

2018-2019 Ungaluk Regional Funded Projects

Project Title
Free Inukshuk III
Regional
Project Manager
Serge Bouille
Name of the Institution/Organization
The Portage Program for Drug Dependencies Inc
Project Summary
<p>The second fold of Free Inukshuk III consists of support groups and individual sessions offered to Nunavimmiut of three communities (Inukjuak, Puvirnitug and Salluit) who engaged in residential treatment and have now reintegrated their home community. The program in which they completed their residential process does not matter, whether in Isuarsivik, Mamisarvik, Oka, Dianova or Portage, anyone who has invested in a residential treatment of addiction is welcome. They can participate weekly in the support group and have monthly access to individual sessions with the clinicians directly involved.</p> <p>These three communities were selected because there are over 100 people who enrolled in a long-term residential treatment of Portage living there (Inukjuak 26, Salluit 23 and Puvirnitug 52). We have no information on how many were admitted in the other treatment centers, but there has to be a significant number of them. These people have been voicing their need for support upon reintegration to local social services and to the aftercare staff of Portage. They have experienced self-help and mutual support in the residential phase of their treatment, they have acquired skills and competencies and a common language to communicate with each other and learned to accept the help of their peers. All they need to re-engage in their quest for a better lifestyle, is to have access to a forum where they can use these tools they have acquired.</p>

Project Title
Youth Fusion
Regional
Project Manager
Andreanne Parenteau
Name of the Institution/Organization
Youth Fusion
Project Summary
<p>Youth Fusion is an award-winning, non-profit organization that aims to empower youth, create an engaging school environment, and to reduce absenteeism and school dropouts. 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; Performing Arts; Leadership, Arts and Media, Science and Robotics; Science and Outdoors as</p>

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well as Elementary Engagement. Starting in September 2017, we will also offer new programs in Fashion Design and in Media & Video Game (for secondary school students) Our activities are aimed at all students from Grade 3 to Secondary 5. Each project involves separate activities for elementary and high school students.

Project Title
Good Touch Bad Touch
Regional
Project Manager
Anita Gordon
Name of the Institution/Organization
NRHBSS
Project Summary
<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"> • 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.

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Project Title
Strengthening Families
Regional
Project Manager
Lavinia Flaherty
Name of the Institution/Organization
Nunavik Regional Health Board & Social Services
Project Summary
<p>The Strengthening Families Program is an addictions prevention program for children aged 6-12 and their families. It has the following objectives:</p> <ul style="list-style-type: none"> • Primary prevention: Prevent substance abuse and addiction among children aged 6-12. • Secondary prevention: Reduce the impact of parental substance abuse on children. <p>Program format:</p> <ul style="list-style-type: none"> • 10 sessions (this may be subject to adaptation) • 4-12 families enrolled in each session. • Each session lasts about 3 hours and is divided into 3 activities: <ul style="list-style-type: none"> - A shared meal. - Separate skills-training sessions for parents and children, run simultaneously. - Shared activities with parents and children together. • In order to decrease barriers to participation, childcare, a meal, and transportation are provided. <p>Program content:</p> <ul style="list-style-type: none"> • Children learn about: emotions, self-esteem, communication, peer-resistance, problem solving, conflict resolution, impacts of alcohol and drugs. • Parents learn about: attachment, stress management, communication, problem-solving, positive attention and praise, limits and discipline, modeling of responsible alcohol and drug use. • Family sessions include: therapeutic play, family meetings, fun family activities, parental instruction of traditional or cultural activities, practicing effective discipline. • Nunavik-specific content will include Nunavik/Community/Family timeline; Inuit values; Traditional roles and traditional activities for mothers, fathers and children; Land-based activities.

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Project Title
Saqijjuq
Regional
Project Manager
Aileen MacKinnon
Name of the Institution/Organization
Nunavik Regional Board of Health and Social Services
Project Summary
<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>

Project Title
Nunavik Volleyball
Regional
Project Manager
Phillip Paradis
Name of the Institution/Organization
Nunavik Regional Board of Health and Social Services
Project Summary
<p>This is about a regional Volleyball program focusing on youth in Nunavik. It is called the Nunavik Volleyball Program. In this region, there has been a wave of suicides, especially among Inuit youth, as well as violent crimes that affect all fourteen (14) communities. Inuit youth are tackling social issues that can easily lead to destructive life habits. 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.</p> <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.</p>

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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.

Project Title
Uvattinut Enhances Life Skills Program
Regional
Project Manager
Beethoven Assante
Name of the Institution/Organization
Herbergement Communautaire Uvattinut
Project Summary
<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 Puvirnituk 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>

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Project Title
Jeunes Karibus/Nurrait
Regional
Project Manager
Valerie Raymond
Name of the Institution/Organization
Kativik Ilisarniliriniq
Project Summary
<p>NURRAIT (JEUNES KARIBUS) wants to expand and offer its program to all fourteen (14) northern villages. NURRAIT (JEUNES KARIBUS) wishes to offer the same opportunity to all high school students in Nunavik. This year, eleven (11) communities have confirmed their participation to our project. The communities are: Kuujjuaraapik, Umiujaq, Inukjuak, Puvirnituaq, Salluit, Kangirsujuaq, Quaqtuaq, Kangirsuk, Tasiujaq, Kuujjuaq and Kangiqsualujjuaq.</p> <p>Our annual event will still be an annual skiing expedition. Each team will have the chance to do a 4 to 6 days ski expedition in a Nunavik park. Kuujjuaraapik, Umiujaq, Inukjuak, Puvirnituaq will have the chance to visit the Parc national Tursujuq. Salluit, Kangirsujuaq, Quaqtuaq, Kangirsuk will have the chance to visit the Parc national des Pingualuit. Tasiujaq, Kuujjuaq and Kangiqsualujjuaq will have the chance to visit the Parc national Kuururjuaq. This will allow two teams (or more) to meet, ski and practice cultural and traditional activities together on the land.</p>

Project Title
Transformational Life Skills Nunavik
Regional
Project Manager
Salimah Gillani
Name of the Institution/Organization
Transformational Life Skills Nunavik
Project Summary
<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 & self acceptance, mental health through self awareness and self compassion, positive attitudes, values, and beliefs, problem solving skills, conflict resolution skills, and 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</p>

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of these tools has shown that alcohol abuses decreased by 43%, suspensions and behavior referrals fell by 70%, and suicide ideation and attempts decreased by 50%.

Project Title
Crime Prevention and Cadets Program
Regional
Project Manager
Benoit Plante
Name of the Institution/Organization
KRPF/KRG
Project Summary
<p>Over the last years that the KRPF has run many prevention projects under the Ungaluk program and funding with many and different partnership with other community project. The KRPF reviewed the activities they have been running and discuss with our partner from different organization and we are concluding that it is a successful program that should continue in the same way and to keep improving it. Even though we reformulate our approach on crime prevention, we see that this project is strongly needed in all the communities of the Nunavik and it is well received and appreciate from the people of Nunavik.</p> <p>The KRPF crime prevention and cadet program focuses on crime prevention and public safety with a view to help make Nunavik a safer place to live. To achieve all his objectives, the program staff will, among other continue distributing a large amount of material and perform various education and awareness activities related to crime prevention through its prevention counsellor, officer, and cadet program. By doing so, the prevention teamwork help improving the sense of the security of the population and people knows more about what is right or not right.</p> <p>The prevention team will continue to increase its effort to reduce, as much as possible, the bad effect of drug and alcohol abuse within the Nunavik region. They will keep working on raising the population awareness regarding the harm associated with drugs and alcohol abuse and to lower the availability of such illegal substance. It is important with the future legalization of use of Marihuana that the prevention team work on the youth population awareness on using drug.</p> <p>The goal of the prevention program is to utilize a multi-faceted approach to increase protective factors within the communities; to help reduce criminal activities and the effect 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 communities safer. The prevention program is also aimed at forming partnerships with other regional organizations to enhance existing services and resources by better coordinating interactions between the organizations to increase the effectiveness of the interventions. Furthermore, the KRPF intelligence officer, a member of the prevention team, will coordinate police activities in support of Inuit inmates transferred to Amos Detention Centre including arranging transport for them to minimize the required travel and detention time before an appearance (direct flights to Amos instead of transiting through Montreal) and thereby Improve correctional services for the Inuit which is one of the goal that should be pursued in the framework of Ungaluk program. After several years of existence, the KRPF Cadet program has demonstrated that it can attract</p>

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and retain in its ranks a significant number of young Nunavimuit while also demonstrating their ability to contribute even more significantly to the prevention of crime. With the integration of the cadets, the cadets will become an integral part of the prevention program by working with the people of the community.

Project Title
Literacy Camps
Regional
Project Manager
Melanie Valcin
Name of the Institution/Organization
Kativik Iisarniliriniq
Project Summary
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.

Project Title
Centre Unicura
Regional
Project Manager
Emmanuelle Gauchier
Name of the Institution/Organization
Girls Inc
Project Summary
<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> <p>For summer 2018, the objective of the program is to have it in three community at the same time</p>

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(Inukjuak, Puvirnituaq and Kuujjuaq). We understand that the program won't change the girls after the 4 weeks completely, but we have 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 to be in peace with any kind of life trauma they already went through.

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!

Project Title
Crime Prevention, Homelessness Inuit, and Social Reinsertion
Regional
Project Manager
Francois Dorval
Name of the Institution/Organization
Makivik Corporation
Project Summary
<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> <p>Target group are homeless Inuit or at risk of becoming homeless, which means very low income or on social benefits with integration problems. 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. Makivik partners have specific target groups; 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</p>

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sleepers, homeless individuals that do not use night shelter services tend to use Open Door daytime services. Recently the Open Door launched a Residential Stability program with Accompaniment to house 16 homeless Inuit.

Main goals of the project: In order to achieve the Ungaluk priority goals identified with this project, i.e., to reduce substance abuse, to promote social integration and to assist victims of crime, Makivik Plan of Action on Homelessness has developed over the years a strategy that addresses 4 axes: 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. These axes are intertwined, and the action plan call on the collaboration of various organizations including Nunavik Inuit institutions, including the newly registered Southern Quebec Inuit Association - SQIA (Inuit Siqinimiut Quebecmi Ilauyit).

Project Title
Inusiga Nunaga (My life, my community)
Regional
Project Manager
Jacque Bertrand
Name of the Institution/Organization
Herbergement Communautaire Ungava
Project Summary
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.

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Project Title
Nunavik Start-Up Accelerator
Regional
Project Manager
Nathan Cohen-Fournier
Name of the Institution/Organization
Makivik Corporation
Project Summary
<p>Youth unemployment across the Nunavik territory. Without a transformative job or opportunities for learning and personal development, youth are more at risk of developing addictions, having a criminal record, or creating a safe environment for children and families to be nurtured in.</p> <p>- What are the causes behind the issue(s)? There are many causes behind youth unemployment. One of the biggest is that there are few jobs that the public sector can provide. The public sector represents 52% of jobs (University Laval, 2015). The Raglan mine represents another 25% of jobs. Many of these positions are held by non-Inuit because of the lack of formal education. Clearly, there lacks opportunities for youth to take their own initiative and to create projects which build on their passions, on their strengths, rather than highlighting the gaps in their capacity from a "western" or "European" perspective.</p> <p>- Briefly explain your target group Our target group is youth between 18 and 35 years of age, both men and women. We will also have a specific focus on women, as they must deal with another set of issues all together. In the long-run, we hope to provide growth opportunities for at-risk youth.</p> <p>- Briefly describe the project activities The start-up accelerator program aims to support individuals and groups in the process of transforming their own ideas into a reality. Start-up accelerators support early-stage organizations through education, mentorship, and financing. The objective of the program is to spark creativity and accompany the development of promising initiatives. A small cohort (15) of youth will be selected. The activities will build business and technical skills for projects to launch successfully. More importantly, the program will be tailored to fuel personal development and to sharpen leadership capacities. Youth will be accompanied by social workers, mental health personal, and a coordinator throughout a fixed time (4 to 6 months) and by mentors after the launch of their initiative. They will build team-building skills and learn to believe in themselves as change-makers. Activities will include a heavy focus on education, skill-building, self-esteem, and personal growth and development</p> <p>- What are the main goals? By the end of the programs, participants are expected to 1) launch their own initiative (individual or collective), 2) return to school, or 3) find employment. We also want this program to prevent crime, recidivism, or any sort of violent behavior. The goal is to inspire youth to become change-makers in their respective community.</p>

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Project Title
Qajaq Network/Men's Group in Nunavik
Regional
Project Manager
Johnny May Jr
Name of the Institution/Organization
Reseau Qajaq Network
Project Summary
<p>Qajaq Network primarily counsels' men who are at risk or have committed an offence and have been detained. Couple counselling is also provided as well as excursions 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 counseling.</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 also to help the man not to re-offend by showing them that there is an alternative healthy lifestyle they can achieve.</p>

Project Title
Isuarsivik Recovery Center
Regional
Project Manager
May Saunders
Name of the Institution/Organization
Isuarsivik Treatment Center
Project Summary
<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>

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Project Title
Strengthening the Circles
Regional
Project Manager
Barbara McDonald
Name of the Institution/Organization
NRHBSS/Tasiutigiiit Association for Cross-Cultural Families of Inuit and Native Children
Project Summary
<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>

Project Title
Montreal Healing Workshops
Regional
Project Manager
Wendy Pierce
Name of the Institution/Organization
Aaqitauvik Healing Center
Project Summary
<p>Aaqitauvik Healing Centre will hold its Annual Montreal Healing Workshop for 4 consecutive days, from April 12 to April 15, 2018. The Workshop will be held at the Holiday Inn Airport Montreal Airport. The workshop will be held mornings and afternoons. This workshop is addressed to all men and women of the Montreal Inuit community. The causes behind the issues are abuse, criminality, trauma, and addictions. The workshop format will be a combination of presentations as well as individual and group discussions on subjects such as: 1. Recovery from Trauma and Abuse 2. Confrontation, 3. Peace-making and Reconciliation 4. Trans-generational Behavioral Patterns 5. Freedom from Fear. It will also include group and individual healing sessions. The workshop will be conducted by four experienced facilitators from Nunavik, Kangirsuk, Kangirsujuaq, Quaqtaq & Vancouver. The main goal of this project is to educate men and women from the Montreal Inuit community by giving them tools that will enable each one of the participants to identify the root cause of their inner wounds and prevent them to become victims or perpetrator of social crimes.</p>

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Project Title
Empowering Nunavik Communities
Regional
Project Manager
Wendy Pierce
Name of the Institution/Organization
Aaqitauvik Healing Center
Project Summary
<p>Aaqitauvik Healing Centre will conduct Nunavik wide community outreach healing sessions to promote healing by addressing physical violence and abuse, sexual abuse, mental and emotional abuse, family violence, drug and alcohol abuse, effects of residential school trauma, institutionalized trauma. AHC will deliver the healing sessions in an environment where safety and respect are nurtured, while addressing issue related to healing from past and present social issues. The workshops are interactive and participants are encouraged to play an active role in determining their plan of exit from a life of abuse, criminality, trauma and addictions. Counselors walk the participants through the process of defragmenting their negative mind set by attending scheduled programming through the day. The healing sessions are conducted in the classroom type space, where participants are led by a group of facilitators who are experienced counselors with the aim of identifying their strength to overcome their negative thinking patterns. There will also be a separate room where they will conduct one on one counseling sessions. The age range for the participants are divided to adults and youth groups. Men and women are provided opportunity to speak in an open environment with their peers. The counselors will visit 7 communities offering one on one counseling as well as group healing sessions during each four (4) day community workshop. Follow-up, after care and relapse prevention will be maintained by counselors after each community outreach session to ensure a positive outcome to keep with momentum of the healing sessions. The Counselors will provide culturally relevant counseling services to the Inuit through self referral as well as referrals from outside sources. The team will visit the 7 communities within the 12-month period. Once the community visits are completed the counselors will follow up with after care through their resources and telephone interviews. The counselors will have a debriefing session 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. Coordinator will act as the liaison between Northern Villages and social services when planning the workshops. Coordinator will provide technical assistance to counselors by producing and providing healing manuals for the community healing sessions. Participants will be recruited by answering to public notices, social media, and referrals from outside sources.</p>

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Project Title
Men's Identity Restored
Regional
Project Manager
Wendy Pierce
Name of the Institution/Organization
Aaqitauvik Healing Center
Project Summary
<p>The Mens Identity Restored project will address the healthy, masculine identity of men as individuals, husbands, fathers, and their roles in communities. This project will also address the cultural issues affecting Inuit men in the home and society to provide them with tools to maintain healthy lives. Men's Identity Restored is about men who have lost their proper male responsibilities due to many negative effects from traumas experienced by their parents when Residential Schools were in effect and Dog's laughter took place in early 1960's, 70's and 80's. For these reasons, adult men have turned to alcohol and many other substance abuses and many have broken lives, not knowing how to sustain employment, how to parent or proper fathering of their children. They have lost their core identity as Fathers and that affects the children's lives in many negative ways. Causes behind these issues are lack of proper parenting as they matured, addictions and unhealthy coping mechanisms in dealing with the issues of life.</p>

Project Title
Operational funding Request for Aaqitauvik
Regional
Project Manager
Wendy Pierce
Name of the Institution/Organization
Aaqitauvik Healing Center
Project Summary
<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 Quaqtqaq where participants who arrive are provided their healing sessions in group and one to one counseling.</p> <p>AHC visions to expand its programming to offer outreach services to Nunavik communities and offenders who are involved in the judicial system at by traveling to each of the 14 communities and southern prisons where Inuit are incarcerated. AHC is interested in long term development.</p>

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AHC will develop and deliver programming geared towards Inuit men and Inuit women in Nunavik and those involved in the judicial system, AHC will develop and deliver a comprehensive healing training manual. Aaqitauvik has completed a handbook to be used as a tool to continue the healing process which will be published in November 2017. AHC will provide counseling to Inuit at the headquarters in Quaqtaq and in Nunavik communities. The after care and relapse prevention will be monitored by counselors of the AHC through regular telephone appointments. AHC staff will maintain a secure database of their clients. AHC will develop a research which will capture the results of the programs by interviewing past and present clients who consent to their stories and images to be shared. The results of the research will help to see a successful exit of clients and will be based on learned best practices and be adapted accordingly if need be to improve our programs. The AHC will require funding for the Healing Centre and Residence. Our residence needs some funding for minor repair but eventually would need new infrastructures to better serve Nunavik.

Project Title
Live Free Youth Workshops
Regional
Project Manager
Wendy Pierce
Name of the Institution/Organization
Aaqitauvik Healing Center
Project Summary
<p>AHC Youth workshop will address the issues of trauma from abuse and violence, rejection, abandonment, betrayal, anger management, post traumatic stress syndrome.</p> <p>The causes behind the issues are Family Breakdown, sexual abuse and violence in relationships, lack of skill in coping with life's challenges and the hopelessness that results from the inability to cope.</p> <p>Target group is those between the ages of 16 - 30 as they are our next generation of parents and leaders. They need freedom from the issues above, and to have the life skills to cope with life's challenges ahead of them. We will be inviting those within the above age group from difficult communities to come on their own. The posters and pamphlets will be used to notify the youth in each community. The workshop will be in Salluit and it is a 4-day workshop.</p> <p>Project Activities will include teaching sessions, group counseling sessions, peer group discussions, one on one counseling</p> <p>AHC would like to see the youth who attend leave the workshop with a sense of freedom in their personal lives, a positive outlook for their future, and as healthy contributing members of communities.</p>

Project Title
Ilagiinut: Building our Future
Regional

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Project Manager
Jennifer Hunter
Name of the Institution/Organization
Nunavik Regional Health Board & Social Services
Project Summary
<p>This is the continuation of a regional movement towards community mobilization for prevention and family well being. After conducting multiple interviews with families and service providers we have seen the important gap between community needs and use of services. Moreover, services providers and institutional representatives would like community members to have a voice and no current mechanisms to advocate for or support high risk families. Youth protection services and police are often the first line workers with few if any protection. All institutions have made it clear that prevention and community mobilization is the first step to building services and programs that make sense for at risk individuals, families, and communities. We propose a series of actions that will build a common vision for community mobilization and community voice within communities and within services in Nunavik. This will be done by offering regional support and creating a regional structure to advocate for families that are signalled to youth protection or to the police, families that are referred to mental health services or who could be referred to services but don't have access to them.</p>

Project Title
Prison Visits by Nunavik Elders
Regional
Project Manager
Francois Dorval
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> <p>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.</p> <p>The elders also bring country food such as fish, caribou, and seal meat.</p> <p>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.).</p> <p>5 visits are planned for 2018. One of the priorities for 2018 for this recurring project is to establish a partnership with Aqitauvik Healing Center of Quaqtq for training purposes and to improve the</p>

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general delivery of the visits and of the associated counselling. Aaqitauvik's expertise is recognized and will be used to improve the prison visits project for the years to come.