

# Where to Start: Lessons Learned from the Cultural Safety Design Collaborative

## Culture as medicine

Recognizing First Nations, Inuit and Métis cultural practices, teachings and ceremonies in health and wellness

## Meaningful engagement, reciprocal relationships and collaboration

Supporting a **community-led** approach – ‘nothing about us, without us’

Recognize **gifts**

Express **gratitude**

Ask for **permission**

Share **knowledge**

Empower **youth**

## Leadership

Prioritizing cultural safety as a lens for **strategic decision-making**

## Learning and capacity growing

Having a **well-resourced** First Nations, Inuit and Métis healthcare workforce

## Continuous improvement and feedback

Recognizing that **relationships** are outcomes: a **healthy** community is an **engaged** community

“This is hard work and heart work”

-Cultural Safety Design Collaborative Advisory Group