

**2019-2020 Ungaluk Regional Funded Projects**

<b>Project Title</b>
Uvattinut Enhanced Life Skills Program
<b>Regional</b>
<b>Project Manager</b>
Beethoven Assante
<b>Name of the Institution/Organization</b>
Herbergement Communautaire Uvattinut
<b>Project Summary</b>
<p>Uvattinut Supervised Apartments is a project of Nunavik’s Regional Board of Health and Social Services, the Kativik Municipal Housing Bureau and Kativik Regional Government, and it officially opened in Puvirnituaq on September 10, 2014. The Apartments is a self-governing not-for-profit organization that provides independent living opportunities, 24-hour supervision, and support for low-income Inuit who have mental health problems and are at risk of itinerancy.</p> <p>The scope of this funding request is enhanced programs for Uvattinut clients, and a contribution for continued basic 24-hour supervision and costs to maintain the building.</p> <p>The programming is to provide basic life skills training and enhanced support services to individuals who have chronic mental health problems and are known to be at risk for committing crimes or reoffending. Interventions provided through the Basic Life Skills Program will equip participants with skills aimed at helping them to successfully reintegrate into the community and to avoid reoffending. A secondary goal of the program is to provide ongoing opportunities for men and women, who themselves have committed crimes related to alcohol consumption, to be active participants in the program, leading workshops in traditional skills as well as outings on the land.</p>

<b>Project Title</b>
Transformational Life Skills Nunavik
<b>Regional</b>
<b>Project Manager</b>
Salimah Gillani
<b>Name of the Institution/Organization</b>
Transformational Life Skills Nunavik
<b>Project Summary</b>
<p>Transformative Life Skills Nunavik (TLS) offers workshops in stress resilience for staff working in education, violence prevention, youth development, and suicide prevention. In Nunavik, high levels of poverty, unemployment, dropout rates, food insecurity, inadequate housing, and chronic health issues, well as increased rates of depression, violence, abuse, suicide, alcohol and drug use, and incarceration are a daily reality for many Inuit. The impacts of cumulative chronic and traumatic stress are a decrease in attention control, emotional regulation, coping strategies, and empathy. The impact of cumulative stress is heavily connected to addiction, violence, and suicide. The TLS training program has been specifically designed to combat multiple issues that plague Nunavik’s growing youth population including grief, depression, anxiety, feelings of helplessness and hopelessness, impulsive and aggressive tendencies, and feelings of isolation and disconnection. With TLS, youth and adults develop a sense of safety in their own bodies, learn ways to calm themselves, regain control of their reactions to events and triggering events, and can make smarter choices. At the same time, the Transformative Life Skills training protocol has been shown to significantly increase self-control, focus and concentration, self-esteem &amp; self acceptance, mental health through self awareness and self compassion, positive attitudes, values, and beliefs, problem solving skills, conflict resolution skills, and</p>

## 2019-2020 Ungaluk Regional Funded Projects

community engagement. As well as increasing protective factors, skills learned in mindfulness-based practices like TLS have been shown to reduce high risk behaviors such as drug and alcohol abuse. Consistent offering of these tools have shown that alcohol abuses decreased by 43%, suspensions and behavior referrals fell by 70%, and suicide ideation and attempts decreased by 50%.

<b>Project Title</b>
Good Touch Bad Touch
<b>Regional</b>
<b>Project Manager</b>
Anita Gordon
<b>Name of the Institution/Organization</b>
Nunavik Regional Health Board & Social Services
<b>Project Summary</b>
<p>GTBT is a project to protect children from sexual abuse, prevent child sexual abuse and reduce its impacts on the Nunavik population.</p> <p>Project objectives:</p> <ul style="list-style-type: none"> <li>• Adults learn how to recognize and intervene in cases of child abuse, and how to handle disclosures appropriately.</li> <li>• Children learn a comfortable way to talk about a very sensitive problem. They are taught what abuse is, who can help them, and what to do if they are threatened or harmed.</li> <li>• The activities of the GTBT team and RWCSAP contribute to breaking the silence around sexual abuse, building local and regional capacity and volition to address this issue, identifying service gaps and advocating for service improvements.</li> </ul>

<b>Project Title</b>
Saqijjuq
<b>Regional</b>
<b>Project Manager</b>
Aileen McKinnon
<b>Name of the Institution/Organization</b>
Nunavik Regional Health Board & Social Services
<b>Project Summary</b>
<p>Saqijjuq project proposes a common approach involving all local, regional, and governmental partners and aims to identify and implement concrete solutions to reduce the devastating impacts and criminality caused by major social issues facing the region, mainly those related to drug and or alcohol abuse. The overall work of the “Saqijjuq Nunavik Quebec Coordination Table” is under the direction of a Board of Governance which is under the joint responsibility of the Minister for Social Services and Youth Protection and representative of the Nunavik Regional Partnership Committee. The other members of the Governance Board are the Deputy Ministers of the Ministry of Health and Social Services, Ministry of Justice, Ministry of Public Security, and representatives of the KRG and Makivik Corporation. The coordination table is also composed of representatives of the Ministry of Health and Social Services, Ministry of Justice, Ministry of Public Safety, KRG and Makivik Corporation.</p>

## 2019-2020 Ungaluk Regional Funded Projects

<b>Project Title</b>
Nunavik Volleyball
<b>Regional</b>
<b>Project Manager</b>
Phillip Paradis
<b>Name of the Institution/Organization</b>
Nunavik Regional Health Board & Social Services
<b>Project Summary</b>
<p>Volleyball is going on its second year with your support. Our program is about a regional volleyball program that offers a strong structured sports program combine with an innovative psychosocial intervention program that promotes the gain of life skills through sports and offers youth the capacity of supporting them in their life challenges. The response for this program as been tremendous, as we will reach around 500 participants in our first year. This has been a year of testing and we know more on what we need and wish to have this program grow and blossom.</p> <p>All Nunavik communities are affected by varying levels of the lack of recreational opportunities available to youth, between five (5) to twenty-five (25) years of age. Thus, youth has more of a chance to experience destructive behaviours (eg: vandalism, substance and alcohol abuse, high school drop-out, etc) than youth who have access to structured sport and recreational activities seen in southern Canadian communities and cities. All youth deserve and need a safe and life growing place to gain necessary life skills to overcome life's general challenges. Many educated and public studies show that if youth engage in organized sport programs, the results are highly likely to be that the individual develops healthy life habits and skills that encourage self-confidence and success to work well with others. In these studies, organized sport programs have shown to diminish risk factors that lead to various destructive and violent behaviours.</p>

<b>Project Title</b>
Youth Fusion
<b>Regional</b>
<b>Project Manager</b>
Andreanne Parenteau
<b>Name of the Institution/Organization</b>
Youth Fusion
<b>Project Summary</b>
<p>Youth Fusion is an award-winning charity that contributes to perseverance, employability, and civic engagement of youth by implementing innovative experiential learning projects that create ongoing links between school systems and the community. Youth Fusion's global objectives are to: * Put in place daily extracurricular activities, in order to provide a safe space for youth, and a concrete alternative to drugs, alcohol, vandalism and thrill-seeking activities; * Strengthen school spirit and student's sense of belonging at school in order to motivate them to attend and succeed; * Empower youth and develop their self-esteem; * Develop students' capacities for self-expression, team work, perseverance and other career-related skills; * Strengthen links between the school and community organizations (such as recreation department, cultural department, radio station, youth centres, etc.). Youth Fusion has been offering programs in Nunavik since January 2012, with support from Ungaluk. Our programs are various: Leadership and Healthy Living; Leadership &amp; Entrepreneurship; Performing Arts; Leadership and Media; Science of the Land; Environmental Design; as well as Elementary</p>

## 2019-2020 Ungaluk Regional Funded Projects

Engagement. Our activities are aimed at all students from Grade 3 to Secondary 5. Each project involves specific activities for respectively elementary and high school students. LEADERSHIP AND HEALTHY LIVING

<b>Project Title</b>
Jeunes Karibus
<b>Regional</b>
<b>Project Manager</b>
Valerie Raymond
<b>Name of the Institution/Organization</b>
Kativik Ilisarniliriniq
<b>Project Summary</b>
<p>Our mission is to promote personal and social development among Nunavik youth through intervention-focused outdoor programming. Our objectives are to:—Encourage the development of life skills in two main areas: (1) Personal skills: adapting, managing emotions, perseverance, self-confidence, and, self-knowledge; (2) Social skills: communication, cooperation, and leadership;—Develop healthy habits through physical activity and the adoption of a balanced diet, both of which promote mental and physical health and help prevent crime, substance abuse, suicide, and violence;—Facilitate community engagement: meeting and exchange between generations, within the community, and between communities with the goal of strengthening cultural identity and a sense of belonging;—Consolidate and spread traditional skills and knowledge by way of outings on the ancestral land;—Increase participants’ employability and a sense of responsibility through training and by allowing them to get involved in the organization. Nurrait Program is an annual outdoor intervention program offered to students aged from 12 to 18 years old from each school of all fourteen (14) communities of Nunavik. Our program is led by local Team Leaders that offer two (2) weekly events to participants. These events can be trainings or workshops. Each team participates in two (2) local weekend camping trips on the land throughout the year and one annual event. Our annual event has been a 4 to 7 days cross-country skiing expedition on the land since 2014. Our 2018-2019 Edition Once again-Program, Nurrait   Jeunes Karibus has invited each secondary school of all fourteen (14) northern villages of Nunavik to participate in our Nurrait Program. To this date, twelve (12) schools have confirmed their participation. These twelve (12) schools are from the communities of Kuujuaq, Tasiujaq, Aupaluk, Kangirsuk, Ivujivik, Kangirsujaq, Salluit, Akulivik, Puvirnituk, Inukjuak, Umiujaq and Kuujjuaraapik.</p>

<b>Project Title</b>
Crime Prevention and Cadets Program
<b>Regional</b>
<b>Project Manager</b>
Benoit Plante
<b>Name of the Institution/Organization</b>
KRPF/KRG
<b>Project Summary</b>
<p>Over the last years, the KRPF had run many prevention projects under the Ungaluk Program and Funding, with many different partnerships and other community projects. We reviewed the activities we have been running and discussed with our partners from different organizations and concluded</p>

## 2019-2020 Ungaluk Regional Funded Projects

that this program is successful and should continue in the same way. It should also be improved as the needs of Nunavimmiuts evolve with time. Even though KRPF reformulated their approach on crime prevention, we see that this project is strongly needed in all the communities of Nunavik and is well received and appreciated from the Nunavimmiuts. The KRPF Crime Prevention Program focuses on crime prevention and public safety with a view to help make Nunavik a safer place to live. In order to achieve all of its goals, the program staff will, among other things, continue distributing a large amount of material and perform various education and awareness activities related to crime prevention through its prevention counsellor and prevention officers. By doing so, the prevention team helps improving the sense of security within the population and people are more aware of what is right or not. The prevention team will continue increasing their effort to reduce, as much as possible, the bad effect of drugs and alcohol abuse within the Nunavik region. They will keep working on raising the population awareness in regard of the harm associated with drugs and alcohol abuse and lower the availability of illegal substances. It's important with the future legalization of cannabis that the prevention teamwork with the youth's awareness on using drugs. The goal of the Prevention Program is to use a multi-faceted approach to increase protective factors within the communities; reduce criminal activities and the effects they have upon individuals, families and the communities-at-large. The Program aims to raise public awareness, promote education, and encourage people to make healthy and positive lifestyle choices in order to make the region safer. The Prevention Program also aims at forming partnerships with other regional organizations in bettering existing services and resources. This will bring greater interactions between the organizations to increase the effectiveness of the interventions made on the field. In addition to that, with the future legalisation of cannabis in October 2018, KRPF intends to be ready and prepared. Prevention team will work in partnership with other organizations in the region to inform the population about the new legislation, postpone the age of first consumption by visiting schools and raise youth's awareness on the substance.

<b>Project Title</b>
Literacy Camps
<b>Regional</b>
<b>Project Manager</b>
Melanie Valcin
<b>Name of the Institution/Organization</b>
Kativik Ilisarniliriniq
<b>Project Summary</b>
The purpose of the Summer Literacy Camp is to engage children in enhanced learning opportunities during the summer months and support learning retention so that they return to school in the fall with the skills and confidence to succeed. The camps will provide children with safe, educational activities to fill their days for one month in the summer (half of their summer break), while creating valuable employment opportunities for local youth and young adults wherever possible. The project will build children's self-esteem, social skills, and resilience through literacy, while contributing to skills development and reinforcing the role of youth, parents, Elders and other community members as positive role models for lifelong learning.

## 2019-2020 Ungaluk Regional Funded Projects

<b>Project Title</b>
Centre Unicura
<b>Regional</b>
<b>Project Manager</b>
Emmanuelle Gauchier
<b>Name of the Institution/Organization</b>
Girls Inc
<b>Project Summary</b>
<p>The Girl Inc. program was created for girls between 13 and 18 years old who needs a friend or a safe heaven. Each week the girls will have a different subject that will have special activities for them. The girls will participate in traditional activity.</p> <p>the Girls Inc. program is a 4-week camp where each week the group would tackle a different issue of their teenager girl life.</p> <p>Week 1: Introduction to the program, building trust/ Self-esteem, bullying          Week 2: Healthy lifestyles, Healthy relationships/ Teen pregnancy, Sexuality          Week 3: Suicide, Abuse (open dialogue)/ Choosing life          Week 4: Building lasting community ties with elders and other women.</p> <p>We believe that with the help of community leaders we can make this program an attractive option for teenagers and they would sign up willingly to the program.</p>

<b>Project Title</b>
Crime Prevention, Homelessness Inuit, and Social reinsertion
<b>Regional</b>
<b>Project Manager</b>
Francois Dorval
<b>Name of the Institution/Organization</b>
Makivik Corporation
<b>Project Summary</b>
<p>In Montreal, the issues surrounding homelessness have been in the front news in recent years and have brought new policies as well as new programs to the benefit of the most vulnerable in the city. But still Inuit in difficulty are overrepresented in the many facets of homelessness: high percentage of Inuit in the 'rough sleeper' category, high percentage of Inuit in difficulty getting ticketed on the streets or high percentage of Inuit in detention, still progress is showing, and more programs are inclusive if not outright specifically for Inuit. Issues surrounding Inuit women remain a high priority.</p>

## 2019-2020 Ungaluk Regional Funded Projects

<b>Project Title</b>
Inusiga Nunaga (My life and my community)
<b>Regional</b>
<b>Project Manager</b>
Jacque Bertrand
<b>Name of the Institution/Organization</b>
Herbergement Communautaire Ungava
<b>Project Summary</b>
The goal of Inusiga, Nunaga (My Life, My Community) project is to provide basic life skills training and support services to individuals who have chronic mental health and are at risk for committing crimes or reoffending. The basic life skills program will offer participants the chance to develop skills which will help them to successfully integrate into the community and to avoid reoffending. A second goal of the project is to provide ongoing opportunities for men and women, who themselves have committed crimes related to alcohol consumption, to be active participants in the program, leading workshops in traditional skills such as outings on the land.

<b>Project Title</b>
Nunavik Justice Program
<b>Regional</b>
<b>Project Manager</b>
Paul Palubeskie
<b>Name of the Institution/Organization</b>
Makivik Corporation
<b>Project Summary</b>
Under the Makivik Justice Program, 10 local justice committees are in place and offer direct services to the population at various stages of the justice and correctional system in collaboration and with the support from the regional office composed of the Nunavik Justice Officer, the Nunavik Justice Assistant, Nunavik Liaison Agent, and the Nunavik Justice Development Agent.
<b>JUSTICE PROGRAM OBJECTIVES</b>
<ul style="list-style-type: none"> <li>· Helping administer justice using culturally adapted approaches, which put emphasis on healing individuals, families and the community and dealing with the underlying causes of crimes. (for youth and adults)</li> <li>· Responding to crimes and conflicts in a way that recognizes the Inuit culture, values, ways, and knowledge.</li> <li>· Empowering the Inuit that have been affected by a crime or conflict (victims, families, offenders, community) in offering help and solutions which build their resilience, increase their sense of dignity, and consider the safety of the community.</li> </ul>

## 2019-2020 Ungaluk Regional Funded Projects

<b>Project Title</b>
Reseau Qajaq Network Men's Association
<b>Regional</b>
<b>Project Manager</b>
Johnny May Junior
<b>Name of the Institution/Organization</b>
Reseau Qajaq Network
<b>Project Summary</b>
<p>Qajaq Network primarily counsels' men who are at risk or have committed an offence and have been detained. Couple counselling is also provided excursions as well on the land to reconnect the men with their culture and community.</p> <p>The main cause for incarceration has been substance abuse. Also overcrowding of houses, inter-generational traumas and other social issues continue to affect Nunavimmiut.</p> <p>Our main target group are young men ages 16-35 who have the highest rates of incarceration. Also, when a man is in a relationship and would like to work on it with his partner, we offer couples' counselling.</p> <p>We offer a variety of counselling options ranging from one-on-one, group, couples, telephone, and group excursions on the land.</p> <p>The main goals are to lower the crime rate through prevention and to help the man not to re-offend by showing them that there is an alternative healthy lifestyle they can achieve.</p>

<b>Project Title</b>
Isuarsivik Recovery Centre
<b>Regional</b>
<b>Project Manager</b>
Souleye Nadiaye
<b>Name of the Institution/Organization</b>
Isuarsivik Recovery Centre
<b>Project Summary</b>
<p>The Isuarsivik Treatment Center's program is based on using traditional values in partnership with modern accepted treatment models reflecting mental, physical, spiritual, and emotional well-being. The culturally based 42-day treatment program assists male and female clients in learning how to use Inuit culture, values, and spirituality as major tools in maintaining sobriety. The target group includes Inuit beneficiaries, ages 18 years and up. These individuals have an addiction problem that is negatively affecting themselves their families and the community. These individuals have a desire to change their behaviors and live and healthy, productive, crime free and addiction free lifestyle.</p> <p>The program also has a 2-week Healing component which address past Unresolved Trauma. These problems are not currently addressed in correctional institutions nor in the community services, so it does fill one or more gaps in services or programs currently available in the community. The Center invites service providers to do presentations on what they do and how they can be of assistance to the client when they leave treatment.</p>



## 2019-2020 Ungaluk Regional Funded Projects

<b>Project Title</b>
Strengthening the Circles 2019 Project
<b>Regional</b>
<b>Project Manager</b>
Barbara McDonald
<b>Name of the Institution/Organization</b>
NRHBSS/Tasiutigiiit Association for Cross-Cultural Families of Inuit and Native Children
<b>Project Summary</b>
<p>Children removed by Youth Protection from the care of their parents have often been touched by family violence, neglect, or abuse. Some have developed attachment disorders or other relational challenges. The ACE study (Adverse Childhood Experiences) has clearly shown the negative impact on future life success of children who have experienced such trauma.</p> <p>The adjustment to living in a non-native home in an urban environment increases the challenges that they face. These homes usually have had inadequate preparation to meet the needs of the children and lack access to positive Inuit role models and cultural connections. Studies in the 80's (no recent statistics available) have shown that indigenous children placed in native and non-native homes experience a higher than usual rate of foster and adoption breakdowns. Foster home placement breakdowns during adolescence are especially common, leading to the placement of indigenous adolescents with other high-risk persons in youth protection reception centres. Vulnerable girls in the urban area are especially at risk of being recruited and exploited as sex workers.</p> <p>Having little or no contact with one's own people has been shown to affect self-esteem and a sense of belonging: poor social integration as an adult is often accompanied by higher rates of substance abuse and, particularly in the urban context of generalised racism against indigenous persons, a street-based lifestyle (Documented in the publications of the TRC).</p>

<b>Project Title</b>
Prison Outreach Healing Workshops
<b>Regional</b>
<b>Project Manager</b>
Wendy Pierce
<b>Name of the Institution/Organization</b>
Aaqitauvik Healing Center
<b>Project Summary</b>
<p>Aaqitauvik Healing Centre will conduct prison outreaches to Inuit offenders in Quebec correctional centers both federal and provincial as well as detention centres, and youth houses. The outreach staff will provide one on one counseling and group healing sessions to offenders who are incarcerated in southern prison institutions to address issues they face as a result of the ongoing legacies of abuse, trauma, addictions and their criminal behaviors. AHC will develop and implement a handbook for offenders who will be able to utilize it on their own once the counselors have left. The handbook will be developed by the Project Coordinator/Manager and the Counselor of AHC with advisors from the correctional facilities. Outreach counselors will travel to 5 prisons, twice a year to conduct the healing sessions, which equals 10 prison visits a year. The prisons are now requesting us to hold workshops, so that is the reason for the visit twice a year now. The counselors will travel to each correctional facility to conduct the sessions. Each workshop will be 4 days - 2/3 travel days, depending on where the prison is located. All prisons are in the Montreal and surrounding area. The program of AHC is unique as the healing sessions are taught in a classroom type manner with modules containing</p>

## 2019-2020 Ungaluk Regional Funded Projects

different topics. Individual and group counseling and sharing will follow the training. Prisons that will be provided with healing sessions are: Port Cartier St. Jerome Laval LeClare Waseskun House.

<b>Project Title</b>
Men's Alive Healing Workshop
<b>Regional</b>
<b>Project Manager</b>
Wendy Pierce
<b>Name of the Institution/Organization</b>
Aaqitauvik Healing Center
<b>Project Summary</b>
<p>The Men Alive Workshop will address issues that men face today, and how they can deal with past wounds and trauma's and understand their masculine identity as individuals, fathers, and community leaders. It will also address addictions that lead to making unhealthy decisions in life. This workshop will empower them to make healthier choices for themselves, and for their families, which will result in healthier communities now and for the future. Many causes behind this issue are the lack of proper parenting as they matured, addictions and unhealthy coping mechanisms in dealing with issues of life. The Target group will be those between the ages of 20 - 50, both single and married. Activities will consist of teaching foundational subjects related to trauma and wounding and how it affects masculine identity, healthy relationships, and responsibilities. There will be 3 teaching sessions per day, group discussions and one on one counseling provided. The main goals and objectives of the project are to address issues men deal with today, how the past wounding and trauma has influenced their decisions and life choices. It will also deal with making positive and healthy choices in the future, and their role as leading themselves, their families, and communities. We also have the goal to provide teaching and training to assist men in the communities who struggle with feelings of powerlessness and hopelessness so that they can identify and assist men with the same issues. We are also asking Ungaluk to assist men to attend this workshop with funding for each community for flight costs. This will be reflected in the budget. We found that there were men who would have attended the workshops in 2018, however their community could not send them, therefore they were unable to participate. The more men that can receive this type of teaching and counsel, they will find their choices for themselves and their families will continue to be more positive and impact their communities positively as well.</p>

## 2019-2020 Ungaluk Regional Funded Projects

<b>Project Title</b>
Operational Budget 2019-2020
<b>Regional</b>
<b>Project Manager</b>
Wendy Pierce
<b>Name of the Institution/Organization</b>
Aaqitauvik Healing Center
<b>Project Summary</b>
<p>Aaqitauvik Healing Centre (AHC) has provided program development and delivery on culturally specific mental wellness and healing initiatives to reduce the risk of criminal offenses and the continuation of family breakdown due to past and present. Trauma and addictions through seminars, workshops and one on one and group healing and counseling sessions to all Nunavik communities; and to federal and provincial detention and correctional centers of Quebec where Inuit are incarcerated to address offender's past and present criminal behavior by examining and dealing with their current mental health.</p> <p>AHC is a regional registered non-profit organization that is also recognized on the national level. AHC is comprised of one staff, five board of directors (all Inuit) some have experienced as counselors and mentors. They facilitate healing sessions in provincial and federal penal institutions as well as Nunavik communities when invited. AHC has an administrator who oversees the daily operations of the healing centre. AHC currently operate a training centre in Quaqtaq where participants who arrive are provided their healing sessions in group and one to one counseling.</p>

<b>Project Title</b>
Loss & Grieving Healing Workshops
<b>Regional</b>
<b>Project Manager</b>
Wendy Pierce
<b>Name of the Institution/Organization</b>
Aaqitauvik Healing Center
<b>Project Summary</b>
<p>This project is going to include Healing Workshops in 3 communities in Nunavik - Salluit, Kuujjuaq and Puvirnituk. Each workshop will address the issues of Suicide, trauma and Grieving which has affected possibly every family in Nunavik and has been an issue that is increasing in nature. Many individuals that have left past traumas undealt with, find themselves hopeless and feeling powerless in their life situations, and when these traumas are left undealt with for a long period of time they turn to suicide as a way out, seeing no hope for a future. There are many causes behind the issue of suicide, and the workshops will address these causes and how to recognize those who are in danger of suicide. The sessions will also focus on the effects of suicide, the trauma and grieving that individuals, families and communities face when they encounter this with individuals close to them. Because these issues touch everyone no matter the age, our target group will be those who have been affected by suicide, are dealing with trauma and grief, because as we know, people are not always themselves when they are struggling with these issues and may say and act in ways that are not normal for them until they can receive freedom and healing in these areas. The project will consist of 3 teaching workshops per day, morning, afternoon and evening and will include group discussions, one on one counseling. The main goals and objectives of this project is for AHC to address the issue of suicide from both aspects,</p>

## 2019-2020 Ungaluk Regional Funded Projects

as those affected by it, or those who struggle with suicidal thoughts and feelings. The healing sessions will also bring awareness regarding the trauma and grieving that accompanies the loss of loved ones, to those in families and in the community in the north. This will allow the participants to find the freedom to move forward in their daily lives and to make healthier choices for themselves.

<b>Project Title</b>
Empowering Nunavik Youth Alive 2019
<b>Regional</b>
<b>Project Manager</b>
Wendy Pierce
<b>Name of the Institution/Organization</b>
Aaqitauvik Healing Center
<b>Project Summary</b>
<p>The issues that our project is going to address are the issues that face youth today; how the impact of unstable upbringings have not helped them in making good choices for their lives ie: completing school, addiction to alcohol and drugs, not understanding their purpose in life or having direction for their future and how to be a healthy, giving member of society. The causes behind these issues are past traumas, wounding, lack of proper parental support in younger years, violence, and substance abuse. Our target group are youth between the ages of 16 - 30. The project will consist of a 4-day workshop with 3 facilitators in 7 communities in Nunavik, where there will be morning, afternoon and evening teaching sessions, group discussions, visual aides for learning, and one on one counselling. The teams will visit the 7 communities within a one-year period. The facilitators will meet with the local elder after each session. The coordinator will plan each community session and provide logistical assistance to the counselors by preparing travel, lodging, per diems. Co Ordinator will act as the liaison between Northern Villages and the social services when planning the workshops. Co Ordinator will provide technical assistance to counselors by producing and providing healing brochures for the healing sessions. Participants will be recruited by answering to public notices, social media, and referrals from outside sources. The main goals and objective of the project is to provide youth with information regarding how to deal with past issues of trauma and wounding so that their impact in their lives today is minimal. They will learn about making healthy choices for their lives, they will see that their lives have purpose and to assist them in how to make healthy choices for their lives now, so that we have a healthy Nunavik in the future.</p>

<b>Project Title</b>
Youth Outreach Project
<b>Regional</b>
<b>Project Manager</b>
Elizabeth Annahatak
<b>Name of the Institution/Organization</b>
Full Gospel Church-Kangirsuk
<b>Project Summary</b>
<p>We would bring in a small team to do a two-part support teaching, first to the school to reach teens and pre-teenagers and second to work with youth leaders within the local community church to help them build programs which would be to reach both people groups. Those outside the church and to reach the ones already trying to build within their church community by helping strengthen the exciting frame they have Considering research over recent years findings of youth most likely to get</p>

## 2019-2020 Ungaluk Regional Funded Projects

involved in offending and facing risk factors that increase the chances of young people committing crimes are these areas:- Peer group pressure, peer involvement in problem behaviour- high proportion of unsupervised time with peers, parents criminality- Poor parents discipline and supervision, low family income, family conflict- Drug or alcohol misuse, mental illness, hyperactive, bullying- School exclusion, deprivation such as poor housing, homelessness- Lack of social commitment, Community disorganization, Opportunity for crime- High percentage of children in the community. Our focus is to work with those communities and schools who may face some of these problems and believe these tools and programs can be preventative to negative behaviour. It's not too late to start equipping youth and it's too early to either to start.

<b>Project Title</b>
Prison Visits by Nunavik Elders
<b>Regional</b>
<b>Project Manager</b>
Francois Dorval
<b>Name of the Institution/Organization</b>
Makivik Corporation
<b>Project Summary</b>
<p>The project consists of regular visits of the different detention facilities or other institutions where Nunavik Inuit are incarcerated. The project targets many Ungaluk priority goals including to various extent the reduction of substance abuse, prevention of violence and other crimes, promotion of social reintegration of offenders and to address traumas of offenders. The visits are done by elders from Nunavik. The elders provide culturally relevant counseling, healing, advice and moral support to the Inuit inmates based on their life experience and knowledge. They do group sessions as well as one-on-one counseling. The counseling is done in Inuktitut. The elders also bring country food such as fish, caribou, and seal meat. The detention facilities that are visited are St-Jérôme, Laval (CFF), Leclerc, Amos, La Macaza, Port Cartier, Montreal, and others. The elders provide counseling to Inuit that are homeless or in a vulnerable situation. The elders may also visit some of the partners of Makivik Corporation for the homelessness strategy (Chez Doris, Projets autochtones du Québec (PAQ), etc.). 5 visits are planned for 2018. One of the priorities for 2019-20 is to provide training to the elders so to improve the general delivery of the visits and of the associated counselling. Aaqitauvik's could be targeted as an organization to partner with because its expertise is recognized and can be used to improve the prison visits project for the years to come.</p>

## 2019-2020 Ungaluk Regional Funded Projects

<b>Project Title</b>
Women in Politics
<b>Regional</b>
<b>Project Manager</b>
Jeannie Nayumialuk
<b>Name of the Institution/Organization</b>
Saturviit Women's Association
<b>Project Summary</b>
<p>To help women create changes in their own environment to establish safer communities, increase democracy and decrease violence. To help women, play a role in their community and eventually in politics, a workshop will be developed to help understand the different facets of politics. After all, politics is not just running for a seat in the different level of government but also taking responsibilities in the organizations in our own community. But to do so, we must help the women understand what the responsibilities entail and help them voice their concerns. What are the steps in being elected on a board and what does it mean being on a board of directors. By demystifying these steps, the workshop will help the women get involved and not feel the responsibilities as a burden to their lives but rather a step in the expression of their concern and in making a difference. To help women, contribute as an equal partner in their communities and talking the different issues surrounding violence a workshop will be given in all the Nunavik communities to women that want to get involved in creating solutions.</p>

<b>Project Title</b>
Arnaliat Nipingit Women's Association
<b>Regional</b>
<b>Project Manager</b>
Jeannie Nayumialuk
<b>Name of the Institution/Organization</b>
Saturviit Women's Association
<b>Project Summary</b>
<p>Saturviit plans to organize a fourth women's conference "Arnaliat Nipingit 2019" in Kuujjuarapik. The target group are 2 women from each Nunavik community and 2 women from out of region (representing urban Inuit living in the south) along with Saturviit's Board of Directors, regional organizations representatives, and guest speakers. The goal of the gathering is to continue discussion from previous Arnaliat Nipingat women's conferences, to share knowledge, reflect on real issues affecting the wellbeing of Inuit women and their families, and continue to pursue solutions to social and economic problems faced by Nunavik women. The conference will encourage open and honest discussion of the issues affecting the wellbeing of women and children of Nunavik and explore practical solutions to making there lives better. The theme for Arnaliat Nipingit 2019 will be Our Children. Guest speakers and discussions will address issues that affect the wellbeing of our children: parenting, family budgeting, food security, education, justice, and self-care for both women and men as responsible and caregivers for our children.</p>

## 2019-2020 Ungaluk Regional Funded Projects

<b>Project Title</b>
Nunavik Minor Hockey Program
<b>Regional</b>
<b>Project Manager</b>
Francois Dorval
<b>Name of the Institution/Organization</b>
Makivik Corporation
<b>Project Summary</b>
To continue the work of 2018-2019 regional hockey programming, the focus remains the same: community-level hockey. To continue with equal access for Nunavimmiut youth between 5-21 years of age in structured community-oriented hockey programs. Regional hockey skills clinics will be emphasized in 11 communities who do not have access to a strong independently funded local hockey program. All 14 communities will have access to equal opportunity to play and collaborate with each other at 4 major hockey tournaments. The program began moving forward in a direction to become an independent entity and begin its fundraising efforts in late 2018, early 2019.

<b>Project Title</b>
Free Inukshuk
<b>Regional</b>
<b>Project Manager</b>
Serge Bouille
<b>Name of the Institution/Organization</b>
The Portage program for drug dependencies INC
<b>Project Summary</b>
The Free Inukshuk project has been, since 2014, addressing the issues of alcohol and drug dependencies, the over-representation of Nunavimmiut in detention, the very high rate of re-incarceration and the important prevalence of violence in the communities and their families. The 2019 version of the project will keep these issues as targets of its interventions. It has been clearly established that the many historical traumas experienced by Inuit are at the heart of the causes that led to the current situation. They are well known and no longer must be listed. However, we must not lose sight of them. They have left deep scars that have been passed from one generation to another for decades now. The lack of culturally adapted resources in detention aiming at addressing those issues and offering tools to cope with them, the absence of appropriate aftercare services for those who seek help by the different treatment centers available to them are also, for a good part, responsible for the revolving door in which many Inuit are trapped. The Free Inukshuk IV project offers to all Nunavimmiut (men and women) detained at the Leclerc Detention Center of Laval and the St-Jérôme Detention Center the possibility to attend 3 workshops a week, on a voluntary basis. These sessions aim at fostering peer support, reflection and providing basic information.