

Unlearning & Undoing Club

A 7-PART SERIES TO EXPLORE, REFLECT, & PRACTICE ANTI-RACIST APPROACHES IN HEALTH CARE

Join us for a rich learning experience, rooted in love & care, to collectively advance our knowledge & practice to identify & address systemic racism & discrimination.

This year, the Kootenay Boundary Primary Care Network (PCN) monthly Virtual Cultural Safety Talking Circle evolves into something **NEW** - the Unlearning & Undoing Club. This series invites us into a deeper space of reflection and action, grounded in love and care. Modelled on the teachings of **Dr. Danièle Behn Smith** and **Dr. Kate Jongbloed** for the Office of the Provincial Health Officer (OPHO), this club welcomes Kootenay Boundary Primary Care Network (PCN) staff, members and the broader health care community into an ongoing journey of unlearning and undoing with the **COINS Aboriginal Wellness Team**.

What It's About

The Unlearning & Undoing Club helps us move from theory to practice in identifying and addressing anti-Indigenous racism within our health system. Through **monthly facilitated discussions** and **personal reflection between sessions**, participants will explore how systemic white supremacy, settler colonialism, discrimination and racism show up in our work – and how we can collectively create space for truth, accountability, and change.





Each session builds upon the last, using readings, videos, and reflection questions provided in advance. Participants share insights and struggles about the monthly materials and prompts in a respectful, supportive virtual space.

Why It Matters

This seven-part series is an opportunity to:

- Deepen your understanding of anti-racist and decolonizing practice
- Reflect on how systemic inequities show up in day-to-day work
- Engage in meaningful dialogue with colleagues and Elders
- Root your professional practice in love, care, and relational accountability
- Help to 'move the needle' on meeting our PCN Attribute of Care for Cultural Safety and Humility

What to Expect

-  **Monthly virtual gathering** (12–1pm) hosted by the COINS Aboriginal Wellness Team and Elders
-  **Pre-work** each month: engage in short readings, videos, and guided prompts for reflection
-  **Time commitment:** approximately 2 hours per month
-  **Approach:** Grounded in compassion and curiosity, engage in pre-learning

First session: Wednesday, November 12th | 12–1 pm – Introduction to Unlearning & Undoing

Schedule & Topics

*All sessions take place **virtually, 12–1pm.***

Session 1 – Wednesday, November 12, 2025

Introduction to Unlearning & Undoing

Session 2 – Tuesday, January 13, 2026

Foundational Commitments to Reconciliation and Orientation to Anti-Racism

Session 3 – Tuesday, February 10, 2026

My Relationship to Systemic White Supremacy

Session 4 – Tuesday, March 10, 2026

Challenging Racist BC

Session 5 – Tuesday, April 14, 2026

Indigenous Perspectives: Land, Self-Determination, and Health

Session 6 – Tuesday, May 12, 2026

Systemic Discrimination and Indigenous Women

Session 7 – June 2026

Summer Book Club: Indigenous Brilliance

Each month's pre-work will be shared in advance and includes accessible readings and videos (also see the full curriculum details below). Participants are encouraged to engage at their own pace and bring their reflections to the discussion.

How to Enroll

Open to all PCN staff and members across the Kootenay Boundary – including physicians, nurse practitioners, allied health professionals, clinic staff, teams, as well as medical residents and other health care professionals. ~ **Watch your inbox for a direct invite and link to enroll.**

Questions about the Unlearning & Undoing Club? Reach out to Christy Anderson at kbasc@coinations.net.

FULL CURRICULUM DETAILS

Virtual Session 1: Wednesday November 12th, 2025 | 12-1pm Introduction to Unlearning & Undoing

Required Pre-work:

Watch the Unlearning and Undoing [Webinar >](#)

Come prepared to discuss:

1. What stands out to you about the concept of 'unlearning and undoing'?
2. When you consider *Copper Pot* and *Cedar Basket* work, what does this mean to you?
3. Why do you think it is important to ground this work in love and care?
4. Can you talk about your understanding of how three systems of oppression operating in BC's health system: white supremacy, settler colonialism, and Indigenous specific racism are interrelated and lead to inequitable health outcomes for Indigenous peoples?
5. Can we agree to the same grounding principles for our collective work in this KB PCN Unlearning and Undoing Club? Do we need to add any other principles?

Virtual Session 2: Tuesday, January 13th, 2026 | 12-1pm Foundational Commitments to Reconciliation & Orientation to Anti-Racism

Required Pre-work: Complete this [matrix>](#)

Watch this TedTalk: <https://www.youtube.com/watch?v=KCxbl5QgFZw>>

Come prepared to discuss:

1. Can you talk about your awareness of and engagement with the Foundational Documents?

2. Were you aware of the 'instructions' these documents provide to us? How can we be familiar with these critical documents and what they ask us to commit to support our work towards reconciliation?
3. What is the difference between being 'not racist' and 'anti-racist'?
4. How does expressing 'I'm not racist' prevent us from examining our own ideas, thoughts and actions? What language can we use in place of saying "I'm not racist"?
5. Why does Kendi recommend that we approach anti-racist work with vulnerability?

Virtual Session 3: Tuesday, February 10th, 2026 | 12-1pm

My Relationship to Systemic White Supremacy

Required Pre-Work:

Watch this video: [Role of privilege in relation to public health ethics and practice >](#) Dr. Stephanie Nixon.

Read this article: "[We Built a Life from Nothing >](#)" Sheelah McLean.

Read this article: "[Ways to be an Ally >](#)" Dr. Amy Tan and Dr. Pamela Roach

Come prepared to discuss:

1. What have you begun to see that you cannot unsee?
2. What have you begun to unearth about yourself when it comes to privilege and particularly in relation to white supremacy?
3. How do you think about the role of privilege in relation to the provision of health care?
4. What are the issues in positioning ourselves as 'neutral' in relation to systems of inequity?

Virtual Session 4: Tuesday, March 10th, 2026 | 12-1pm

Challenging Racist BC

Required Pre-Work:

Read Chapters 1 and 6 of the report "[Challenging Racist British Columbia >](#)" and the Summary of the [In Plain Sight Report >](#)

Come prepared to discuss:

1. Consider your own connection to racism in BC.
2. What are some historic examples of institutional racism in BC and Canada?
3. What are some present-day examples of institutional racism in BC and Canada?
4. Reflect on the idea of people 'just doing their jobs' in upholding institutional racism.
5. What does this month's material tell us about Indigenous and other racialized people's resistance in BC?

Virtual Session 5: Tuesday, April 14th, 2026 | 12pm-1pm

Indigenous Perspectives: Land, Self-Determination & Health

Required Pre-Work:

- Read: Ktunaxa [Practice Framework](#)>
- [Syilx Wellness Framework](#)>
- [Metis Wellness Plan/IH](#)>
- [Bringing the Salmon Home](#)>
- [News Article Nov 2025](#)>
- [Understanding Indigenous Health Inequalities Through a Social Determinants Model](#)>

Come prepared to discuss:

1. Why is connection to the land so important for Indigenous people's wellbeing?
2. How do the indigenous social determinants show up in the Ktunaxa, Syilx and Métis health frameworks/plans?
3. What is similar, what is unique between a western health model of social determinants of health and an Indigenous approach to social determinants?

Session 6: Tuesday, May 12th, 2026 | 12pm-1pm

Systemic Discrimination & Indigenous Women

Required Pre-Work:

- Read: [Marginalization of Aboriginal Women in Canada](#)>
- [Women and the Indian Act](#)>
- [MMIWG 2S + Calls to Justice](#)>
- Watch: [Indigenous Women and the Story of Canada](#)>

Come prepared to discuss:

1. How has systemic discrimination disenfranchised Indigenous women?
2. Why is it important to know about the Calls to Justice as a family medicine practitioner?
3. What are some approaches we can take as health practitioners to support Indigenous women?

Session 7: June 2026

Summer Bookclub – Indigenous Brilliance

We warmly invite participants of the Unlearning and Undoing Club to come prepared to lead this session, offering their favourite reads, podcasts, movies, places to visit, movies and more to encourage others to celebrate Indigenous brilliance and to hear directly from Indigenous voices.