



Bringing Awareness to Aboriginal Relationship and Cultural Competency (ARCC) Courses - Central East CONTEST!

Today is National Indigenous Peoples Day, a day where we reflect and recognize the cultures and contributions of the First Nations, Inuit and Métis (FNIM) Peoples of Canada. It is also why we have chosen today to launch the CE RCP's Aboriginal Relationship and Cultural Competency (ARCC) Course Contest.

The ARCC Contest is a promotion that we are running to highlight Cancer Care Ontario's ARCC Courses, a set of 13 online modules that provide health care teams with the knowledge, history and culture of FNIM people and communities to help us provide culturally competent care.

While the courses have been developed by Cancer Care Ontario, the learnings are important for all health care providers and staff because we know that FNIM patients and families who experience culturally safe health care are more likely to access care earlier, feel more at ease and empowered throughout their care journey, share details about their health concerns and care preferences, and return for follow-up care.

To participate in the ARCC Contest, **all** health care providers and staff across the Central East Region can register and access the courses online for free at <https://elearning.cancercare.on.ca/>. Please email your completion certificates to arccourses@lakeridgehealth.on.ca. With every two courses you complete, you will receive one entry into a monthly draw for a \$100 gift card. If you complete all 13 courses you will receive a total of seven entries.

The courses are accredited by the College of Family Physicians of Canada and the Ontario Chapter for up to 13 Mainpro + credits and are free of charge.

I encourage you to share this information with your teams, colleagues and others working in the health care system across the Central East Region, so that we have the tools and information we need to better care for the Indigenous communities that we serve.

I have committed to completing the ARCC courses as part of my yearly work plan. I hope you will too.

For more information please contact arccourses@lakeridgehealth.on.ca or visit www.arccourses.ca.