learn your language. Sing your songs. Dance. Get educated. Learn a trade, or work in a field you enjoy and/or are passionate about. Volunteer in your community. Start a club or group. Think positively. Encourage others. Celebrate everyone's success. Practice spirituality. Attend a sweat lodge. Smudge. Meditate. Bathe in a creek. Pray. Strengthen your inner peace. Be grateful for all you have and what the Mother Earth provides. BE KIND.

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How can you incorporate decolonization into your life on a daily basis?



Colour and display this drawing
by Métis artist Leah Dorion in your window
to celebrate National Indigenous History Month!



Canada

