



Supporting Inclusive Communities

The [Edmonton Federation of Community Leagues \(EFCL\)](#) is a non-profit organization that supports the capacity of Edmonton's Community Leagues.

The EFCL does this in many ways, including providing resources and opportunities for Community Leagues and Community Members to learn and develop skills in allyship.

Community Leagues are non-profit organizations that meet their residents' unique needs and interests within a defined geographic area in Edmonton.

About Supporting Inclusive Communities

Part of the work the EFCL does with Community Leagues supports Leagues in being responsive to their neighbourhoods' ever-changing needs by building supportive and inclusive communities. The links and resources included in this document supplement the content provided in the [Supporting Inclusive Communities](#), a series of courses developed by the EFCL to support learning about inclusion and allyship in the neighbourhood context.

Resources in this document are organized by modules in Supporting Inclusive Communities. At the end of the document are more general resources around inclusion and allyship in the community context. Whether you go through the course or just need some support in solving an inclusion challenge you are facing, we hope these resources serve as a starting point.

We intend for this resource sheet to be a living document. If you have any resources to add or any questions about the inclusion and allyship work we are doing at the EFCL please email us at leaguesupport@efcl.org



Supporting Inclusive Communities

Table of Contents

About the Edmonton Federation of Community Leagues (EFCL)	1
About Supporting Inclusive Communities	1
Table of Contents	2
Course One- Introduction to Neighbourhood Allyship	3
Introduction- Introduction to Supporting Inclusive Communities	3
Module One- Self-Reflection	3
Module Two- Being an Ally	4
Other Resources	4
Truth and Reconciliation- Being an Ally to Your Indigenous Neighbours	4
Understanding the Lived Experience of Underrepresented Neighbours	5
Community Safety Resources	5
Supporting Inclusion in Boards	5
Inclusion at the Organizational Level	6
Inclusive Language	6



Supporting Inclusive Communities

Course One- Introduction to Neighbourhood Allyship

Course one in our series is comprised of three modules that focus on introducing the concept of allyship in the neighbourhood content and supports participants to work through activities to understand the lends they bring to diversity and inclusion work in their communities.

Introduction- Introduction to Supporting Inclusive Communities

The following links provided delve into diversity and inclusion in further detail than the module.

- [What is Gender-based Analysis Plus?](#)
 - This document highlights a framework used by the Government of Alberta to ensure programs, policies and initiatives are inclusive.
- [Oppression and Privilege Framework](#)
 - A document that describes different ways to understand privilege and oppression.
 - From Stage Left Productions.

Module 1 - Self-Reflection

The following links are to organizations providing additional training and workshops so you can build on the skills you've developed in the course content.

- [Edmonton Interfaith Centre for Education and Action](#)
 - They host panels, discussions and workshops on various topics such as racism, housing and reconciliation.
- [Canadian Partnership for Women and Children's Health Learning Center](#)
 - Many of the resources are written for those working in global development, but the learnings, particularly working with 2SLGBTQA+ communities, may be of use.



Supporting Inclusive Communities

Module 2 - Being an Ally

The following links provide more resources on allyship.

- ["How to Be an Ally"](#)
 - A Document describing tools for allyship
 - From *Becoming an Ally Breaking the Cycle of Oppression* by Anne Bishop
- [A Guide to Allyship](#)
 - Another document listing actions we can take to be an ally.
 - From the BC Teachers Federation Summer Session 2016
- [Practicing Allyship](#)
 - Another document that highlights tips for practicing allyship in your day-to-day activities
- [10 Steps to Non-Optical Allyship](#)
 - By Mireille C Harper is a powerful post made on Instagram, which also has additional further reading suggestions
- [How to Be an Ally in This Moment: Listen Deeply, Unite Widely, Act Boldly](#)
 - By Dr. David Rock and Khalil Smith in Forbes

Other Resources

In this section, we've compiled a list of resources sent to us from community members for you to explore further topics related to diversity and inclusion in the community beyond the content in our series of courses.

Truth and Reconciliation- Being an Ally to Your Indigenous Neighbours

In this section, we've included resources to support your learning in relationship building with Indigenous communities.



Supporting Inclusive Communities

- [Why is tobacco offered and what does it mean?](#)
- [What is smudging and what does it mean?](#)
- [What's a treaty?](#)
- [What's Treaty 6?](#)
- [Terminology matters. But what's the difference?](#)
- **Reconciliation Resources:**
 - [Reconciliation through Education](#)
 - [About National Day for Truth and Reconciliation](#)
 - [History of Orange Shirt Day](#)
 - [Start your TRC journey](#)
 - [Learn more about residential schools](#)
- **Learn more about Indigenous Culture**
 - MacEwan University's Indigenous Centre posts public webinars and events on their Facebook page: facebook.com/kihewwaciston
 - The University of Alberta offers a free course from the Faculty of Native Studies that explores Indigenous histories and perspectives. Learn more about the Indigenous Canada course: coursera.org/learn/indigenous-canada

Understanding the Lived Experience of Underrepresented Neighbours

- [Ten Tips for Creating Inclusive Meetings](#)
 - This document highlights tips for making your board meetings and Annual General Meetings an accessible and inclusive space for all participants.
 - From the School of Public Health at the University of Alberta
- [Social Inclusion: a Key determinant of mental wellbeing](#)
 - A literature review done by CMHA-BC that outlines factors that influence social exclusion and how that can lead to mental unwellness and substance use
- [The Community Tool Box](#)
 - This link contains a multitude of resources to support community building. In particular, [this section of the website](#) contains valuable resources on how to create inclusive communities that honours the diversity of the members that reside within the space.



Supporting Inclusive Communities

Community Safety Resources

- [A New Way on Understanding 'Eyes on the Street'](#)
 - An article about what it means to see your neighbours versus watching them as it relates to safe communities.
 - By Bloomberg.com

Supporting Inclusion in Boards

- [Ten Tips for Creating Inclusive Meetings](#)
 - This document highlights tips for making your board meetings and Annual General Meetings an accessible and inclusive space for all participants.
 - From the School of Public Health at the University of Alberta
- [The Governance Gap](#)
 - This document provides more information on diversity and equity in non-profit boards.
 - From Koya Partners

Inclusion at the Organizational Level

- [3 Ways to Make Your Organization More Inclusive](#)
 - A document highlights ideas for making your organization more inclusive.
 - From Koya Partners

Inclusive Language

- [Express Your LGBTQIA+ Allyship with Empathetic Language](#)
 - A blog post from Grammarly demonstrating different ways to word topics to show allyship to your LGBTQIA+ neighbours.
- [Inclusive Language in Healthcare: Why the words we use matter](#)