

# 2024 Wellness Calendar – Activity Guide

In the Wellness Calendar, you will find **monthly themes** and **special health dates**. These are great opportunities to organize community activities. Below you will find activity ideas and helpful resources for each of these themes and dates.

**Looking for advice or support for specific topics?** Email [communitysupprt@ssss.gouv.qc.ca](mailto:communitysupprt@ssss.gouv.qc.ca) and we will connect you with the right NRBHSS agent for that topic.

**Looking for help to get funding for your activities?** Email [php.nrbhss@ssss.gouv.qc.ca](mailto:php.nrbhss@ssss.gouv.qc.ca) for help applying to funding.

## January 2024 ᐅᐅᐅ

### Mental Health & Addiction ᐅᐅᐅ ᐅᐅᐅ ᐅᐅᐅ ᐅᐅᐅ ᐅᐅᐅ

#### Organize activities:

- Small challenges with a healthy prize – e.g. Weedless Wednesday, Sober Sunday...
- Self-care activities for women – e.g. massage, nail polish...
- Gathering on the land for men or youth to learn new skills
- Relaxation activity like yoga or breathing (look up tutorials on YouTube or reach out to TLS Nunavik)
- Put paper in COOP entrance and ask people to write or draw “what makes you strong” or “what makes you happy”
- Weekly wellness actions – Monday: smile to everyone you see, Tuesday: give a co-worker a compliment, Wednesday: tell a friend why you’re grateful for them...
- Contact the Suicide Prevention Liaison Worker (SPLW) to organize a Reach Out workshop
- Journaling with students/youth ([www.nrbhss.ca/sites/default/files/documentations/tools/tool\\_student\\_journal\\_2018\\_en.pdf](http://www.nrbhss.ca/sites/default/files/documentations/tools/tool_student_journal_2018_en.pdf))
- Promote fun non-alcoholic drinks by doing a tasting or sharing recipes (water with fruits, mocktails, etc.)

#### Share information:

- Quiz about alcohol and cannabis use, asking people to call in with the answer
- Promote the services provided by addiction & mental health workers at the CLSC
- Promote the Isuarsivik Pingnupaa challenge (sober challenge)
- Share safe drinking tips – e.g. drink water, don’t drink alone...
- Promote the Reach Out Nunavik page on Facebook
- Make a radio show on depression to share basic information and fight stigma
- Share healthy lifestyle & self-care habits that help our mental health (healthy eating, sleeping, exercising, talking about our issues...)
- Go on the radio with a social worker or suicide prevention worker to talk about myths about mental health and suicide
- Share the phone / chat helpline with your community

Date	Event	Activity Ideas	Resources	Facts
14-20	Non-Smoking Week & Quit to Win Challenge	<ul style="list-style-type: none"> <li>• Share the “Tobacco is Harming Nunavik” videos through Facebook (<a href="https://tinyurl.com/tobacconunavik">tinyurl.com/tobacconunavik</a>)</li> <li>• Radio show with the public health nurse/community nurse</li> <li>• Small challenge, e.g. “Weedless Wednesday”</li> <li>• Quiz on FM about smoking, vaping, cannabis</li> <li>• Get people to call FM &amp; say their motivation(s) to quit</li> <li>• Walking club to promote a healthy activity to replace smoking</li> <li>• Organize an outdoor activity without smoking for a “Fresh Air Day”</li> </ul>	<p><a href="http://nrbhss.ca/en/nrbhss/public-health/prevention-and-health-promotion/tobacco-harming-nunavik">nrbhss.ca/en/nrbhss/public-health/prevention-and-health-promotion/tobacco-harming-nunavik</a></p> <p><a href="http://www.pauktuutit.ca/health/lets-talk-about-ujarak">www.pauktuutit.ca/health/lets-talk-about-ujarak</a></p> <p><a href="http://livehealthy.gov.nu.ca/en/resource-category/tobacco">livehealthy.gov.nu.ca/en/resource-category/tobacco</a></p> <p><a href="http://www.quitchallenge.ca">www.quitchallenge.ca</a></p>	<ul style="list-style-type: none"> <li>• 72% of Nunavimmiut smoke daily</li> <li>• Daily smoking is the biggest factor affecting lung health</li> <li>• Nunavimmiut who smoke more cigarettes per day, or more cigarettes during their lifetime, are more likely to have respiratory symptoms or airway obstruction</li> <li>• Going on the land, participating in traditional activities, and being food secure are all associated with good lung health</li> </ul> <p>More: <a href="https://tinyurl.com/smokehealth">tinyurl.com/smokehealth</a></p>

## Healthy Relationships

<b>Organize activities:</b>	<ul style="list-style-type: none"> <li>• Anti-bullying activity with school counsellor/student support professional – e.g. drawing contest on “a school free of bullying looks like...”, difference between hurtful &amp; kind words/actions...</li> <li>• Activity on non-violent communication – e.g. “I” message, emotion regulation, best time to communicate...</li> <li>• Games day with parents and children, to discuss and practice skills for communicating – “What example do we want to share with our children? How can we be a role model?”</li> <li>• Workshop on consent/sexual education (with nurse, prevention police officer, sexual violence worker, health board...)</li> <li>• Talk in schools about what a healthy relationship looks like</li> </ul>	<ul style="list-style-type: none"> <li>• Organize a campaign against cyberbullying, where people instead share compliments on social media</li> <li>• Family cooking activity, discuss what a healthy relationship is, how to build healthy relationships</li> <li>• Encourage workplaces to host a potluck for their staff to bond and build good relationships</li> <li>• Outing for families so they can spend positive time together</li> <li>• Date night or Valentines Day dinner</li> <li>• Love letter/song writing contest</li> </ul>
<b>Share information:</b>	<ul style="list-style-type: none"> <li>• Promote the resources available in your community (CLSC, family house, women’s association, women’s shelter...)</li> <li>• Organize a radio show about signs of violence in a relationship (verbal, psychological, physical, financial, sexual...)</li> <li>• Work with sexual violence prevention worker to talk about consent</li> <li>• Promote using condoms and getting tested for STBIs (sexually transmitted infections)</li> </ul>	

Date	Event	Activity Ideas	Resources	Facts
	<b>28 Days of Healthy Relationships</b>	<ul style="list-style-type: none"> <li>• See above</li> </ul>	<a href="http://www.irespectmyself.ca">www.irespectmyself.ca</a> <a href="http://www.sexandu.ca">www.sexandu.ca</a> <a href="http://nrbhss.ca/en/nrbhss/public-health/infectious-diseases/sexual-health-and-education">nrbhss.ca/en/nrbhss/public-health/infectious-diseases/sexual-health-and-education</a>	<ul style="list-style-type: none"> <li>• 61% of youth feel confident they could date someone without feeling obligated to have sex</li> <li>• Youth who feel emotionally supported feel more confident to choose when &amp; where to engage in sexual activity, and to refuse sexual activity they don’t want</li> </ul> <p>More: <a href="http://tinyurl.com/hrelationships">tinyurl.com/hrelationships</a></p>
	<b>Isuarsivik Pingngupaa Challenge</b>	<ul style="list-style-type: none"> <li>• Feast to celebrate participants</li> <li>• Sober activity nights - games, sewing, beading, building, movies, cooking...</li> <li>• Collaborate with Isuarsivik or addiction prevention worker</li> <li>• Support group (with social worker)</li> <li>• Promote (or do a tasting of) non-alcoholic drinks at COOP</li> <li>• Share recipes for mocktails (<a href="http://tinyurl.com/mocktailcards">tinyurl.com/mocktailcards</a> under “Simple recipe cards”)</li> </ul>	<a href="http://isuarsivik.ca/services/pingngupaachallenge">isuarsivik.ca/services/pingngupaachallenge</a> <a href="http://www.nunali.com/resources">www.nunali.com/resources</a> <a href="http://livehealthy.gov.nu.ca/en/resource-category/alcohol">livehealthy.gov.nu.ca/en/resource-category/alcohol</a> <a href="http://tinyurl.com/mocktailcards">tinyurl.com/mocktailcards</a>	<ul style="list-style-type: none"> <li>• 2 in 5 Nunavimmiut reported driving under the influence of drugs or alcohol in the past year</li> <li>• 3 in 10 reported binge drinking (5 or more drinks at once) at least once every week</li> <li>• Nunavimmiut who go on the land frequently reported drinking less</li> </ul> <p>More: <a href="http://tinyurl.com/pingnupaa">tinyurl.com/pingnupaa</a></p>
<b>4-10</b>	<b>Suicide Prevention Week</b>	<ul style="list-style-type: none"> <li>• Celebrate life community walk (students could make posters)</li> <li>• Share reasons to stay alive</li> <li>• Reach Out suicide prevention workshop (contact the suicide prevention worker/SPLW)</li> <li>• School presentations on how to support one another</li> <li>• Get people to call and say positive things about themselves</li> <li>• Ask people to share how they cope during hard times</li> <li>• Healing circle (with social worker/natural helpers)</li> </ul>	<a href="http://nrbhss.ca/en/suicide-prevention-week">nrbhss.ca/en/suicide-prevention-week</a> <a href="http://www.aqps.info/semaine/">www.aqps.info/semaine/</a> (French) <a href="http://www.suicideinfo.ca">www.suicideinfo.ca</a> <a href="http://www.suicideactionmontreal.org/en">www.suicideactionmontreal.org/en</a> <a href="http://www.itk.ca/risk-and-protective-factors-associated-with-suicide-for-inuit-in-canada">www.itk.ca/risk-and-protective-factors-associated-with-suicide-for-inuit-in-canada</a>	<ul style="list-style-type: none"> <li>• Nunavimmiut aged 16 to 30 were the most likely to report thinking about and attempting suicide</li> <li>• People with higher social and emotional support, family and community cohesion, and involvement in community activities report greater feelings of well-being</li> </ul> <p>More: <a href="http://tinyurl.com/inuitwellness">tinyurl.com/inuitwellness</a></p>

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## Nutrition ᐸᑦᐸᑦᐸᑦᐸᑦᐸᑦ

<b>Organize activities:</b>	<ul style="list-style-type: none"> <li>Weekly cooking class or community kitchen</li> <li>Country food workshop, invite an elder to share knowledge on preparing and cooking country food</li> <li>Ask the community for recipes, make a community cookbook</li> <li>Contest for kids to taste different fruits and vegetables and vote for their favourite</li> <li>Grocery store treasure hunt – participants have to find certain ingredients for a healthy recipe</li> </ul>	<ul style="list-style-type: none"> <li>Start a group on Facebook for sharing recipes</li> <li>Community challenge to eat fruit at breakfast each day for a week</li> <li>Draw for a basket of healthy foods to try</li> <li>Host an event and get people to try different types of water (sparkling, frozen fruit as ice cubes, infused with lemon or other fruits) while talking about the benefits of drinking water</li> </ul>
<b>Share information:</b>	<ul style="list-style-type: none"> <li>Information booth at COOP – give out healthy food samples and share nutrition information</li> <li>Share healthy recipes</li> <li>Radio show or quiz</li> <li>Share ideas for healthy and cheap meals, including pictures of items from the store</li> </ul>	

Date	Event	Activity Ideas	Resources	Facts
	<b>National Nutrition Month</b>	<ul style="list-style-type: none"> <li>See above</li> </ul>	<a href="http://www.padlet.com/foodsecuritynrbhss">www.padlet.com/foodsecuritynrbhss</a> (-> recipes, nutrition information) <a href="http://nrbhss.ca/en/nrbhss/public-health/prevention-and-health-promotion/healthy-eating">nrbhss.ca/en/nrbhss/public-health/prevention-and-health-promotion/healthy-eating</a> <a href="http://livehealthy.gov.nu.ca/en/resource-category/healthy-eating">livehealthy.gov.nu.ca/en/resource-category/healthy-eating</a> <a href="http://nrbhss.ca/sites/default/files/3.4.1.1_Educator%20handbook%20ENG.pdf">nrbhss.ca/sites/default/files/3.4.1.1_Educator%20handbook%20ENG.pdf</a>	<ul style="list-style-type: none"> <li>1 in 3 Nunavimmiut have low vitamin D, which we need for strong bones, muscles, and fighting infections</li> <li>On average, youth consume sweet drinks (pop and juice) 2 times per day</li> <li>7 in 10 Nunavimmiut eat fast food daily</li> </ul> More: <a href="http://tinyurl.com/countryfood">tinyurl.com/countryfood</a>
<b>5</b>	<b>Nunalituqait Ikajuqatigiittut Inuit Association's Nunavik Wellness Day</b>	<ul style="list-style-type: none"> <li>Share Nunalituqait Ikajuqatigiittut's wellness quotes and Facebook posts</li> <li>Ask community members "What does wellness mean to you?"</li> </ul>	<a href="http://www.nunali.com/projects">www.nunali.com/projects</a>	
<b>8</b>	<b>International Women's Day</b>	<ul style="list-style-type: none"> <li>Gathering with snacks, women share positive things about themselves and others</li> <li>Self-care activity (massages, manicures, haircuts, etc.)</li> <li>Women's fishing trip</li> <li>Care packages to anyone who puts a poster in their window finishing the sentence "I am proud to be a woman because..."</li> </ul>	<a href="http://www.internationalwomensday.com">www.internationalwomensday.com</a> <a href="http://www.canadianwomen.org">www.canadianwomen.org</a> <a href="http://www.saturviit.ca">www.saturviit.ca</a> <a href="http://www.pauktuutit.ca">www.pauktuutit.ca</a>	
<b>22</b>	<b>World Water Day</b>	<ul style="list-style-type: none"> <li>Promote infused water recipes (<a href="http://tinyurl.com/infusewaterrecipe">tinyurl.com/infusewaterrecipe</a>)</li> <li>Contest: post picture using a reusable water bottle</li> <li>Make frozen fruit ice cubes</li> <li>Promote the Imatsiaq challenge to students at the school</li> </ul>	<a href="http://tinyurl.com/imatsiaq">tinyurl.com/imatsiaq</a> <a href="http://tinyurl.com/wateractiveplay">tinyurl.com/wateractiveplay</a> <a href="http://tinyurl.com/hydrationactivities">tinyurl.com/hydrationactivities</a>	<ul style="list-style-type: none"> <li>Most people report drinking water every day, but only about 1 time per day</li> </ul> More: <a href="http://tinyurl.com/countryfood">tinyurl.com/countryfood</a>

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24	<b>World Tuberculosis (TB) Day</b>	<ul style="list-style-type: none"> <li>FM show with nurse to talk about importance of getting tested and taking treatment</li> <li>Have people share their experience with TB, break stigma by talking about it and busting myths</li> <li>Share videos about TB through Facebook</li> <li>School science activity for kids to learn about TB</li> </ul>	<a href="http://nrbhss.ca/en/lets-end-tb-in-nunavik">nrbhss.ca/en/lets-end-tb-in-nunavik</a> <a href="http://nrbhss.ca/sites/default/files/documentation/tools/flyer_TUBERCULOSE_13juillet_VF.pdf">nrbhss.ca/sites/default/files/documentation/tools/flyer_TUBERCULOSE_13juillet_VF.pdf</a> <a href="http://tinyurl.com/tuberculosisvideos">tinyurl.com/tuberculosisvideos</a> <a href="http://nrbhss.ca/sites/default/files/baotb/Sante-Canada_TB_Inuit_flipchart_EN.pdf">nrbhss.ca/sites/default/files/baotb/Sante-Canada_TB_Inuit_flipchart_EN.pdf</a>	<ul style="list-style-type: none"> <li>The rate of TB among Nunavimmiut is between 100-300 times higher than the rest of Quebec</li> <li>TB cases declined from 1980 to 2003, but started increasing again in 2007</li> <li>Most cases of TB can be treated within Nunavik</li> </ul>
28	<b>Nunavik Traditional Food Day</b>	<ul style="list-style-type: none"> <li>Community feast</li> <li>Teach youth to prepare traditional food</li> <li>Have Elders share importance of country food over FM</li> <li>Hunting or fishing trip</li> </ul>	<a href="http://nrbhss.ca/en/nutrition-month-and-traditional-food-day">nrbhss.ca/en/nutrition-month-and-traditional-food-day</a> <a href="http://nrbhss.ca/en/nrbhss/public-health/prevention-and-health-promotion/healthy-eating">nrbhss.ca/en/nrbhss/public-health/prevention-and-health-promotion/healthy-eating</a> <a href="http://livehealthy.gov.nu.ca/sites/default/files/resource_attachments/EN_WEB_inf-nutrition-fact-sheet-series.pdf">livehealthy.gov.nu.ca/sites/default/files/resource_attachments/EN_WEB_inf-nutrition-fact-sheet-series.pdf</a>	<ul style="list-style-type: none"> <li>Country food was as much, or more frequently, in 2017 compared to 2004</li> <li>88% of Nunavimmiut are happy with their ability to satisfy their country food cravings</li> <li>Country foods are high in many nutrients and so are always a healthy choice!</li> </ul> <p>More: <a href="http://tinyurl.com/countryfood">tinyurl.com/countryfood</a></p>

## April 2024 ᐅᐅᐅ

### Healthy Lifestyle ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅᐅᐅᐅ

<b>Organize activities:</b>	<ul style="list-style-type: none"> <li>Healthy cooking every week for a month (with family house or community kitchen)</li> <li>Physical activity – e.g. walking club, running competition, volleyball, fitness challenge...</li> <li>First aid course</li> <li>Self-care challenge</li> <li>Activities with women about breastfeeding (with local midwives)</li> </ul>
<b>Share information:</b>	<ul style="list-style-type: none"> <li>Share ideas for healthy and cheap meals, including pictures of items from the store</li> <li>Share tips on good sleeping habits and tips to fall asleep</li> <li>Set up an information booth at the COOP about dental health, sugar, diabetes (with dental hygienist or nurse)</li> <li>Discuss self-care, coping skills, ways to protect your mental health and prevent addiction</li> <li>Promote activities to relax, like yoga, meditation, breathing exercises (see TLS Nunavik)</li> </ul>

Date	Event	Activity Ideas	Resources	Facts
21-27	<b>National Immunization Awareness Week</b>	<ul style="list-style-type: none"> <li>Go on FM with nurse to share facts and myths</li> <li>Information booth at COOP</li> </ul>	<a href="http://www.immunize.ca">www.immunize.ca</a> <a href="http://nrbhss.ca/en/nrbhss/public-health/infectious-diseases/vaccination">nrbhss.ca/en/nrbhss/public-health/infectious-diseases/vaccination</a> <a href="http://tinyurl.com/vaccinationfacts">tinyurl.com/vaccinationfacts</a>	<ul style="list-style-type: none"> <li>Vaccines can NOT give you the disease they are meant to prevent</li> <li>Getting vaccinated helps protect young children, elders, and people with medical conditions who could get really sick if they catch something from you</li> </ul> <p>More: <a href="http://tinyurl.com/vaccinationfacts">tinyurl.com/vaccinationfacts</a></p>

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See April 2024

Date	Event	Activity Ideas	Resources	Facts
5-11	<b>National Mental Health Week</b>	<ul style="list-style-type: none"> <li>• Photo contest: what gives you hope</li> <li>• Self-care activities</li> <li>• Relaxation activity (e.g. breathing, yoga - look up tutorials on YouTube or reach out to TLS Nunavik)</li> <li>• Daily wellness action – smile at everyone, give compliments, try something new, tell someone you are grateful for them...</li> <li>• Promote mental health resources</li> <li>• Share facts and bust myths about mental health</li> <li>• Men’s activity (e.g. game night, coffee break)</li> </ul>	<p><a href="https://www.facebook.com/reachoutnunavik">www.facebook.com/reachoutnunavik</a></p> <p><a href="https://www.tlsnunavik.org/resources">www.tlsnunavik.org/resources</a></p> <p><a href="https://www.mentalhealthweek.ca">www.mentalhealthweek.ca</a></p> <p><a href="https://nrbhss.ca/sites/default/files/documentations/tools/tool_ideas_dialog_mental_health_radio_show_en.pdf">nrbhss.ca/sites/default/files/documentations/tools/tool_ideas_dialog_mental_health_radio_show_en.pdf</a></p> <p><a href="https://nrbhss.ca/sites/default/files/documentations/tools/tool_student_journal_2018_en.pdf">nrbhss.ca/sites/default/files/documentations/tools/tool_student_journal_2018_en.pdf</a></p> <p><a href="https://tinyurl.com/atautsikutvideos">tinyurl.com/atautsikutvideos</a></p>	<ul style="list-style-type: none"> <li>• 8 in 10 say they are generally satisfied with their life</li> <li>• 4 in 10 experience clinically-significant depressive symptoms</li> <li>• Nunavimmiut with strong cultural identity report being more satisfied with life and have higher self-esteem</li> <li>• 4 in 10 men say it is not easy to express their emotions</li> </ul> <p>More: <a href="https://tinyurl.com/inuitwellness">tinyurl.com/inuitwellness</a></p>
15	<b>International Day of Families</b>	<ul style="list-style-type: none"> <li>• Ice fishing</li> <li>• Games on the land</li> <li>• Father/son or mother/daughter activities (e.g. cooking, fishing, games...)</li> </ul>	<p><a href="https://www.un.org/en/observances/international-day-of-families">www.un.org/en/observances/international-day-of-families</a></p>	<ul style="list-style-type: none"> <li>• 94% say they feel a strong sense of family togetherness</li> <li>• People with higher family cohesion report greater feelings of well-being</li> </ul>
17	<b>International Day Against Homophobia</b>	<ul style="list-style-type: none"> <li>• Reach out to the NRBHSS sexual health team for help organizing workshops or activities (<a href="mailto:maxime.lamoureux@ssss.gouv.qc.ca">maxime.lamoureux@ssss.gouv.qc.ca</a>)</li> </ul>	<p><a href="https://en.may17mai.com">en.may17mai.com</a></p> <p><a href="https://www.irespectmyself.ca/en/respect-yourself/healthy-sexuality/sexual-orientation">www.irespectmyself.ca/en/respect-yourself/healthy-sexuality/sexual-orientation</a></p> <p><a href="https://tinyurl.com/tlspridevideo">tinyurl.com/tlspridevideo</a></p>	
31	<b>World No Tobacco Day</b>	<ul style="list-style-type: none"> <li>• Share the “Tobacco is Harming Nunavik” videos through Facebook (<a href="https://tinyurl.com/tobacconunavik">tinyurl.com/tobacconunavik</a>)</li> <li>• Radio show with the public health nurse/community nurse</li> <li>• Quiz on FM</li> <li>• Get people to call in to FM &amp; say their motivation(s) to quit smoking</li> </ul>	<p><a href="https://nrbhss.ca/en/nrbhss/public-health/prevention-and-health-promotion/tobacco-harming-nunavik">nrbhss.ca/en/nrbhss/public-health/prevention-and-health-promotion/tobacco-harming-nunavik</a></p> <p><a href="https://www.tobaccofreequebec.ca/iquitnow">www.tobaccofreequebec.ca/iquitnow</a></p> <p><a href="https://www.quitchallenge.ca">www.quitchallenge.ca</a></p> <p><a href="https://livehealthy.gov.nu.ca/en/resource-category/tobacco">livehealthy.gov.nu.ca/en/resource-category/tobacco</a></p>	<ul style="list-style-type: none"> <li>• 72% of Nunavimmiut smoke daily</li> <li>• Daily smoking is the biggest factor for respiratory (lung/airway) health</li> <li>• Nunavimmiut who smoke more cigarettes per day, or more cigarettes during their lifetime, are more likely to have respiratory problems</li> </ul> <p>More: <a href="https://tinyurl.com/smokehealth">tinyurl.com/smokehealth</a></p>

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# July 2024 ↶↷

## Culture ᐃᓃᑦᑭᑦᑭᑦ

### Organize activities:

- Reach out to Avataq to see if there are opportunities /funding to host a cultural activity in your community
- Courses to teach tradition skills to women – e.g. sewing, beading, kamiik making, seal skin care, tupik making...
- Courses to teach traditional skills to men – e.g. tool making, qajaq making, hunting skills...
- Fashion show to celebrate handmade or traditional clothing
- Story-telling with elders
- Inuit games competition (with recreation committee)
- Traditional dance night (with recreation committee)
- On-the-land retreat
- Community feast or picnic on the land
- Cultural skills week

### Share information:

- Share information about safety on the land, on and off the road, boating (with a first responder or search & rescue team)
- Promote wearing life jackets and being safe on the water (especially for youth)

# August 2024 ◀▶ᐃᑭᑦ

## Culture ᐃᓃᑦᑭᑦᑭᑦ

See July 2024

Date	Event	Activity Ideas	Resources	Facts
9	<b>International Day of World's Indigenous Peoples</b>	<ul style="list-style-type: none"> <li>• Community feast or picnic</li> <li>• On the land activity – e.g. berry-picking, fishing</li> </ul>	<a href="http://www.un.org/en/observances/indigenous-day">www.un.org/en/observances/indigenous-day</a>	

# September 2024 ᑭᑦᑭᑦᑭᑦᑭᑦ

## Culture ᐃᓃᑦᑭᑦᑭᑦ

See July 2024

Date	Event	Activity Ideas	Resources	Facts
	<b>FASD Awareness Month</b>	<ul style="list-style-type: none"> <li>• Radio show: bust myths about FASD, share how we can support people with FASD</li> <li>• Information booth</li> <li>• Sober events</li> <li>• Sewing and share information</li> <li>• Make or share recipes for mocktails (available from NRBHSS or at <a href="https://tinyurl.com/mocktailcards">tinyurl.com/mocktailcards</a> under "Simple recipe cards")</li> </ul>	<a href="http://www.canfasd.ca">www.canfasd.ca</a> <a href="http://www.ccsa.ca">www.ccsa.ca</a> <a href="http://www.pauktuutit.ca/project/fasd-toolkit">www.pauktuutit.ca/project/fasd-toolkit</a>	<ul style="list-style-type: none"> <li>• Nearly 8 in 10 women were alcohol-free during their most recent pregnancy</li> </ul>
9	<b>International FASD Awareness Day</b>	<ul style="list-style-type: none"> <li>• See above</li> </ul>	See above	<ul style="list-style-type: none"> <li>• See above</li> </ul>

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10	<b>World Suicide Prevention Day</b>	<ul style="list-style-type: none"> <li>• Celebrate life community walk</li> <li>• Share reasons to stay alive</li> <li>• Reach Out suicide prevention workshop (contact the suicide prevention worker/SPLW)</li> <li>• Light candles/lanterns</li> <li>• Healing circle (with social worker, natural helpers)</li> <li>• Ask people to share how they cope during hard times</li> </ul>	<a href="http://www.iasp.info/wspd">www.iasp.info/wspd</a> <a href="http://www.suicideinfo.ca">www.suicideinfo.ca</a> <a href="http://www.suicideactionmontreal.org/en">www.suicideactionmontreal.org/en</a> <a href="http://www.itk.ca/risk-and-protective-factors-associated-with-suicide-for-inuit-in-canada">www.itk.ca/risk-and-protective-factors-associated-with-suicide-for-inuit-in-canada</a> <a href="http://www.itk.ca/projects/national-inuit-suicide-prevention-strategy">www.itk.ca/projects/national-inuit-suicide-prevention-strategy</a>	<ul style="list-style-type: none"> <li>• Nunavimmiut aged 16 to 30 were the most likely to report thinking about and attempting suicide</li> </ul> <p>More: <a href="https://tinyurl.com/inuitwellness">tinyurl.com/inuitwellness</a></p>
30	<b>National Day for Truth &amp; Reconciliation</b>	<ul style="list-style-type: none"> <li>• Community feast</li> <li>• Community walk</li> <li>• Orange shirt pins</li> <li>• Storytelling by elders</li> <li>• Light candles to remember the kids lost and the survivors</li> </ul>	<a href="http://www.orangeshirtday.org">www.orangeshirtday.org</a> <a href="http://www.nctr.ca">www.nctr.ca</a>	

## October 2024 ᐅᐅᐱᐅ

### Elders ᐱᐅᐅᐅᐅᐅ

#### Organize activities:

- Games and feast for elders
- Care packages for elders
- Bingo at community centre
- Take elders out on the land
- Encourage youth to help elders (shoveling stairs, carrying groceries, etc.)

#### Share information:

- Have elders go on FM to share traditions and tell stories
- Radio show about importance of elders, respecting elders

Date	Event	Activity Ideas	Resources	Facts
	<b>Nunavik Elders Appreciation Month</b>	<ul style="list-style-type: none"> <li>• See above</li> </ul>	<a href="http://nrbhss.ca/sites/default/files/RRSSSN_2201_Brochure_MieuxEtreAines_en.pdf">nrbhss.ca/sites/default/files/RRSSSN_2201_Brochure_MieuxEtreAines_en.pdf</a>	
1	<b>International Elders Day</b>	<ul style="list-style-type: none"> <li>• See above</li> </ul>	See above	
6-11	<b>Breastfeeding &amp; Child Nutrition Week</b>	<ul style="list-style-type: none"> <li>• Amauti making for new mothers, talk about breastfeeding and child nutrition</li> <li>• Collaborate with SIPPE or family house</li> <li>• Radio show with nurse</li> <li>• Share info about resources for people who struggle to pay for healthy food</li> <li>• Breastfeeding photoshoot</li> <li>• Share how family and community can support breastfeeding mothers</li> <li>• Self-care night for breastfeeding moms, exchange experiences &amp; tips</li> <li>• Crochet breast pins or hats</li> </ul>	<a href="http://www.lllc.ca">www.lllc.ca</a> <a href="http://www.worldbreastfeedingweek.org">www.worldbreastfeedingweek.org</a> <a href="http://www.padlet.com/foodsecuritynrbhss">www.padlet.com/foodsecuritynrbhss</a> (-> recipes, information) <a href="http://nrbhss.ca/sites/default/files/3.4.1.1_Building%20Healthy%20Babies_ENG.PDF">nrbhss.ca/sites/default/files/3.4.1.1_Building%20Healthy%20Babies_ENG.PDF</a> <a href="http://nrbhss.ca/sites/default/files/BABYFIR_STFOODS_EN.pdf">nrbhss.ca/sites/default/files/BABYFIR_STFOODS_EN.pdf</a> <a href="http://livehealthy.gov.nu.ca/en/resource-category/pregnancy-and-babies">livehealthy.gov.nu.ca/en/resource-category/pregnancy-and-babies</a>	<ul style="list-style-type: none"> <li>• 2 in 3 women breastfed their most recent child</li> <li>• 92% of women of childbearing age (16 to 49) have insufficient concentrations of folate, which is necessary for healthy child development</li> </ul> <p>More: <a href="https://tinyurl.com/countryfood">tinyurl.com/countryfood</a></p>
20-26	<b>Nunavik Caregiver Appreciation Week</b>	<ul style="list-style-type: none"> <li>• Go on FM, get people to call in to thank caregivers</li> <li>• Nominate "Star Caregivers"</li> </ul>	<a href="http://nrbhss.ca/en/caregiver-appreciation-week">nrbhss.ca/en/caregiver-appreciation-week</a>	

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## Child, Youth, and Family ᐱᐱᐅᐅ, ᐃᐅᐅᐅᐅᐅᐅ ᐃᐱᐅᐅᐅ

<b>Organize activities:</b>	<ul style="list-style-type: none"> <li>• Christmas cookie baking for families</li> <li>• Gift donation for low income families</li> <li>• Christmas food baskets for low income families</li> <li>• Christmas activities for families</li> <li>• Family reading activities</li> </ul>	<ul style="list-style-type: none"> <li>• Christmas card making with kids</li> <li>• Card making for community members who live alone or have lost a loved one</li> <li>• Christmas visits for people who are alone</li> <li>• Babysitting to give parents time for themselves</li> </ul>
<b>Share information:</b>	<ul style="list-style-type: none"> <li>• Share information about the Child First Initiative (<a href="http://www.nrbhss.ca/en/nrbhss/out-region-services/child-first-initiative">www.nrbhss.ca/en/nrbhss/out-region-services/child-first-initiative</a>)</li> <li>• Organize a radio show with youth to talk about topics important to them</li> </ul>	

Date	Event	Activity Ideas	Resources	Facts
	<b>Family Violence Prevention Month</b>	<ul style="list-style-type: none"> <li>• Activities for couples, or for mother/daughter or father/son</li> <li>• Elders talk about importance of a healthy and caring family</li> </ul>	<a href="http://www.saturviit.ca/program-violence.php">www.saturviit.ca/program-violence.php</a> <a href="http://www.pauktuutit.ca/abuse-prevention-justice/children-and-youth">www.pauktuutit.ca/abuse-prevention-justice/children-and-youth</a>	<ul style="list-style-type: none"> <li>• People who reported higher family support and togetherness were less likely to report experiencing violence</li> <li>• Less childhood sexual violence was reported in 2017 than in 2004</li> <li>• 1 in 4 reported experiencing sexual abuse before age 18</li> </ul> More: <a href="http://tinyurl.com/violencesafety">tinyurl.com/violencesafety</a>
<b>7</b>	<b>International Inuit Day</b>	<ul style="list-style-type: none"> <li>• Community feast</li> <li>• Show-and-tell traditional items at the community centre or school</li> <li>• “Fashion show” of handmade or traditional clothing</li> <li>• Elders share stories on FM</li> <li>• Movie/short films screening</li> <li>• Read Inuit poems or stories to kids</li> </ul>	<a href="http://www.itk.ca/projects/taimannganit/">www.itk.ca/projects/taimannganit/</a> <a href="http://www.avataq.qc.ca">www.avataq.qc.ca</a> <a href="http://www.inuitartfoundation.org/inuit-art-quarterly">www.inuitartfoundation.org/inuit-art-quarterly</a> <a href="http://www.nfb.ca/subjects/indigenous-peoples-in-canada-inuit">www.nfb.ca/subjects/indigenous-peoples-in-canada-inuit</a>	<ul style="list-style-type: none"> <li>• 99% say they are proud to be Inuk</li> <li>• 95% say speaking Inuktitut is important to their identity</li> <li>• 75% are satisfied with their cultural knowledge and traditional skills</li> <li>• 93% say being on the land is important to them</li> </ul> More: <a href="http://tinyurl.com/inuitculture">tinyurl.com/inuitculture</a>
<b>11</b>	<b>JBNQA Day</b>	<ul style="list-style-type: none"> <li>• Community feast</li> <li>• Outdoor games</li> <li>• Ice fishing</li> <li>• Movie screening (e.g. <i>So That You Can Stand</i>)</li> </ul>	<a href="http://www.vimeo.com/167871953">www.vimeo.com/167871953</a> (So That You Can Stand) <a href="http://www.nfb.ca/subjects/indigenous-peoples-in-canada-inuit/labrador-and-quebec">www.nfb.ca/subjects/indigenous-peoples-in-canada-inuit/labrador-and-quebec</a> <a href="http://www.avataq.qc.ca">www.avataq.qc.ca</a>	
<b>14</b>	<b>World Diabetes Day</b>	<ul style="list-style-type: none"> <li>• Healthy cooking class</li> <li>• Booth at COOP to give healthy snacks and share information</li> <li>• Share healthy recipes</li> <li>• Sports events</li> <li>• Walking club</li> <li>• Promote drinking water (e.g. by sharing recipes for infused water <a href="http://tinyurl.com/infusewaterrecipe">tinyurl.com/infusewaterrecipe</a>)</li> </ul>	<a href="http://nrbhss.ca/en/world-diabetes-day">nrbhss.ca/en/world-diabetes-day</a> <a href="http://www.padlet.com/foodsecuritynrbhss">www.padlet.com/foodsecuritynrbhss</a> (-> recipes, nutrition information) <a href="http://www.diabetes.ca">www.diabetes.ca</a> <a href="http://www.itk.ca/inuit-diabetes-network-bingo">www.itk.ca/inuit-diabetes-network-bingo</a>	<ul style="list-style-type: none"> <li>• 1 in 20 Nunavimmiut have diabetes</li> <li>• Among Nunavimmiut without diabetes, 4% are prediabetic</li> <li>• Women in Nunavik are more likely to have diabetes than men</li> <li>• Diabetes leads to high blood sugar, which can damage your eyes, nerves, kidneys, heart, blood vessels, &amp; brain</li> <li>• Most diabetes can be managed with healthy diet, staying active, and medication</li> </ul> More: <a href="http://tinyurl.com/diabetescardio">tinyurl.com/diabetescardio</a>

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<b>20</b>	<b>International Child Day</b>	<ul style="list-style-type: none"> <li>• Activities for kids – e.g. sledding, game night, dance party, movie night, treasure hunt</li> <li>• Parade</li> <li>• Babysitting course</li> <li>• Ask students to share their dreams for a better community, give ideas for future projects</li> <li>• Radio games for kids and youth</li> <li>• Read Inuit poems or stories to kids</li> </ul>	<a href="http://www.un.org/en/events/childrenday">www.un.org/en/events/childrenday</a> <a href="http://www.nrbhss.ca/en/nrbhss/out-region-services/child-first-initiative">www.nrbhss.ca/en/nrbhss/out-region-services/child-first-initiative</a>	<ul style="list-style-type: none"> <li>• 43% of Nunavimmiut are under 20 years old</li> </ul>
<b>25-30</b>	<b>Nunavik 16 Days to End Violence</b>	<ul style="list-style-type: none"> <li>• Parka or amauti sewing</li> <li>• Seal skin pins</li> <li>• Radio show to talk about signs of domestic violence, share resources</li> </ul>	<a href="http://nrbhss.ca/en/end-violence-against-women">nrbhss.ca/en/end-violence-against-women</a> <a href="http://www.women-gender-equality.canada.ca/en.html">www.women-gender-equality.canada.ca/en.html</a> <a href="http://www.canadianwomen.org">www.canadianwomen.org</a> <a href="http://www.pauktuutit.ca/abuse-prevention-justice/gender-based-violence">www.pauktuutit.ca/abuse-prevention-justice/gender-based-violence</a>	<ul style="list-style-type: none"> <li>• 57% reported experiencing physical violence at least once</li> <li>• Women are 2-3 times more likely to experience sexual victimization</li> <li>• Women are more likely to be abused by a romantic partner, while men are more likely to experience violence from a friend or stranger</li> </ul> <p>More: <a href="https://tinyurl.com/violencesafety">tinyurl.com/violencesafety</a></p>

## December 2024 ᑎᕐᕐᕐ

### Child, Youth, and Family ᐱᐸᕐᕐᕐ, ᐃᐅᕐᕐᕐᕐᕐᕐᕐᕐ ᐃᐸᕐᕐᕐᕐᕐ

See November 2024

Date	Event	Activity Ideas	Resources	Facts
<b>1-10</b>	<b>Nunavik 16 Days to End Violence</b>	<i>See above</i>	<i>See above</i>	<i>See above</i>

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