

2020-2021 Ungaluk Regional Funded Projects

Project Title
Saqijjuq
Regional
Project Manager
Aileen McKinnon
Name of the Institution/Organization
Nunavik Regional Health Board & Social Services
Project Summary
<p>Purpose of Saqijjuq, meaning a change in wind direction in Inuktitut to reconstruct social regulation to reduce the negative impacts of drug and or alcohol abuse in Nunavik.</p> <p>Saqijjuq is a systemic project based on mobilization, proactivity, coordination, development and support of communities, families, youth, and individuals relating to services and formal organizations.</p> <p>Saqijjuq is an innovative approach better adapted to Nunavik realities, requiring a solid partnership of many local and regional services and organizations. Two communities were chosen as pilot communities: Puvirnituq and Kangirsuk.</p> <p>What Is Saqijjuq? - The base of Saqijjuq intervention is to create a strong collaborative intervention and network between community-based and judicial-based organizations and services. The general objective is to curb abusive alcohol and drug use with a view to reducing the physical harm they cause, which results in over-judicialization and the number of Nunavimmiut held in prisons through reconstruction of social regulation.</p>

Project Title
Empowering Nunavik Community Workshops/Aaqitauvik
Regional
Project Manager
Wendy Pierce
Name of the Institution/Organization
Aaqitauvik Healing Centre
Project Summary
<p>The workshops that Aaqitauvik will provide in each of the 3 communities chosen, to address the topic of substance abuse and addictions as well as trauma and past experiences that can lead to addictions.</p> <p>Our target groups are between the ages of 16-40+ who are most likely to be struggling with these addictions and would be looking for a way out or answers to the reason why they have gone in that direction. All are invited to the workshops Aaqitauvik holds; however, we find that within these age groups, there is more desire to change and therefore the workshops offer a way to help them be free or work towards freedom from substance abuse.</p> <p>The workshop consists of teaching sessions, circle group discussions and one on one counselling sessions if desired by the individuals who attend. Usually, the workshops are 4 days each.</p> <p>The main goals are to provide information and understanding as to the underlying reasons for substance abuse and addictions, and the role and power that past and present trauma plays in one's life, that can lead them to unhealthy life choices.</p>

2020-2021 Ungaluk Regional Funded Projects

Project Title
Operational Budget/Aaqitauvik
Regional
Project Manager
Wendy Pierce
Name of the Institution/Organization
Aaqitauvik Healing Centre
Project Summary
<p>Aaqitauvik Healing Centre is requesting \$370,318.29 this year to carry out Operations of the Centre and the Staff House with 1 full time Coordinator/Manager, two (2) full time Counselors, and (1) janitor.</p> <p>Aaqitauvik Healing Centre (AHC) has provided program development and delivery on culturally specific mental wellness and healing initiatives.</p> <p>To reduce the risk of criminal offenses and family breakdown due to past and present trauma and addictions, through seminars, workshops and one on one group healing and counseling sessions to all Nunavik communities.</p> <p>The Federal and Provincial detention and correctional centers of Quebec where Inuit are incarcerated, address offender's past and present criminal behaviour 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, four board of directors (all Inuit). Some have experience as counselors and mentors. They facilitate healing sessions in provincial and federal penal institutions as well as Nunavik communities when invited.</p> <p>AHC has an administrator who oversees the daily operations of the healing centre.</p> <p>AHC currently operates a training centre in Quaqtuq where participants arrive from various communities to, who are provided with healing sessions through workshops, group and/or one to one counseling.</p>

2020-2021 Ungaluk Regional Funded Projects

Project Title
Transformational Life Skills Nunavik
Regional
Project Manager
Salimah Gillani
Name of the Institution/Organization
TLS Nunavik
Project Summary
<p>Issues & Causes addressed by the TLS trainings: Living in adverse and underserved socioeconomic conditions where people struggle to meet their most basic human needs (i.e. food, shelter, safety) can lead to chronic levels of stress, anxiety, and the extreme emotional trauma that contributes to PTSD.</p> <p>The inability of having any meaningful control over the social determinants in one's life can lead to a sense of anger, frustration, and hopelessness further made worse by already elevated levels of distress and trauma. This is especially true for children and youth where the social behaviors and responses learned at this age are deeply imprinted and can manifest in adulthood.</p> <p>Many Nunaviummiut youth and adults alike remain in this heightened state of distress for extended periods of time.</p> <p>This becomes detrimental well being as youth become continuously guarded, distrustful, and overly tense, and many suffer a decreased ability to concentrate or learn, have reduced emotional self-control, and declining self-esteem.</p> <p>The inability to improve the conditions causing sustained stress can lead to and perpetuate a cycle of unhealthy, high-risk coping behaviors (i.e. smoking, alcohol and substance abuse, which can further diminish one's social and economic situation (i.e. reduced ability to work or study, increased medical expenses, increased social isolation or withdrawal).</p>

Project Title
Aasiq Sessions/Avataq
Regional
Project Manager
Robert Frechette
Name of the Institution/Organization
Avataq Cultural Institution
Project Summary
<p>The Aarsiq sessions come from the desire of several Nunavik communities to offer theater activities for the youth.</p> <p>Local leaders from Ivujivik, Akulivik, Puvirnituk and Kuujjuaq have worked with us to develop unique projects responding to each community wishes and needs. This request aims at supporting the realization of targeted theater projects in these communities.</p>

2020-2021 Ungaluk Regional Funded Projects

Our new theatre company was brought into the world by Avataq and continues the work done by Avataq for the past 10 years, using the art of theatre as a tool for the development of Nunavik youth, in social, cultural, and linguistic fields.

Through the Aarsiq sessions, practicing theatre exercises, our goals are that the participants develop the following skills and competencies:

- Body awareness, physical fitness, communication skills, self-expression, good knowledge of their needs, emotions, and creativity,
- Reinforcing of leadership, self-esteem and pride and stimulation for youth to continue their studies. In a cultural perspective, by using Inuit modes of expression and legends,

Our project also aims to promote and revitalize the use of Inuktitut and to foster the transmission of oral and cultural Inuit traditions.

Project Title
Qajaq Project
Regional
Project Manager
Alain Cloutier
Name of the Institution/Organization
NV of Puvirnitug
Project Summary
<p>The PUV Qajaq Project focuses on encouraging high-risk youth and young adults to turn their life around in a very positive way. Participants develop self-confidence and healthy habits through involvement in traditional activity instead of turning towards drugs, alcohol and/or dropping out of school for lack of motivation and better options.</p> <p>This project contributes to participants' social & school integration or reintegration & overall wellness consequently lessening the likelihood of participants becoming involved with the criminal justice system or in some cases reoffending. The project also encompasses the Ungaluk priority goals of reducing substance abuse and preventing crimes.</p> <p>The underlying causes behind these issues are many & include poor academic achievement, lack of parental support & supervision, bullying, victimization, inappropriate peer association, substance abuse, elevated suicide rates, incarceration of family member(s), emotional & behavioural difficulties that make it almost impossible to experience success in a mainstream academic setting let alone society.</p> <p>Target group is comprised of youth and young adults with either learning and/or behavioural difficulties, emotional, social and/or familial challenges resulting in academic delays, school suspensions & inability to find or keep a job. Lacking basic education & life-skills, they naturally gravitate towards delinquent peers & mimic their unhealthy lifestyle & anti-social behaviours. This leads to a bleak outlook on life with no dreams & little hope for their future. The project activities, building & using traditional qajaqs, allow participants to experience success & develop a healthier & more positive self-construct and relationship.</p>

2020-2021 Ungaluk Regional Funded Projects

Project Title
Men's Counselling Reseau Qajaq Network
Regional
Project Manager
Johnny May Jr
Name of the Institution/Organization
Reseau Qajaq Network
Project Summary
<p>The main issues we deal with are crimes and violence attributed to abuse of alcohol and drugs. Also, unhealthy relationships often develop as a result.</p> <p>These issues are brought on by numerous factors including, but not limited to</p> <ul style="list-style-type: none"> • Abuse of alcohol and drugs • Overcrowding of houses • Colonialism • Lack of services in Nunavik etc... <p>Men in Nunavik have a high rate of incarceration and suicide that we try and deal with using several forms of Counselling.</p> <p>Our target group is mostly young men ages 16-30. In some cases, we also conduct couples counselling as in a lot of cases both the man and woman in a relationship need help.</p> <p>Men who are incarcerated in southern detention centres often ask for our help while in custody and in the release process.</p> <p>Our services are mainly through counselling which include one-on-one counselling in our 3 communities with employees. We also do phone counselling services with men from other communities or men who are in detention centres down south.</p> <p>Another method and one of the most popular and effective methods are on-the-land excursions which enable men who would otherwise not have the means or knowledge to participate in traditional activities. We will also initiate a group healing session (we held one in Kuujjuaq in past) in Akulivik for a week in the Fall of 2019.</p> <p>Our main goal is to help men and their families achieve a healthier and more productive lives, and in turn reduce the rate of crimes in Nunavik.</p>

Project Title
Nunavik Volleyball
Regional
Project Manager
Phillip Paradis
Name of the Institution/Organization
Nunavik Regional Health Board & Social Services
Project Summary
<p>Nunavik Volleyball is a psychosocial intervention sports-based program.</p> <p>Aims to develop a strong and quality volleyball program to reach and empower youth.</p> <p>To improve the development of positives life skills and use sports experiences to intervene and support Inuit youth in the life challenges to enhance their mental health wellbeing.</p>

2020-2021 Ungaluk Regional Funded Projects

It also advocates for a better access and inclusion to organize sports for Inuit youth who, by showing tremendous athletic skills, should be able to grow as athletes and participate in the same venues as any other youth in the province of Quebec.

The program is growing fast and the response from athletes and community members is beyond our expectations. As we provided activities for 9 communities last year, 2 more communities have approach us to take part in our journey. If all goes well, we should have access to members of 11 communities in 2020 and we expect to reach a minimum of 600 athletes and participants from both genders (male and female).

This includes adults and community members that we hope to integrate to the program (Coaches, project coordinators, volunteers, etc.).

Our ability to reach Nunavik youth as permitted us to ensure multiple interventions going from suicidal crisis, grieving interventions, destructive behaviors, group discussions on multiple social topics and so forth. It as also permitted us to develop a strong volleyball program that have many youths committed to practice sports, gives Nunavik access to top end volleyball events, and compete eye to eye with top provincial clubs.

On an individual level, we have athletes now playing on college teams or being scouted by provincial teams. This is important because these athletes can take those experiences back to their own communities and be role models that enhance participation in the program.

Project Title
Good Touch Bad Touch
Regional
Project Manager
Lavinia Flaherty
Name of the Institution/Organization
Nunavik Regional Health Board & Social Services
Project Summary
GTBT is a project to protect children from sexual abuse, prevent child sexual abuse and reduce its impacts on the Nunavik population.
Another goal of the program is to break the silence around sexual abuse in Nunavik and offer healing sessions to the victims of sexual abuse.
Project objectives:
<ul style="list-style-type: none"> • Adults learn how to recognize and intervene in cases of child abuse, and how to handle disclosures appropriately. • 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. • 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.

2020-2021 Ungaluk Regional Funded Projects

Causes:

The population of Nunavik is at high risk for child sexual abuse, due to several factors including:

- overcrowded houses, poverty, intergenerational trauma & the impacts of residential schools, a high incidence of substance abuse, and secrecy surrounding child sexual abuse.

Target groups:

- Inuit and southern front-line workers, who are intervene in cases of child sexual abuse: police, nurses, youth protection agents, social workers, youth workers, community wellness workers, victim support workers, women's' shelter staff, etc.
- Inuit and southern school staff: teachers, school counselors, special ed techs, behaviour techs, etc.

Summary of Project cont'd.

- Inuit Youth: all students in kindergarten - secondary 5.
- Inuit Detainees: the GTBT staff will offer a sexual abuse awareness and healing workshop at the Saint-Jérôme detention centre.

Project Title
Isuarsivik Recovery Treatment Centre
Regional
Project Manager
Souleye Nadiaye
Name of the Institution/Organization
Isuarsivik Recovery Treatment Center
Project Summary
<p>Mission To provide a culturally based wellness program, as a means for Inuit to achieve a balanced, addictions free lifestyle.</p> <p>We promote Inuit pride, self-empowerment, and spirituality with a view to achieving healthy lifestyles and addiction-free communities.</p> <p>The foundation of our program is based on using traditional values in partnership with modern accepted treatment models to promote mental, physical, spiritual, and emotional well-being.</p> <p>We offer to all JBNQA beneficiaries and their spouse a culturally based inpatient recovery program for substance abuse.</p> <p>Our 42-day program supports guests in learning how to benefit from Inuit culture, values, and spirituality as major tools to maintain a healthy lifestyle.</p> <p>Program components include individual and group counselling sessions, individualized treatment plans based on client goals, education on substance abuse and related behaviours, healing from unresolved trauma and grief, and spiritual and cultural awareness.</p>

2020-2021 Ungaluk Regional Funded Projects

Project Title
Summer Literacy Camps
Regional
Project Manager
Melanie Valcin
Name of the Institution/Organization
Kativik Iisarniliriniq
Project Summary
<p>The purpose of the Summer Literacy Camp is to engage children in enhanced learning opportunities during the summer months.</p> <p>Support learning retention so that they return to school in the Fall with the skills and confidence to succeed.</p> <p>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.</p> <p>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.</p>

Project Title
Uvattinut Supervised Apartments
Regional
Project Manager
Roland Bertrand
Name of the Institution/Organization
Hebergement Communautaire Uvattinut
Project Summary
<p>The main issue this project will address is the over-representation of adults with severe and persistent mental health problems in the criminal justice system (police, courts, and correctional/remand facilities).</p> <p>Causes:</p> <p>The reasons for this over-representation include but not limited to:</p> <ul style="list-style-type: none"> •Medication non-compliance. •Periodic decompensation and psychotic episodes. •Co-existing disorders (such as intellectual disability and substance abuse); •Complex and varied needs. •Inability of families and communities to provide necessary support services.

2020-2021 Ungaluk Regional Funded Projects

• Limited mental health supports, and facilities provided by formal services.

Target Group:

Made up of individuals who have chronic mental health problems and are at risk for committing crimes or reoffending who reside (permanently or temporarily) in Puvirnituq.

Temporary residents include those who are receiving services for their mental health problems.

The group includes those individuals who also suffer from co-existing problems such as retardation, intellectual disabilities, drug and alcohol abuse.

Project Title
Nurrait Jeunes Karibus
Regional
Project Manager
Hugo Dufresne
Name of the Institution/Organization
Nurrait Jeunes Karibus
Project Summary
Nurrait Jeunes Karibus was first created in response to a request from youth who wanted to experience a skiing expedition on their territory.
Nonetheless, the organization has greatly evolved since and has developed into an outdoor intervention-based structure.
Our Summer Program is offered to youth aged between 14 and 19 years old who are facing challenges with school attendance.
These youths have either dropped out of school or are confronted with psychosocial challenges that make it difficult for them to be consistent in their schooling.

Project Title
Girls Inc
Regional
Project Manager
Emmanuelle Gauchier
Name of the Institution/Organization
Centre Unicura
Project Summary
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.

2020-2021 Ungaluk Regional Funded Projects

The Girls Inc. program is a 4-week camp where each week the group would tackle a different issue of their teenager girl life.

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.

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.

For summer 2020, the objective of the program is to have it in four community at the same time (Inukjuak, Puvirnituaq, Umiujaq and Quaqtuaq).

We understand that the program won't change the girls after the 4 weeks completely, but we are trying to plan a little seed that will grow in the girls to allow them to make better choices and be more aware of dangerous situations.

At the end of the program, we want girls to be more comfortable in their skin, more educated about their life options but mostly be in peace with any kind of life trauma they already went through.

Summary of Project cont'd.

Example of activity: -

- Inuit sport
- Cooking Class
- Beading Class
- Sister Circle
- Movie Night
- Land Activity
- Arts and craft
- Sport

Prevention class:

- Violence
- substance abuse
- sex education
- Throat singing class

Educating girls is essential to healthy and thriving communities.

If you inspire a girl, you change her world!

2020-2021 Ungaluk Regional Funded Projects

Project Title
Youth Fusion
Regional
Project Manager
Matthew Schleck
Name of the Institution/Organization
Youth Fusion
Project Summary
<p>Youth Fusion is an award-winning charity.</p> <p>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.</p> <p>Youth Fusion's global objectives are to:</p> <ul style="list-style-type: none">• 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, teamwork, 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.). <p>Youth Fusion has been offering programs in Nunavik since January 2012, with support from Ungaluk.</p> <p>Our programs are various:</p> <ul style="list-style-type: none">➤ LEADERSHIP AND HEALTHY LIVING➤ PERFORMING ARTS➤ LEADERSHIP AND MEDIA➤ SCIENCE OF THE LAND➤ SCIENCE AND ENVIRONMENTAL DESIGN <p>as well as Elementary Engagement. Our activities are aimed at all students from Grade 3 to Secondary 5.</p> <p>Each project involves specific activities for respectively elementary and high school students.</p>

2020-2021 Ungaluk Regional Funded Projects

Project Title
Prison Outreach Healing workshops
Regional
Project Manager
Wendy Pierce
Name of the Institution/Organization
Aaqitauvik Healing Center
Project Summary
<p>Aaqitauvik Healing Centre will conduct prison outreaches to Inuit offenders in Quebec correctional centers both federal and provincial as well as detention centres.</p> <p>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.</p> <p>AHC has developed a handbook for offenders so that they will have a resource that assists them after they have gone through the workshop, and in their ongoing journey of healing.</p> <p>Counselors will travel to 5 correctional institutions within the year. The prisons continue to request the workshops that AHC provides, as they see the effects that they have on the participants.</p> <p>Each workshop will be 4 - 5 days in length, with travel being 2 - 3 days depending on where the institution is located.</p> <p>All prisons are in the Montreal and surrounding area.</p> <p>The program of AHC is unique as the healing sessions are taught in a classroom type manner with modules containing different topics.</p> <p>Individual and group counseling and sharing will follow the training.</p> <p>Prisons that will be provided with healing sessions are: Port Cartier, St. Jerome, Laval, LeClare, Amos.</p>

Project Title
Prison Visits by Nunavik Elders
Regional
Project Manager
Paul Palubeskie
Name of the Institution/Organization
Makivik Corporation
Project Summary
<p>The project consists of regular visits of the different detention facilities or other institutions where Nunavik Inuit are incarcerated.</p> <p>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.</p>

2020-2021 Ungaluk Regional Funded Projects

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, Projects autochtones du Québec (PAQ), etc.).

Total of 5 visits are planned for 2020.

Project Title
Empowering Women Conference
Regional
Project Manager
Wendy Pierce
Name of the Institution/Organization
Aaqitauvik Healing Center
Project Summary
<p>The Empowering Women Conference will address the issues of</p> <ul style="list-style-type: none"> • trauma and abuse • loss of identity of self • loss of purpose that women who suffer the effects of trauma and abuse go through. <p>We will address these issues as well as a session on healthy parenting, to bring healing and empowerment to women of different ages.</p> <p>As a woman goes through abuse as a child or young adult, their perspective on their identity, self-value/worth is affected deeply.</p> <p>Unless healing and awareness of their true worth and purpose is addressed, may go on into adulthood without direction, hope and may suffer continued abuse and violence in their adult homes as a result.</p> <p>Our target group is women from the age of 16 + who desire to see change in how they see themselves and want to see a change in their life situations, they will be able to receive the information given, and apply it to their lives to see continued progress and healthier life choices moving forward.</p> <p>The project will consist of 3-4 days of teaching sessions, group discussions and counseling as well as one on one counseling if desired by participants.</p>

2020-2021 Ungaluk Regional Funded Projects

We will enlist a contact person in the community to assist us in organizing the set up of the conference space. Our desire is to see women of all ages receive the healing that is necessary to move beyond the trauma and hurts of past experiences that have shaped their personal identity.

To see them embrace the hope of a brighter and healthier future for themselves, their homes/families, and communities.

Project Title
Aaqitauvik Consellee Assistance
Regional
Project Manager
Wendy Pierce
Name of the Institution/Organization
Aaqitauvik Healing Center
Project Summary
<p>The issues that our project will address are:</p> <ul style="list-style-type: none"> • Why individuals' lives are broken • Unhealthy life choices are made • Why addiction & abuse(s) are a continuing part of their lives <p>Various root causes of these issues are:</p> <ul style="list-style-type: none"> • past abuse, trauma, hurtful past life experiences • Generational issues, addictions, loss of identity, lack of parental skills, and many more topics. <p>These will be part of the healing workshops, one on one counseling & circle group counseling.</p> <p>Our target group for the 2020-2021 year, are 10 individuals who are looking to:</p> <ul style="list-style-type: none"> • Reduce substance abuse and/or addictions in their lives and/or • Are looking to prevent themselves from committing violence and other crimes or • Need to address trauma and mental health issues and/or, • To assist victims of crimes or violence and to • Provide parental skills and encourage personal development opportunities. <p>These individuals need/desire counselling with Aaqitauvik Healing Centre but have no way to cover the expense that that would involve.</p> <p>This project will allow participants of the Healing Centre to travel to Quaqtaq, have the costs for their place to live and food provided for so that they can attend workshops, receive counselling, and receive the healing and resource needed to lead healthier, more productive lives.</p>

2020-2021 Ungaluk Regional Funded Projects

Project Title
Strengthening Families
Regional
Project Manager
Maria Baier
Name of the Institution/Organization
Nunavik Regional Health Board & Social Services
Project Summary
<p>The Strengthening Families Program is an addiction-prevention program for children aged 6-18 and their families.</p> <p>Families are targeted where parents may have poor parenting practices due to alcohol and drug abuse.</p> <p>The goal is to increase parent's awareness about the impacts of their alcohol/drug use, improve parenting skills, and prevent the development of alcohol/drug abuse in children/youth.</p> <p>Strengthening Families is a regular group activity where all families are welcome to eat, learn, and enjoy time together.</p> <p>Each meeting includes:</p> <ul style="list-style-type: none">• a shared meal,• separate workshops for parents and children, and families come together to practice skills. <p>Babysitting and transportation are provided so that everyone can attend.</p> <p>This project is a way to reduce the impact of addictions in Nunavik communities:</p> <p>Parents will gain confidence in their parenting skills by learning about:</p> <ul style="list-style-type: none">• Attachment,• Stress management• Communication• Positive attention and praise• Limits and discipline• Being role models <p>Summary of the Project cont'd.</p> <p>Children will have fun and learn about:</p> <ul style="list-style-type: none">• Emotions• Self-esteem

2020-2021 Ungaluk Regional Funded Projects

<ul style="list-style-type: none"> • Communication • Peer-resistance • Problem solving • Conflict resolution • Healthy living without drugs and alcohol <p>Families will have a chance to practice cultural skills and values together.</p> <p>Local workers will be trained to lead workshops for children and parents.</p>

Project Title
Building Bridge Herbergement Communautaire Ungava
Regional
Project Manager
Jacque Bertrand
Name of the Institution/Organization
Herbergement Communautaire Ungava
Project Summary
<p>The goal of Building Bridge project is to give an opportunity to adults aged between 16 to 30 years old who are at risk for committing crimes or reoffending to reconnect to their community by participating in community life.</p> <p>Doing so, the participant will learn by examples, like community work activities, helping needy families, how to develop healthy social interaction with community members.</p> <p>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.</p> <p>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.</p>

2020-2021 Ungaluk Regional Funded Projects

Project Title
Nunavik Minor Hockey Program
Regional
Project Manager
Nancianne Grey
Name of the Institution/Organization
Makivik Corporation
Project Summary
<p>The predecessor program: Nunavik Minor Hockey Program (NMHP), but this time has legally converted to the non-profit sports association:</p> <p>Nunavik Minor Hockey Association (NMHA). It has 2 permanent employees, 2-4 seasonal employees, and 5 board of directors (BOD) from each coast. The BOD was voted by 20 representatives from each village at the NMHP AGM at Inukjuak in September 2019.</p> <p>NMHA is about community-level hockey in Nunavik. Like its predecessor program NMHP, it supports the equal access for Nunavimmiut youth between 5-17 years of age in seasonally structured community-driven hockey programs.</p> <p>This program is based on travel within Nunavik. NMHA is basically about providing a program for youth to participate in local and regional hockey. Not only do youth that enjoy and play hockey, but the sport also provides an outlet for positively expressing physical release of trauma induced stresses</p> <p>Possibly causes:</p> <ul style="list-style-type: none"> • Immediate home domestic violence • Drug/alcohol abuse • Incarcerated immediate family members that can influence youth's mental/emotional states in the family structure • Generational trauma caused by colonization and residential school systems imposed on Nunavik history) <p>Finally, the sport of hockey itself teaches players (Nunavimmiut youth) how to be proud team players and work with together.</p>

2020-2021 Ungaluk Regional Funded Projects

Project Title
Crime Prevention Homelessness Inuit & Social Reinsertion
Regional
Project Manager
Francois Dorval
Name of the Institution/Organization
Makivik Corporation
Project Summary
<p>Target group are homeless Inuit or at risk of becoming homeless, which means very low income or on social benefits with integration problems.</p> <p>These problems are often stemming from lack of Inuit specific healing and treatment programs, of activities that are of interest, lack of employability and lack of culturally appropriate programs.</p> <p>Makivik partners have specific target groups.</p> <ul style="list-style-type: none"> • Chez Doris daytime Centre bring support to Inuit women (represent 17% of total clients); • Projects Autochtones Quebec (PAQ) offers emergency night shelter to Inuit (First Nations), along with 16 transition rooms that enable homeless Inuit to stabilize their living condition before renting an apartment. • Native Friendship Centre of Montreal is a day Centre where 30% of its visitors are Inuit youth and young Inuit families offering basic services and cultural activities. • The Open-Door Centre receive the most destitute of the vulnerable population: close to 40% of users are Inuit men and women. Rough sleepers, homeless individuals that do not use night shelter services tend to use Open Door daytime services. • A new partner, the Native Women's Shelter of Montreal (NWSM), provides a safe environment where women can begin to rebuild their lives. They offer support and frontline services to First Nations, Inuit and Métis (Aboriginal) women and children to promote their empowerment and independence. The NWSM is the only women's shelter in Montreal that provides services exclusively to Aboriginal women and their children. The NWSM can accommodate up to 16 women and children per night. <p>Makivik Plan of Action on Homelessness has developed over the years a strategy that addresses 4 axes:</p> <ol style="list-style-type: none"> 1- Ensure access to appropriate health and social services that answers the needs of Inuit in difficulty. 2- Strengthening of Inuit culture, language, and identity. 3- Support Inuit employability and socio-professional insertion in Montreal and 4- Address justice and related issues.