

About This Bundle

This bundle brings together practical resources that support learning about Indigenous health, cultures, histories, respectful relationships and reconciliation. It is designed as a starting point for Elgin Ontario Health Team partners, healthcare and social service providers, staff and community members.

The bundle includes a variety of resources and tools, such as policies, health system resources, cultural safety training, respectful terminology, allyship guidance, land acknowledgement, and more. Learning should be ongoing and grounded in local relationships, Indigenous leadership and the knowledge shared by First Nations, Inuit and Métis peoples and communities.

Why We Call It a Resource “Bundle”

The word bundle was chosen intentionally. Within many Indigenous cultures and traditions, bundles can bring together items that hold meaning, knowledge and purpose. While this Resource Bundle is not intended to represent or replicate the cultural or sacred significance of Indigenous bundles, the term reflects the idea of bringing together resources that can support learning and action.

The Indigenous Resource Bundle provides a collection of tools to help people build their knowledge, reflect on their practices and take meaningful steps toward respectful relationships and reconciliation. It is not meant to be a complete or final source of knowledge, but rather something to learn from, return to and build upon as that learning continues.

How to Use This Bundle

- Begin with the resource/document that best matches your role or learning goal.
- Follow the links to access current training, tools, recordings, and additional reading.
- Use the terminology and allyship resources as practical references for communication, planning, and decision-making.
- Review organizational policies and local protocols before applying operational guidance in a workplace setting.
- Return to the bundle as your learning develops. Resources and links may change over time.

Looking for Support and Services?

This learning bundle is separate from the Elgin OHT Indigenous Resources Directory. People seeking primary care, mental health, housing, cultural supports and other local services should use the [service directory](#) on the Elgin OHT website.