



MÉTIS NATION BRITISH COLUMBIA (MNBC)
MINISTRY OF HEALTH & WELLNESS

SAANTII (HEALTH)

COURSE DESCRIPTIONS

Note: This is an evergreen document to be updated as new courses are developed.

Current Version: May 2026



MÉTIS NATION
BRITISH COLUMBIA

TERRITORY & PARTNERSHIP ACKNOWLEDGEMENT

Territory Acknowledgement

We deeply respect the inherent and treaty rights of all 204 First Nations across British Columbia and respectfully acknowledge the traditional, ancestral and unceded territories where our work takes place. We recognize and honour their continued stewardship and governance of their traditional, unceded, and ancestral territories. Our work takes place throughout these lands, and we remain committed to engaging in ways that are respectful, meaningful, and informed by the distinct protocols, histories, and leadership of each Nation. We value the opportunity to build relationships grounded in mutual recognition and respect.

Partnership Acknowledgement

We respectfully acknowledge British Columbia is the chosen home to the 38 Métis Chartered Communities. We humbly aim to strengthen our relationships with First Nations, Métis, Inuit and urban and away communities and recognize their unique contributions to the diverse landscape of Indigenous ways of knowing and being.



PURPOSE AND ORIGINS

BEHIND THE COURSE

Miyo–Pimâtisowin: Métis Cultural Wellness Education for Healthcare Professionals

Métis people in British Columbia continue to face persistent health inequities caused by historical and systemic discrimination, under-recognition within healthcare systems, and a lack of culturally specific education for healthcare professionals. The Miyo–Pimâtisowin course was created to directly address these issues by providing a culturally grounded educational opportunity that emphasizes Métis identity, culture, and wellness perspectives.

Additionally, the Truth and Reconciliation Commission of Canada and the In Plain Sight report called upon governments to provide cultural competency training to all healthcare professionals, including accurate knowledge of Indigenous-specific racism, colonialism, trauma-informed practice, and Indigenous health and wellness. This course directly supports this call to action. By building shared understanding and accountability, the course helps embed culturally safer approaches within healthcare organizations and service delivery for Métis.

COURSE TITLE TRANSLATION CREDITS

*Our title for the Miyo–Pimâtisowin course was translated by White Standing Buffalo Elder Tom McCallum. He shared that while “miyo–pimâtisôwin” is commonly understood as “the good life,” its meaning runs much deeper in the language. He explained that miyo means “good,” pi– refers to “coming forth or unfolding,” and mâtis comes from a root meaning “to begin.” Together, these elements reflect a way of life that is not just about living well, but about life unfolding in a good way, from a good beginning. We offer our sincere gratitude to Elder McCallum for sharing this teaching and language, which guides the spirit and intent of this course as we continue working toward culturally grounded care and improved experiences for Métis people.



MIYO-PIMÂTISOWIN – MÉTIS CULTURAL WELLNESS EDUCATION FOR HEALTHCARE PROFESSIONALS

REGISTER

Please fill out this [expression of interest form](#) to start planning a session.

COURSE DESCRIPTION

Miyo-Pimâtisowin: Métis Cultural Wellness Education for Healthcare Professionals is an introductory workshop intended to support healthcare providers in developing a basic understanding of Métis identity, history, and governance. The impacts of colonialism on Métis health and wellness will be explored. Through culturally grounded teachings and interactive activities, participants learn to apply distinctions-based, culturally safe practices to support Métis health equity and self-determination in healthcare settings.

This course was co-developed between Métis Nation British Columbia and Northern Health Medical Advisory Committee, and planned to achieve scientific integrity, objectivity, and balance.

COURSE LEARNING OBJECTIVES

- Identify key aspects of Métis identity, history and governance.
- Examine the impacts of colonialism and racism on Métis health and wellness.
- Apply Métis-specific and culturally safe practices in health settings.

COURSE DURATION

3 hours

TARGET AUDIENCE

All healthcare professionals including physicians, nurses and other allied health staff, management and management support staff in various health authority regions across B.C.

COURSE TYPE

- Lecture-based format, with opportunities for discussion and reflection
- Continuing professional development course
- CFPC Session ID: 302400-001
- 3.0 Mainpro+® Certified Activity credits.
 - Participants may claim if a Specialist – 3.0 hours (credits are automatically calculated) of Royal College of Physicians and Surgeons of Canada (RCPSC) Maintenance of Certification (MOC)
 - Or, if a Family Physician – 3.0 Mainpro+ Certified Activity credits under the College of Family Physicians of Canada (CFPC)

COURSE COST

\$2,000 per session* (virtual)
\$2,500 per session (in-person – to support travel costs)**
* Each session can include 15-50 participants
**Additional fees may apply to support travel costs >50km from MNBC office.

WHO WILL DELIVER THE COURSE?

- Trained facilitators working within MNBC's Ministry of Health and Wellness

On the right, a screenshot of course material title page.



MIYO-PIMÂTISOWIN – MÉTIS CULTURAL WELLNESS EDUCATION FOR HEALTHCARE PROFESSIONALS

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COURSE SYLLABUS

Part 1: Métis History and Culture

- Distinguish between Métis, First Nations, and Inuit peoples.
- Compare and contrast the terms “Indigenous” and “Aboriginal.”
- Identify the three languages spoken by Métis (Northern Michif, Southern Michif, and Michif French).
- Define ethnogenesis in the context of Métis origins.
- Describe the significance of the fur trade, buffalo hunt, pemmican trade, and the Red River Valley to the formation of the Métis Nation.

Part 2: Métis Perspectives on Cultural Wellness

- Recognize key aspects of Métis culture such as the Red River Jig, the Métis sash, beadwork, floral patterns, traditional food, and traditional medicines.
- Analyze how key historical events such as land dispossession, scrip issuance, road allowances, and the Red River Resistance have shaped contemporary Métis identity and experience.
- Explain how historical events such as residential and day schools, the Sixties and Millennial Scoops, tuberculosis sanatoriums, Indian hospitals, and forced sterilization continue to harm Métis people through intergenerational trauma.
- Recognize and acknowledge Indigenous-specific racism in health care.
- Define ‘cultural wellness’ from a Métis perspective.
- Reflect on ways to promote cultural wellness for Métis people as a healthcare worker.
- Describe the significance of Michif wellness concepts such as Kaa-wiichihitoyaahk, Wâhkôhtowin and Miyaayaawiin.

Part 3: Métis Health and Wellness Plan (region-specific)

- Examine the partnership between MNBC and health authorities as outlined in the Letter of Understanding.
- Identify the Métis Chartered Communities in your region.
- Explain the importance of the Métis Health and Wellness Plan and its key priorities.
- List the guiding documents which informed the Métis Health and Wellness Plan.

OTHER RELEVANT INFORMATION OR NOTES

The two images below present screenshots of course materials, including: a page featuring a quote about Métis experiences in the health system (Figure 1) and a page highlighting Métis culture with some examples of heritage arts (Figure 2).

Figure 1

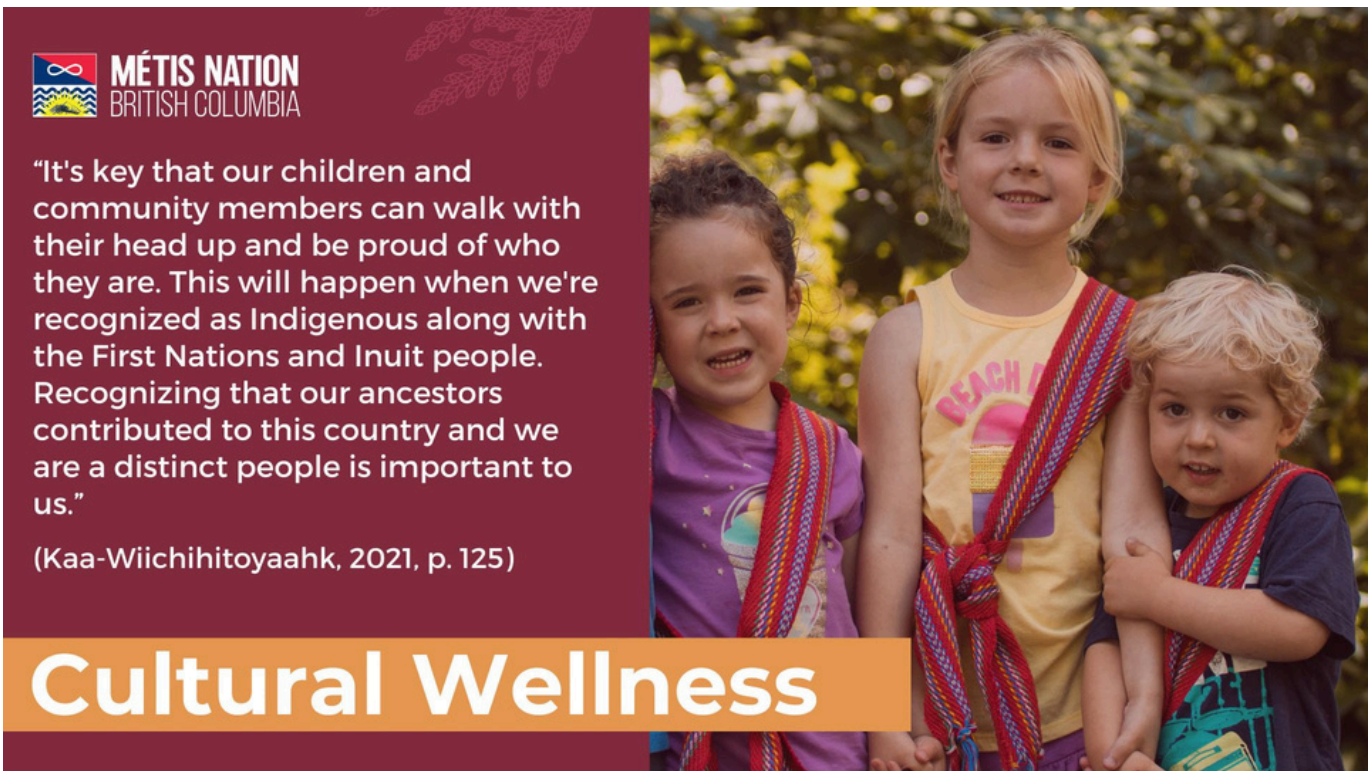


Figure 2

