

Using Aboriginal cultural knowledge systems to strengthen families' resilience **online course**

Aboriginal and Torres Strait Islander peoples should be aware that this resource may contain images or names of people who have passed away.

Create opportunities for engagement, and become part of the journey toward re-established community and cultural connection for Aboriginal and Torres Strait Islander children, families and communities.

About this course

This course provides a framework to help guide you in your work with Aboriginal and Torres Strait Islander families, using the First Nations Cultural Knowledge Systems to Strengthen Families' Resilience yarning cards and tools. It also seeks to build your understanding of key historical considerations, cultural protective factors and the importance of relationships when engaging with Aboriginal and Torres Strait Islander families.

Who is this course for?

This course is for practitioners who work with Aboriginal and Torres Strait Islander children, families and communities. It has been developed with the support and guidance of Aboriginal and Torres Strait Islander peoples, to specifically support the knowledge and skills required in supporting families' resilience.

Why was this course developed?

The knowledge and strengths of First Nations families is essential in supporting children's social and emotional wellbeing, but is often overlooked in existing family support tools and frameworks.



This course was developed to help practitioners in reconnecting Aboriginal and Torres Strait Islander children and families with their strengths and wellbeing practices.

How was this course developed?

All Aboriginal and Torres Strait Islander resources developed by Emerging Minds including this course are created in conjunction with our Aboriginal and Torres Strait Islander consultancy group. Results from a pilot of the First Nations Cultural Knowledge Systems to Strengthen Families' Resilience yarning cards and tools also informed this content. We'd like to acknowledge the contribution of: Moorundi Aboriginal Community Controlled Health Service Inc, Lives Lived Well, Aboriginal Art Designs and CAAPS Aboriginal Corporation.

How long does this course take?

This course will take approximately one hour to complete. It includes videos, interviews with practitioners and child and family partners, and reflective activities. It is designed to be undertaken individually but can also be used as a prompt for conversations between colleagues.