



ᓄᓇᓂ NUNAMI

WELLNESS. CULTURE. HEALING. KNOWLEDGE



WHO ARE WE



George Kauki, is a Inuk man born and raised in Kuujjuaq Quebec. He is known in the region for his out going and hard work towards improving the community. His passion includes his family, enjoying hunting and practicing traditional activities.

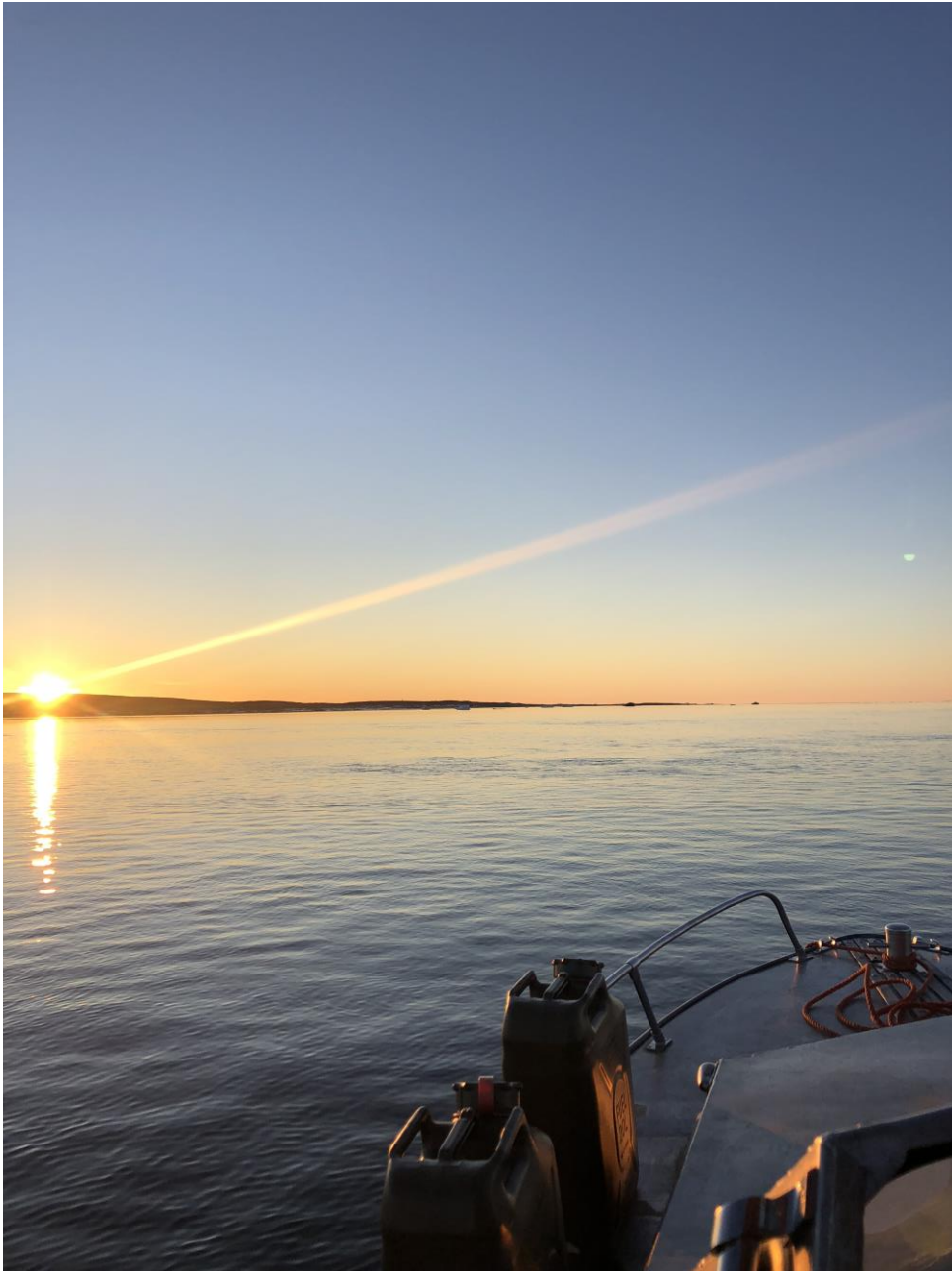
Alena Stevenson, also from Kuujjuaq. She is part of the Canadian Rangers, enjoys hunting, camping and sewing.

WHERE DO WE COME FROM

The Nunavik Regional Board of Health and Social Services (NRBHSS) is an organization dedicated to improving the health and well-being of the populations of the 14 communities in its territory.

Its overall mission is to adapt the health and social service programs to the population's needs and to the region's realities





OUR DEPARTMENT

- ▶ Following some crisis in the Region, a recommendation from the Regional Suicide Prevention Committee was to build an On the Land Program.
- ▶ the NRBHSS secured funding to develop an on the land program for Nunavummiut.
- ▶ The main goal is to develop prevention, mental wellness and support services based on population values and interests. Nunami recognize's culture and tradition as a primary way of healing.



MISSION

- ▶ Strengthen overall mental health
- ▶ cultural identity, self-esteem and sense of belonging
- ▶ families relationships, parenting skills, and support networks
- ▶ healthy coping mechanisms, communication and problem-solving skills
- ▶ healing from trauma and grief
- ▶ harm-reduction approach to substance abuse
- ▶ Physical health and wellness through active lifestyle, sobriety, proper nutrition.





HOW TO GET THERE

Establish strong partnerships with local organizations (Municipalities, schools, committees, etc.)

Targeting local needs



Supporting local ideas, including planning, executing activities and reports.

Developing an easy to fill funding application

Supporting the applicants in the delivery of the activities

Provide training to applicants, such as wilderness first aid, communication..


Meet cultural needs

OUR TASKS



- Organizing committee meetings
- Communication with 14 communities
- Planning & delivering projects
- Reporting
- Participate on working committees

- Reviewing applications
- Creating regional partners
- Travel and presenting program
- Support projects
- Finding and providing potential workshops



CRITERIA FOR FUNDING

- Project must take place on the land
- Must have local organisation support
- Guides should have valid first aid certification
- Cultural knowledge must be passed on
- Funding request must be completed before funding is given
- Final activity report must be completed with description of final cost accompanied with all receipts



Eligible expenses

Human resources, example: guides, hunters, elder, cook...

Healthy store-bought or traditional food

Fishing and hunting supplies

Vehicle rental fees

Gas

Travel



Excludes: Junk food, large equipment, salary (if already receiving salary from employer)



PREVIOUS AND POTENTIAL ACTIVITIES

- Family outings
 - Berry picking
 - Fishing & hunting
 - Butchering and food preparation
- Day trips
 - Pick nicks
 - Tool making
 - Setting nets for fish & seals



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Alena Stevenson and George Kauki

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