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RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX DU NUNAVIK
NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES

News Release

FOR IMMEDIATE RELEASE

THE PUTTAUTIIT CONFERENCE 2017: A GATHERING TO OFFER SUPPORT, GRIEVING AND TOOLS FOR THOSE WHO ARE GOING THROUGH DIFFICULT MOMENTS

Kuujjuaq, September 13, 2017 – On behalf of the Regional Suicide Prevention Committee, the Nunavik Regional Board of Health and Social Services (NRBHSS) is honoured to announce that Nunavik's third conference on suicide prevention will be held in Inukjuak, from October 16th to 20th, 2017.

This year, the Puttautiit Conference theme is "Stepping forward with courage." The whole week will give participants time to grieve all sorts of traumatic events in a safe, organized and positive environment. The gathering will also introduce participants to their healing journey and teach them skills that are necessary to cope with the devastating, and often hidden effects of trauma. Participants will also receive several tools in order to empower themselves and help others to grieve and heal. Several activities will be offered in the evenings to both participants and the entire community.

The creation of this conference, inspired by the Dialogue for Life Conference in Montreal, was recommended through the *Ilusiliriniqmi Pigutjiutini Qimirruniq* process to raise awareness about suicide and provide opportunities to gather, share and receive support and training. The Puttautiit Conference is now an annual event in Nunavik, planned to be held in a different community each year.

Nunavimmiut interested in participating may contact their local Northern Village as soon as possible for information on how to register because places are limited.

The NRBHSS is a public agency created in 1978 under the James Bay and Northern Québec Agreement. It is responsible for nearly the entire Québec territory located north of the 55th parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.

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Source: Nunavik Regional Board of Health and Social Services

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