



Frequently Asked Questions



Q: What is the Knowledge Sharing and Resource Hub (Resource Hub)?

The Resource Hub is a one-stop space that helps you work more efficiently by bringing together practical tools, training, and culturally grounded resources. Organized by type and topic, it makes it easy to find what you need so you can save time, build confidence, and take action with trusted information.

Q: Who is the Resource Hub for?

The Resource Hub is designed for members of the mental wellness workforce, program leads, helpers, and community partners who are looking for practical, culturally relevant tools to support their work and well-being. The mental wellness workforce includes Mental Wellness Teams, Crisis Response Teams, Indian Residential School Resolution Health Supports and other specialized wellness groups that promote mental wellness in First Nations communities across what is now known as Canada.

Q: Do I need an account or password to access the resources?

All resources are open and freely available to explore.

Q: How are the resources organized?

Resources are grouped by type and topic so you can easily browse areas like grief and loss, lateral kindness, workforce wellness, land-based healing, and more.

Q: Can I use these materials in my own community programs or services?

Yes. Most materials are designed to be easily shared and adapted. Please credit the original source when noted.

Q: Are the resources culturally grounded?

Yes. The content prioritizes trauma-informed, strengths-based, and culturally safe approaches. Many materials reflect Indigenous knowledge systems and lived experience.



Frequently Asked Questions

Q: How often is the Resource Hub updated?

New resources are added regularly. We're always looking to grow the Hub with new tools, practices, and ideas shared by and for the community. If you have a resource you would like to suggest and/or share please use our [Contact Form](#) or email us at resourcehub@fpwc.ca.

Q: Who can I contact if I need help finding something or using the Resource Hub?

We'd love to help you. If you need help navigating the Hub please use our [Contact Form](#) or email us at resourcehub@fpwc.ca.

Q: Who can I contact if I have an inquiry, suggestion, or correction?

We'd love to hear from you. please use our [Contact Form](#) or email us at resourcehub@fpwc.ca.

Q. Can I download or print resources?

Most resources are available in downloadable formats (PDF, DOCX, etc.). Look for the download icon or link on each resource page.

Q. Can I share these resources with others?

Yes! Resources are intended to be shared with colleagues, partners, or community members. Just ensure proper attribution if noted.

Q. I'm not sure where to start. Is there a recommended first step?

If you're new to the Resource Hub, try browsing the "Featured Resources" section on the homepage for a few popular starting points or explore by topic to dive into specific themes.