



Types of Student Registry

Discover the different types of student admission requirements, deadlines, and documents relevant to you in detail through our application guide on the University of Regina website.

Vision

To restore culturally grounded, safe, and empowering sexual and reproductive health care through Indigenous knowledge, collective care, and community sovereignty.

Mission

The **Sexual and Reproductive Health Support Worker Certificate Program** prepares students to walk alongside individuals, families, and communities in reclaiming body autonomy, reproductive wellness, and intergenerational healing. Rooted in Indigenous ways of knowing, students will support land-based practices, trauma and violence informed care, and rights-based education across the reproductive life cycle.

Goals/Objectives

- Provide training in culturally safe, trauma and violence informed, and inclusive sexual and reproductive health support.
- Equip learners to deliver client-centred care across all stages of the reproductive journey, including fertility, contraception, birth, abortion, parenting, and menopause.
- Revitalize Indigenous teachings on reproductive wellness, ceremony, and community care.
- Strengthen collaboration with health systems to promote reproductive justice and reduce systemic barriers.
- Uplift youth, Elders, and 2SLGBTQIA+ voices through decolonized, community-led education.

High School Students apply right out of high school with a minimum 70% average and are required to meet the additional requirements listed on the University of Regina's website.

University or College Applicants who have attended another recognized university or college and wish to be considered for admission based on post-secondary studies must have attempted 24 credit hours or more of approved post-secondary courses with a minimum undergraduate GPA of 60%. Students who have completed less than the required number of credits at the post-secondary level will be admitted based on high school admission criteria and must provide an official high school transcript, unless they are over 21 years of age and qualify for Mature Admission.

Mature Admission may be granted to applicants for admission who have completed fewer than 24 credit hours of approved post-secondary courses, are Canadian citizens or permanent residents, and will be at least 21 years of age before the term begins. It is recommended that Mature students enrol in the following classes when applying:

- INDG 104
- RDW T120

**HONOURING LIFE, HEALING
THROUGH TRADITION,
EMPOWERING REPRODUCTIVE
WELLNESS**

Artist Credit:

Indigenous Sexual and Reproductive Health Support Worker Certificate Program



**FIRST NATIONS
UNIVERSITY
OF CANADA**

Northern Campus

1301 Central Avenue
Prince Albert, SK.
S6V 4W1

Core Competencies

- **Effective Communication:** Inclusive, nonjudgmental language
- **Counselling Skills:** Empathetic, trauma and violence informed support
- **Cultural Competence:** Anti-oppressive, equity-focused care
- **Client-Centred Care:** Informed consent & respectful engagement
- **Advocacy:** Championing reproductive rights & justice

Program Overview

The **Sexual and Reproductive Health Support Worker Certificate Program**, offered through The First Nations University of Canada, prepares students to support sexual and reproductive wellness through Indigenous knowledge systems, relational care, and culturally safe practices. The program combines classroom learning with community-based experience to ground students in both theory and practice.

Throughout the program, students will acquire practical skills in health education, trauma-informed care, violence-informed care, harm reduction, and advocacy. They will learn to facilitate workshops, peer education sessions, and support circles that span the reproductive life cycle from menstruation and fertility to postpartum care and menopause.

Sexual and Reproductive Health Support Workers will also be prepared to collaborate with health teams to integrate community- and land-based practices into care plans. With a focus on relational accountability and reproductive justice, workers will help restore trust in health systems and support the revitalization of Indigenous knowledge related to sexual and reproductive health in their communities.

Program Requirements

Indigenous Reproductive Health Support Worker courses:

INHS100 - Introduction to health science emphasizing Indigenous perspectives. Topics: history of health and health care, theories of health, personal health, consumerism, interpreting health information and statistics, health careers. (3 credits)

INHS130 - Examines sexual and reproductive health through Indigenous teachings, cultural practices, and worldviews. Topics include traditional understandings of conception, fertility, and reproductive wellbeing; the role of Elders and cultural protocols; and the impacts of colonization on sexual health knowledge. Students explore ways to reclaim and integrate these teachings to support community wellness, balance, and self-determination.(3 credits)

INHS135 - Provides an evidence-based overview of sexual and reproductive health from a biomedical perspective. Covers human reproductive anatomy and physiology, conception, fertility, contraception, sexually transmitted infections, and sexual function. Emphasizes sexual health promotion, public health guidelines, and inclusive, respectful approaches to reproductive care. (3 credits)

INHS139 - Provides hands-on, supervised experience applying course knowledge in real-world settings. Students participate in community-based sexual and reproductive health initiatives. Emphasis is on culturally safe, inclusive, and trauma and violence informed practice. Through collaboration with community partners, students develop and deliver education sessions while building practical skills and reflective practice. (6 credits)

INHS200 - Traditional health concepts of aboriginal peoples, emphasizing the Aboriginal peoples of North America. The history, evolution, and relevance of traditional beliefs to contemporary health care and health issues are explored. (3 credits)

This certificate is ideal for:

- Health practitioners
- Teachers & educators
- Social workers & counsellors
- Community-based outreach workers

Admission Requirements

Students can apply through the Indigenous Health Program, First Nations University of Canada.

Students must also provide an updated Criminal Record Check dated within the last 6 months upon registration. A clean criminal record check is not required for admission.

Discover the admission requirements, deadlines, and documents relevant to you through our application guide on the University of Regina website.

Application Guide | University of Regina (<https://www.uregina.ca>)

Contact Us

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Career Pathways

Graduates will be equipped to:
Support sexual and reproductive health initiatives in Indigenous communities
Deliver culturally safe education in schools, clinics, and outreach programs
Advocate for reproductive justice in policy and practice
Work in public health, community health, or wellness organizations
Continue studies in Indigenous health, midwifery, nursing, or social work