

Cultural Identity is fundamental to how we see ourselves and the world. Establishing an identity is not an easy process. Identity is dynamic, complex and changes over time.

Our culture is the core essence of our sense of identity, sense of belonging, the land we come from and the interconnectedness with each other and Creator.

OSKISKWEWAK



The purpose of this program is to ensure that values, traditions, and identity are seen as a source of courage, strength, honour, and pride for the future

SĀPOHTĒWIN



The Rites of Passage: Indigenous youth are reclaiming their heritage, healing from intergenerational traumas, and strengthening their connection to their communities and all of Creation.

TĀPĀKŌMITOWIN



The vision of rebuilding community out on the land. Coming together as one adopted family, unlearning, learning and relearning what it means to be Indigenous People by reclaiming our Indigenous traditional ways.

KAIROS Blanket Exercise



Is an experiential workshop that explores the nation-to-nation relationship between Indigenous and Settlers. Helps people to understand how colonization of this land impacts those who were here long before settlers arrived.

Cultural Reclamation

When we know where we come from and know who we are, we can reclaim our sense of identity as Indigenous People. Understanding our roots will provide us with a deeper connection to our ancestors, traditions, and values. By embracing our cultural heritage, we can foster a sense of belonging and community.

For more information about our programs

CONTACT US

Visit our website
<https://www.kayasisihcikewin.ca/>

Mobile Number
(306) 209-5029

Social Media
[kayasisihcikewin](#)



Email Address
kayasisihcikewin@gmail.com

Regina, SK
Treaty 4 Territory



KAYÂS - ISÎHCİKÊWIN

Reclaiming Indigenous Culture Inc.

Kayâs-isîhčikêwin has been born out of a passion to provide a space to reclaim one's cultural identity in an environment that is spiritually, mentally, emotionally, and physically safe.

Indigenous Peoples will return to the old ways by reclaiming, revitalizing, and relearning our cultural practices, languages, ceremonies, and traditional ways of being, doing, and knowing. Our communities will be vibrant, strong, grounded in the wisdom of our ancestors, and empowered by our knowledge of the land. Indigenous Peoples will begin to heal from the inter-generational trauma and strive for holistic well-being.

PERSONAL INFORMATION (please type/print clearly – fill out form completely)

Name: _____ Gender Identity: _____

Address: _____ City: _____

Province: _____ Postal Code: _____ Phone: _____

E-mail: _____ Birthday: _____

School and Grade: _____

Indigenous Identity: _____

Band Affiliation: _____

T-Shirt Size: Sm. ____ Med ____ L ____ XL ____ XXL ____

HEALTH/EMERGENCY INFORMATION

Health Card Number: _____

Do you have any allergies? _____

Do you have any health concerns (please describe)? _____

Are you on any medications? If so, prescription/dose? _____

In Case of Emergency, please notify: _____

Relationship: _____ Phone: _____

E-mail: _____

I, the parents/guardians of the above-named participant, release Kayâs-isihcikêwin, their trustees, directors, corporation members, staff and agents from any loss, personal injury, accident, misfortune, or damage to the above-named participant. Each participant must have Saskatchewan Health coverage, equivalent medical insurance or willing to pay incurred medical expenses.

The parents/guardians submitting this application are those having legal custody over the child. Conditions or custody, if applicable, will be fully communicated in writing to Kayâs-isihcikêwin founder or their delegate. Participants will be released only to those who are listed as the parent/guardian on their application from unless written notice is received from the parent/guardian stating otherwise.

The signature of the parent/guardian on this application shall give the Kayâs-isihcikêwin founder or their delegate the right to approve and obtain medical attention necessary for the participant's welfare and good health. In such situations the Kayâs-isihcikêwin founder or their delegate will attempt to notify the parents as soon as possible. The parents/guardians are responsible for any additional expense that may result from such services.

____ Parent/guardian agrees to permit reasonable use of photos and videos of participant in promoting the programs of Kayâs-isihcikêwin.

Print Name

Signature

Date

Ji-gaabiikwe
Diane Campeau, BSW, RSW
Kayâs-isihcikêwin Founder
kayasisihcikewin@gmail.com
(306) 209-5029



As Indigenous People, we need to go back and learn our languages, ceremonies and cultural ways and find a way to be rooted in our ancestral knowledge and wisdom as we navigate a colonial world.