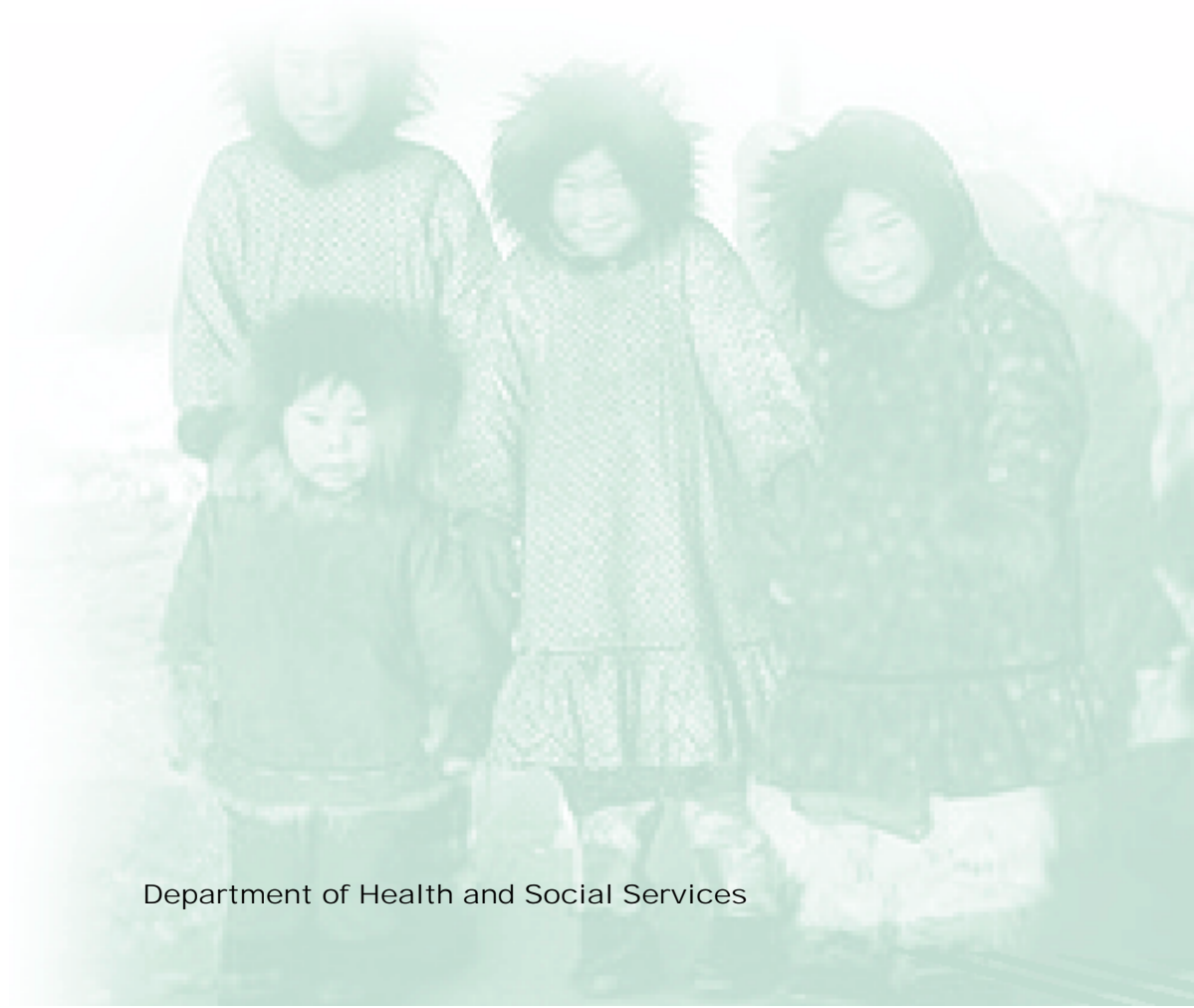




NUNAVUT Brighter Futures

1999-2000 Year-End Report

Brighter
Futures



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Acknowledgements

The Department of Health & Social Services produced this Report for the population of Nunavut. It demonstrates the significant *Brighter Futures* undertakings of communities throughout the territory.

A special thanks to all the *Brighter Futures* project managers and coordinators whose hard work and dedication contributed to health and wellness in Nunavut. Also, let's congratulate the community wellness coordinators, program staff and regional inuit associations and recognize their contributions to make *Brighter Futures* a success.

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Clyde River	Lizzie Palituk
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Igloolik	Louise Haulli
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Foreword

Brighter Futures - Nunavut - is a Health Canada program that works with the Inuit of Nunavut. It was developed by Inuit communities and government to improve the physical, mental and social well being of you, your family and your community. *Brighter Futures* recognizes the unique language and culture of Inuit people. *Brighter Futures* forms a part of your community health plan and targets health and wellness priorities based upon information in your community.

Brighter Futures makes a world of difference in your community and is committed to:

- set health and wellness priorities based on information about health in your community;
- show people how to live healthy lives and how to make healthy choices;
- build on existing health and wellness capacities and activities in your community;
- encourage long-term health and wellness planning in your community;
- develop programs that respect Inuit culture and tradition;
- offer services that give on-going care, promotion, prevention, treatment and support.

*This is a
priority for the
Minister and all
Inuit people.*

Introduction

This report is about the action that communities took to improve local health and wellness. Many community members took part, demonstrating the huge potential for partnerships to develop healthy communities. Hamlet councilors, Wellness coordinators, recreation officers, economic development officers, community health representatives, health centre staff, social welfare staff, schools, non-governmental organizations, Community Committees, Elders, parents and volunteers all helped out. This is the right combination of people and organizations to support community projects to improve the health of Nunavummiut.

The *Brighter Futures* projects in this report are examples of communities taking local action on health and wellness issues in their community. The report shows projects that:

- addressed health and wellness issues based upon priority-setting on information in communities;
- looked for input and participation from all citizens and community partners;
- linked with other programs and agencies in the community;
- were a part of a Community Strategy for health and community development;
- were evaluated by the community;
- had positive outcomes that the whole community recognized.

The Department of Health & Social Services continues to work with communities to make sure that health and wellness is forward-looking and to encourage community health plans and health strategies.

How To Use This Report

This report is full of great *Brighter Futures* project ideas from all across Nunavut. It is about the action that communities took to improve local health and wellness. Many different community members and groups joined in. This shows how important community and regional partnerships are to develop healthy communities. Men, Women, Youth, and Elders were active in all these *Brighter Futures* projects.

This report is full of great *Brighter Futures* experiences. You can use these experiences to develop your own *Brighter Futures* project in your own community. Remember, the best experiences for a successful *Brighter Futures* project are:

- Commitment from the mayor and hamlet council
- Contributions from a wide range of municipal departments
- Priority-setting based on information about health in your community
- Building on the skills and activities of members and groups in your community
- Active involvement of the whole community in planning and taking action

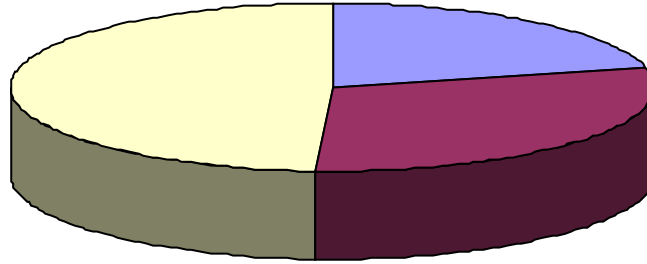
So, read through the Report and take note of all the great *Brighter Futures* project ideas that could work in your community. If you need more detail about the projects in this Report, contact the Community Wellness Program Administrator at the Department of Health & Social Services, or, telephone the community directly and talk to the local community wellness coordinator.

Let's all work together to make sure that Nunavut will have a Brighter Future.

Use these experiences to develop your own Brighter Futures projects.

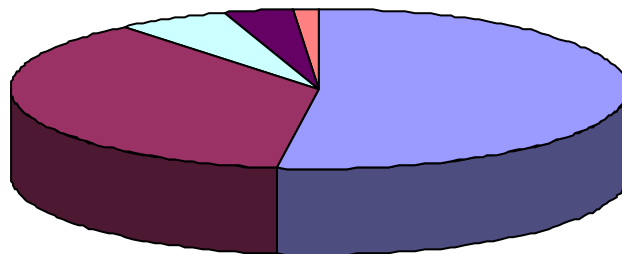
Nunavut at a Glance

Brighter Futures Funding by Region



Kitikmeot	\$708,386.00
Kivalliq	\$1,001,980.00
Baffin	\$1,652,900.00

Brighter Futures Funding by Program Areas



Community Mental Health	107
Child Development	76
Healthy Babies	0
Parenting Skills	12
Injury Prevention	7
Solvent Abuse	3

Objective and Purpose

Brighter Futures is a key component to make sure the department's vision is realized;

“To support people living in safe and healthy communities assuming leadership and enjoying self-reliant and productive lives.”

Objectives

Brighter Futures should:

- make Inuit children, families and communities stronger
- be community based – addressing health and wellness priorities that are built on information in your community
- be community paced – encouraging active involvement of citizens in planning and action
- provide a broad approach to care, promotion and prevention
- bring together wellness activities and partners in your community

Community based and community paced.

Purpose

The main purpose of *Brighter Futures* is to stimulate action to improve health and wellness at the community level.

COMMUNITY Activity Reports





Baffin

Brighter
Futures

Arctic Bay

Community Allocation \$97,207.95

1. Sound Enhancement - Gospel Church

Program Area Community Mental Health

Purpose

To give the community a chance to learn music and practice music.

Description

The project helped the church and its choir to sing to the glory of God. It gave people a chance to learn, study and read music and to use the sound system so everyone could enjoy the music of God.

2. Community Library

Program Area Child Development

Purpose

To buy Inuktitut and English books for the community.

Description

Everyone in the community wanted to buy some books in Inuktitut and English. The whole community, including the residents of Nanisivik, used the books in the library. The project was successful.

3. Community Wellness Coordinator

Program Area Community Mental Health

Purpose

To hire a coordinator to manage project funds and do reports.

Description

The community hired a wellness coordinator to coordinate *Brighter Futures* funds and to make sure that the reports were done on time. As well, the wellness coordinator helped community members with their proposals and projects. The wellness coordinator also went to the wellness coordinator training workshop and learned a lot about other funding sources.

4. Respect the School

Program Area Child Development

Purpose

To teach students how the school can help their future.

Description

The students learned how to respect the school system and how it could work for them. The project leader worked with parents and two community Elders. After the project, the students from grade 1 to grade 9 did much better. They studied better, their schoolwork improved, and the teachers said they listened better, too.

5. Traditional Hunting Skills

Program Area Child Development

Purpose

To teach youth about traditional hunting and language skills.

Description

The hamlet wanted to preserve Inuit heritage and culture. The hamlet saw it as important for the younger generation to know and understand its past. Arctic Bay purchased local cultural hunting items. Traditional hunting skills need to be taught to all generations. The adults taught the youth these important Inuit skills.

6. Youth Winter Day Camp

Program Area Child Development

Purpose

To offer youth a chance to join in healthy fun and games.

Description

The project ran activities for the kids of Arctic Bay. It gave them healthy and fun choices over the long, dark days of winter. Everyone enjoyed the activities. Some youth joined in for the first time - it was good to see.

7. Cultural Enhancement

Program Area Community Mental Health

Purpose

To celebrate local culture and tradition.

Description

The hamlet wanted to preserve Inuit heritage and culture. The hamlet saw it as very important for the younger generation to know and to understand their past. Arctic Bay bought local cultural items for display at the hamlet office. The community joined in to make traditional crafts that everyone, even visitors, can enjoy and learn from.

8. Community Youth Knowledge and Skills

Program Area Child Development

Purpose

To teach the youth traditional archery skills.

Description

The project bought archery supplies and taught the youth how to hunt with them. Hunting with a bow and arrow was done before hunting with a rifle. The youth were taught respect for the bow and the proper way to take care of it. In addition, the teachers put on archery competitions for the students.

9. Dog Control

Program Area Injury Prevention

Purpose

To stop stray dogs from attacking community members.

Description

The dog officers bought special dog poles to catch stray dogs. The officers found it easier and safer to catch stray dogs that hide under buildings and houses. It was also easier and safer to handle them and put them in a cage. The community is now a cleaner, safer place for everyone.

10. Tanning Training & Tanning Centre

Program Area Community Mental Health

Purpose

To train community members to tan hides.

Description

Community members learned to tan hides. Because the community has a tanning centre, hides do not have to go to the south for tanning. The community now gets tanned hides faster and cheaper. Some tanners also sell the hides to help support their families.

11. Youth Incentive Program

Program Area Child Development

Purpose

To train a youth and offer the youth the skills for a future job.

Description

A young person went to Iqaluit to study the pre-sea course (off-shore course). The course allowed the young person to apply for a job on a fishing vessel. This course is mandatory to get a job on a fishing vessel. The student worked hard and graduated.

Cape Dorset

Community Allocation \$178,214.58

1. Breakfast Programs

Program Area Child Development

Purpose

To offer a nutritious breakfast to schoolchildren in the community.

Description

The students of the two schools in Cape Dorset are more productive since the program started. Teachers noticed changed attitudes, longer attention spans, better discipline and higher school performance. An introduction to healthy foods was also a part of the program.

2. Staying Connected to Life on the Land

Program Area Community Mental Health

Purpose

To give field trips to young and old and teach them about the land.

Description

The program had the help of community Elders. There were trips for the youth and the adults to see the countryside and learn more about the land. The youth learned how to make nets, fox traps, build igloos and skin and carve an animal. The trips also helped to bring traditional food to community members with no transportation. The students thought the project was good for the people of Cape Dorset.

3. Youth/Elder Conference

Program Area Child Development

Purpose

To let Elders teach youth the traditional ways.

Description

The program runs every year. Elders from all the communities in Nunavut and Nunavik help with this program. The youth follow the Elders to learn the old ways and help to deliver the program. This year the conference was in Iqaluit. They talked about traditional games, traditional words, traditional materials, and traditional ways of life among the Inuit. Story telling was a big part of the program. Elders taught and learned from other people's stories.

4. Male Survivors of Sexual Abuse

Program Area Community Mental Health

Purpose

To give healing sessions to male survivors of sexual abuse.

Description

The program was a healing session for the male survivors of sexual abuse in the community. The project required a lot of confidentiality among the participants and the community counselors. It worked when the men really cared for their families and when their family members were counseled with them. The counselors also taught the men to understand that abuse does not work at home or anywhere.

*Decide how you
can make things
better in your
community.*

5. Arctic Survival & Wilderness First Aid

Program Area Injury Prevention

Purpose

To teach youth how to survive on the land.

Description

A recent loss in the community made the hamlet teach community youth how to survive on the land. The project taught youth how to prepare for travel on the land. It also taught them how to survive on the land if they were stranded.

6. Saipaaqivik Daycare Society

Program Area Child Development

Purpose

To teach daycare children traditional songs and games.

Description

The program gave afternoon classes to one full-time and three part-time children. An Elder came to work with the children, to teach Inuktitut songs, and to teach Inuktitut games and activities. The parents of the special needs children really appreciated the program. It enriched the children's lives at the daycare and at home.

7. Community Wellness Coordinator

Program Area Community Mental Health

Purpose

To give wellness services to the community and report to Council regarding *Brighter Futures* projects.

Description

The wellness coordinator worked closely with community groups to help develop *Brighter Futures* proposals. Other activities included overseeing project activities, tracking costs and expenditures, and preparing program reports and evaluations. The wellness coordinator went to the wellness coordinator training workshop and brought back contacts for partnerships.

8. Boys Toonik Tyme Hockey Tournament

Program Area Child Development

Purpose

To give the boys a chance to meet with other community boys, socialize and do healthy activities.

Description

The two community coaches believed the tournament was a major success. The boys met with other young adults from different communities within a social, cultural, and sporting environment. The boys represented their community and this improved their self-esteem. They got special recognition at a medal presentation ceremony at Peter Pitseolak School.

9. Community Wellness Coordinator Training Workshop

Program Area Community Mental Health

Purpose

To give training and development to the wellness coordinator.

Description

The wellness coordinator learned about all the different things a wellness coordinator can do for the community. A network developed with the other wellness coordinators

from the other communities in Baffin. The wellness coordinators got a contact list with important phone numbers. The workshop encouraged strong working partnerships.

10. Peter Pitseolak School Girls Hockey

Program Area Child Development

Purpose

To get a girls hockey team started and teach them the importance of healthy living.

Description

The girl's hockey team just started. They all learned the importance of exercise, what it means to be part of a team and good sportsmanship. The team got some new equipment and jerseys to make them feel part of a club – something special. The team plans to go to other communities to play other girl hockey teams.

11. Cape Dorset Girls Figure Skating Association

Program Area Child Development

Purpose

To teach young girls in the community how to figure skate.

Description

The project started late in the year. The girls did some figure skating and will do some more in the future. This was a new experience for Dorset girls. The girls felt they had to be tough in sports like the Dorset boys. The girls relaxed and did their own thing in their home community.

Clyde River

Community Allocation \$113,409.28

1. Healing Process

Program Area Community Mental Health

Purpose

To return people to their original homeland so they can heal.

Description

The project ran all summer. The project leader took the community members back to their original homeland. The community members started to heal and closed that chapter of their life. A professional counseled community members with a greater healing need.

2. Children's Breakfast Program

Program Area Child Development

Purpose

To make sure needy children have a nutritious breakfast every morning before school.

Description

The program fed students every morning. The menu was simple yet nutritious and no one was turned away. The children attended classes without the tummy grumbles to distract them from their studies. The teachers noticed that the students paid better attention and discipline problems were fewer.

3. Resource Technician

Program Area Child Development

Purpose

To give answers to the many questions that community members have on education, training and information sharing.

Description

The Resource Technician answered questions about work and work related problems. Community members could go to this person with any question and this person would look for the answer. The Resource Technician also answered student's questions about school and professional training and shared all the information with the community.

4. Winter Survival Techniques

Program Area Injury Prevention

Purpose

To offer winter survival techniques to youth.

Description

The project allowed youth to prepare for safe travel on the land. It taught them how to pack and what tools and emergency equipment to bring. It taught them how to make a camp and to stay warm when the weather was bad. The winter survival techniques program used the traditional skills of a hunter and an Elder.

*Share ideas with
family, friends
and others in
your community.*

5. Food Provider

Program Area Child Development

Purpose

To hire a cook to make healthy, nutritious snacks for needy students.

Description

The hamlet hired a skilled food provider to prepare nutritious meals to needy students. The food provider also went hunting for traditional foods to cook for the students.

6. Community Family Counselor

Program Area Community Mental Health

Purpose

To give counseling to people with special needs.

Description

The community family counselor - one of the social workers in Clyde River - spoke regularly to clients and their family members who had problems. The Counselor met with people who wanted to talk about suicide, depression, family violence and other important issues in their family.

7. Youth Program

Program Area Solvent Abuse

Purpose

To teach youth to make healthy choices about substance abuse.

Description

The project was directed at the youth of the community. The project leader worked with all the community members – youth, adults and Elders. The project taught youth to make choices for a better, healthier life, a life without substance abuse.

8. Caribou Clothing Project

Program Area Community Mental Health

Purpose

To teach students to hunt and skin caribou.

Description

After the project leader felt the ice was safe to take out the snow machines, the leader and students went to hunt caribou. The leader showed the students how to track and hunt caribou. He taught them how to skin and carve the caribou, too. The students also learned how to cure the skin, to stretch it, and to prepare it for sewing.

9. Alcohol Worker

Program Area Solvent Abuse

Purpose

To teach community members about the danger of alcohol abuse.

Description

The alcohol worker collected information on the effects of alcohol and delivered it to community members. The worker also worked with Pauktuutit - the Inuit Women's Association of Canada – and the community health centre to research and present material about alcohol abuse. The Nunavut Government also partnered with the worker.

Grise Fiord

Community Allocation \$32,402.65

1. Healthy Snack Program

Program Area Child Development

Purpose

To give nutritious snacks for children in need.

Description

Children in need got nutritious, healthy breakfast snacks. It helped the children exercise and study. The children looked forward to the snack because they learned it was the most important meal of the day – breakfast.

2. Kids Care Club

Program Area Child Development

Purpose

To offer youth a chance to join in healthy fun and games.

Description

The project ran activities for the children of Grise Fiord. It gave them healthy and fun activities to do over the long, dark days of winter. All the children who joined in enjoyed the activities. It was good to give the children a choice of fun, social activities to stop them misbehaving and vandalizing.

3. Summer Youth Recreation Project

Program Area Child Development

Purpose

To give youth healthy summer recreation choices.

Description

The project was very successful. It ran from June to August 1999. The youth's ages ranged from 13-19. The youth enjoyed the community members that shared traditional skills and knowledge and took them on the land. The project invited Elders to join in. The gap between the hamlet's youth and Elders was big and this project shrank that gap.

4. Bible Study Camp

Program Area Community Mental Health

Purpose

To learn about making healthy choices.

Description

A group of people attended a bible study camp in Arctic Bay. They attended the camp to learn how to stay healthy and happy without using alcohol and drugs. The group learned some social worker skills to help others in their community.

5. Saimavik Daycare Snack Program

Program Area Child Development

Purpose

To offer children in daycare nutritious snacks to help them grow healthy and strong.

Description

The Saimavik Daycare Snack Program helped children get some of their daily nutrition requirements. The children got nutritious foods and snacks during daycare hours. The children in the daycare seemed more alert and happier.

6. After School Cooking Program

Program Area Parenting Skills

Purpose

To teach young adults to make healthy meals and keep food safe.

Description

Grise Fiord is the last community to get sealift food orders. The hamlet hired an instructor to teach youth and young adults to cook healthy, nutritious meals. It also taught them how to safely preserve food and meals. This allowed the students to know how to make, serve and keep healthy, traditional and non-traditional food.

7. Nunavut Parkas

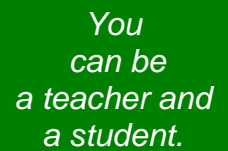
Program Area Community Mental Health

Purpose

To teach young women to make Nunavut Parkas.

Description

The project was a great success. Young women learned how to make Nunavut Parkas. After the project, all the school children lined up to spell out "Nunavut Celebrations 1999" in English and Inuktitut. The community has photos of this event.



*You
can be
a teacher and
a student.*

Hall Beach

Community Allocation \$81,063.00

1. Community Clean-Up

Program Area Injury Prevention

Purpose

To make the community a cleaner, safer place.

Description

This is an on-going project. The community needed the cleaning after all the snow melted. Everybody helped out with this messy job.

2. Anti-Drug & Alcohol Healing Sessions

Program Area Community Mental Health

Purpose

To learn how alcohol and drugs affect the user and the family.

Description

The participants learned how the effects of drugs and alcohol affect users, their families and the community. There is evidence that fewer people are using drugs and alcohol in the community after the session. The more everybody learns about the harmful effects of drugs and alcohol, the less people will do drugs and alcohol in Hall Beach.

3. Opening for a New Generation

Program Area Parenting Skills

Purpose

To give a wide range of health and wellness activities and services.

Description

Opening for a New Generation was a mix of different health and wellness projects. There were parenting skills, alcohol prevention training, making healthy choices sessions, grieving and healing seminars, mental health activities and prenatal nutrition lessons. The project enhanced the skills of all the mothers, fathers, and their children who came to the classes.

4. Breakfast/Tutoring

Program Area Child Development

Purpose

To supply food for the brain and the body.

Description

The project started when the school year started. The teachers and assistants at the school shared duties. The duties included serving healthy food and snacks, and the higher-grade students tutored the lower-grade students. The higher-grade students learned responsibility and mentoring skills and the lower-grade students got extra support with homework and studying.

You can encourage people to ask questions.

5. Hockey Skills Development Camp

Program Area Child Development

Purpose

To develop the physical, mental and team work skills of young boys and girls.

Description

The hockey skills development camp ran in the community arena. It taught the young boys and girls of Hall Beach to play hockey and be good sports. The camp kept the children from getting into mischief in the community and added healthy choices to their activities.

Igloolik

Community Allocation \$162,013.25

1. Children - The Future of Igloolik

Program Area Child Development

Purpose

To give children healthy choices for their future.

Description

The project allowed Igloolik youth to look to the future and to start making choices. It showed them how to think about their future - within or outside the community – and how to make healthy choices about home, school and work. The children learned the 'southern' way of life as well as the traditional lifestyle.

2. Igloolik Youth Drama Workshop

Program Area Child Development

Purpose

To record traditional Inuit culture and teach students filmmaking.

Description

The project was active in filmmaking. The Igloolik youth drama workshop made traditional and olden-day movies. The movies showed how the Inuit survived and other survival skills and techniques. The group could, with more practice, be filmmakers for Nunavut. They produced 40 shows that are 30-60 minutes long. The group taught others about filming and acting, too.

4. Igloolik's Children Breakfast Program

Program Area Child Development

Purpose

To improve the health and study habits of students.

Description

The program - like the other meal programs – improved the mental and physical activity of the students. The students were more active with their exercise and their study. The students also learned to choose healthy snacks over junk food.

5. Special Needs Support Worker

Program Area Child Development

Purpose

To help the special needs children at school and at home.

Description

The special needs worker assisted the special needs children in school and at home. The parents of the children were involved, too. The worker helped the children and taught the parents in small groups, sometimes one-on-one. She also taught the special needs children social skills and appropriate behaviour.

6. Crime Prevention Initiative

Program Area Community Mental Health

Purpose

To prevent crime in the community.

Description

The project looked at what caused social problems and how to prevent them. The community gave awareness classes to people to help them learn about the

consequences of committing a crime. The classes also showed what happened after a crime was committed.

7. Community Wellness Coordinator

Program Area Community Mental Health

Purpose

To offer wellness services and to report to Council about *Brighter Futures* projects.

Description

The wellness coordinator worked closely with community groups to help develop *Brighter Futures* proposals. Other activities included overseeing project activities, tracking costs and expenditures, and preparing program reports and evaluations. The wellness coordinator went to the wellness coordinator training workshop and brought back contacts for partnerships.

8. Making A Difference & Learning Skills II

Program Area Community Mental Health

Purpose

To teach youth how to make a positive difference in their community.

Description

The project ran last year for the people of Igloodik. The youth learned how to make a difference in the community. They learned that what they needed to make a difference was already in the community. Good choices have good outcomes. They wanted to use what they learned to better the lives in the community.

9. Tuktuliaq Life Skills

Program Area Community Mental Health

Purpose

To prevent to youth about traditional Iglulingmiut skills.

Description

The project encouraged young Inuit to join in and learn about traditional Iglulingmiut land-based life skills. Elders came to share their guidance and their knowledge. The life skills the youth learned included hunting and fishing activities. They learned how to clean, prepare and use the skins of the animals they caught. Most importantly, the young Inuit learned to respect others, the animals and the land.

You can
volunteer in
your
community.

10. Brownies & Girl Guides

Program Area Child Development

Purpose

To teach young girls to live a healthy, active life.

Description

The Brownies and Girl Guides learned new and innovative things. It made the girls want to explore the world. They learned about geography, different countries and cultures and how to use the globe with the latitude and longitude locators. They also learned about the future and how far they can go if they follow a healthy lifestyle.

11. Intervention Project Coordinator Trainee

Program Area Parenting Skills

Purpose

To teach parents and their children about healthy lifestyles.

Description

The trainee learned from the coordinator of the Healthy Children's Initiative Program. The trainee learned how to teach young children and their parents about healthy lifestyles and activities. The trainee gave out information on how to make homes more comfortable to live in. Healthy eating habits were also taught.

Iqaluit

Community Allocation \$388,832.00

1. Nanook School - Meal Program

Program Area Child Development

Purpose

To give all students a nutritious breakfast to start the school day.

Description

The project started when the school year started. The principal said the program helped a great deal. The students learned it is important to have the first meal of the day – breakfast. The students grew in mind, body and spirit. The students seemed to participate more in school activities.

2. Iqaluit Music Society

Program Area Community Mental Health

Purpose

To teach confidence and raise self-esteem through music training.

Description

The Iqaluit Music Society was a real success story. They learned different music instruments and songs. The society played what they learned during a small Christmas concert in front of a live audience. They appeared on television during the Christmas holidays. The society also played during Toonik Tyme.

3. Inuksuk High School – Terry Fox

Program Area Community Mental Health

Purpose

To teach confidence and raise self-esteem.

Description

The project started when the school year started. The students in the program had a hard home life and school life. Through the program they got a lot of attention and time from the instructor. The program taught students how to respect others and themselves. They interacted with other students in a better and more understanding way.

4. Community Wellness Coordinator

Program Area Community Mental Health

Purpose

To hire a coordinator to manage project funds and do reports.

Description

Iqaluit hired a wellness coordinator to help to coordinate *Brighter Futures* funds and to make sure that the reports were done on time. The wellness coordinator helped community members with their proposals and projects. The wellness coordinator also went to the wellness coordinator training workshop and learned a lot about other funding sources.

5. Healing Program

Program Area Community Mental Health

Purpose

To give support to single parents and youth without parents.

Description

The retreat allowed single parents and youth with no parents get help with healing. The participants got a listing of hunters, helpers, counselors, other shelters, and a list of people willing to lend a helping hand. The single parents and their children had quality time together in a safe, friendly place. Because the program was so successful and demand was so great, the project leader plans to do it again next year.

6. Sprouts – Day Camp

Program Area Child Development

Purpose

To give children in need a chance to go to camp.

Description

The camp ran for kids who could not go to the Town's Kids Camp. The Sprouts Camp finished at the end of summer. The children who talked about the program really enjoyed the camp. They played games and there were all kinds of activities to strengthen the children's arms and legs and to teach them how to play in teams and cooperate.

7. Qivitoo & Pudlooping – Healing Reunion

Program Area Community Mental Health

Purpose

To offer community members a chance to begin healing.

Description

The project leader used counselors from Pangnirtung and Rev. Daniel Aupalu to help with the start of the healing process. It helped people who had moved from their home community to accept a new life in a new community.

8. Aggvik Society - Violence in the Home

Program Area Community Mental Health

Purpose

To offer a safe place for women who suffered from violence in the home.

Description

The project helped the staff of the Aggvik Society support women from violent homes. Children from homes with violence were counseled, too. The service gave both women and children a place to come and talk to professional counseling staff.

9. Nunavut Arts Exhibition

Program Area Community Mental Health

Purpose

To let local artists to display their arts and crafts.

Description

The Exhibition at Parish Hall was one of the first in Iqaluit. Everybody who came really enjoyed it. The hall displayed prints, carvings, and traditional clothing for the public.

10. Pairiyait Society – Handivan

Program Area Community Mental Health

Purpose

To give rides to Elders and people with physical handicaps.

Description

The project ran all year. The funds paid for a driver's salary as well as fixed and fueled the van. Elders and people who couldn't get around the community telephoned the Handivan and got a ride to the store, the health clinic or special community events.

11. Elders Conference

Program Area Community Mental Health

Purpose

To give Elders a chance to meet, socialize and talk about the future of Nunavut.

Description

This project went very well. The Elders of Nunavut and Nunavik came together for a conference. Group activities, tours, trips, and lots of other cultural events for Elders took place. Youth escorts helped the Elders to get around and do some of the activities. The youth also learned about Inuit culture and tradition.

12. Nakasuk Support Program

Program Area Child Development

Purpose

To offer extra support and tutoring to children in school.

Description

The project started in September. The support person helped the teachers, the counselor, and the teaching assistants. The Support Person gave the school the chance to allow students to get more attention with their studying, socializing, counseling and tutoring. Children are our future. The support program believed in this idea.

*You and
your family
can do
something.*

13. Atsarniq Support Program

Program Area Child Development

Purpose

To offer extra support and tutoring to children in school.

Description

The project started in September. The support person helped the teachers, the counselor, and the teaching assistants. The Support Person gave the school the chance to allow the students to get more attention with their studying, socializing, counseling and tutoring. Children are our future. The support program believed in this idea.

14. John Howard Society

Program Area Community Mental Health

Purpose

To help feed students and the homeless.

Description

The soup kitchen helped people in need in Iqaluit. This is the third year the Sailivik Centre offered the program. They offered a nutritious breakfast for students in need and the homeless. They gave a healthy lunch to everybody and supper to the homeless.

15. Pairiyait Society – Supplement Elders Conference

Program Area Community Mental Health

Purpose

To offer support to the Elders Conference.

Description

The Elders Conference got some funds to help with their conference in Iqaluit. Elders came from Nunavik and Nunavut areas.

16. Lunch Break Program

Program Area Child Development

Purpose

To have a nutritious lunch for students.

Description

The students were bused to the school. The lunch break program started to help students who felt they needed more time to work in the school. It gave a nutritious lunch to every student and the students had more time to study at school. The project helped increase the energy in students.

Kimmirut

Community Allocation \$64,805.30

1. Nunavut Arctic College – Doll Making

Program Area Community Mental Health

Purpose

To show women how to make traditional dolls.

Description

The ladies of Kimmirut enjoyed the doll making project. The project taught them how to sew, to mend clothing and use basic sewing techniques. The students also learned they could sell the dolls to earn a living.

2. Nunavut Arctic College - Grieving and Healing

Program Area Community Mental Health

Purpose

To give grieving and healing sessions for people in the community.

Description

Well-known counselors gave the grieving and healing sessions – Abraham Arnakaq and his wife Meeka. They held workshops and planned for future sessions with others in the community. The counselors taught that everybody should live for the future and not for the past.

3. Nunavut Arctic College - Cooking

Program Area Parenting Skills

Purpose

To teach traditional and modern cooking techniques.

Description

A local person taught three hours a night for six nights. The project showed the students basic cooking techniques and how to handle store bought food and food from the land. The project was a success.

4. Breakfast Program

Program Area Child Development

Purpose

To give students a healthy, nutritious start to their school day.

Description

The breakfast program started when the food arrived in the community. The nutritious breakfast gave students a healthy start to the day. All students got a well-balanced breakfast before class. The students also learned to choose healthy snacks over junk food.

5. Cultural Support Program

Program Area Child Development

Purpose

To teach community members how to make traditional quilts, do traditional embroidery and carve.

Description

The students learned how make traditional quilts with embroidery. Other students worked with two outstanding carvers and learned the basics of Inuit carving. The community held planning meetings to prepare for future activities and future training.

6. Tutoring Program

Program Area Child Development

Purpose

To help high school students with mathematics and language studies.

Description

The program taught students from grades 7 through 12 about math and language arts subjects. The students learned from this program and passed the exams in these subjects.

*You can identify
the root causes
of problems in
your community.*

7. Katannilik Summer Science Camp

Program Area Child Development

Purpose

To teach traditional land skills knowledge.

Description

Students hiked on the land and learned land skills. The project was interesting to the students because it was the first time they got non-Inuit traditional land skills training. The students said they would do this again to learn more about the land and what they need to survive.

Nanisivik

NO PROJECTS THIS YEAR – FUNDS RE-ALLOCATED IN THE BAFFIN REGION

Pangnirtung

Community Allocation \$178,214.58

1. Men's Self Help Group

Program Area Community Mental Health

Purpose

To give a group of men the power to make a difference in their community.

Description

The group helped families in Pangnirtung that had no transportation to go out hunting for traditional food. The men taught winter survival skills to youth. They taught how to build snow houses and how to read the weather by looking at the sky. The men also taught people how to choose the right part of a caribou during different seasons. The group took people coming out of correctional facilities and social services programs. It helped them to get back on their feet and encouraged them to stay out of trouble. Finally, the group held small engine repair and woodworking courses.

2. Alookie School Book Program

Program Area Child Development

Purpose

To improve the reading skills of students.

Description

The program improved students' reading and writing skills. Because the students could read and write better, their attitude toward school was better and their grades were higher. The school also bought books to help the students with their studies.

3. Spring/Fall Camp

Program Area Child Development

Purpose

To teach life skills out on the land.

Description

The program allowed the campers to learn life skills out on the land. They learned how to catch fish and clean them for cooking. The students also learned traditional survival techniques. Camp leaders showed them how to live on the land without rifles, knives, gas, boats or skidoos.

4. Alookie School Breakfast Program

Program Area Child Development

Purpose

To offer students a healthy breakfast before class.

Description

The project was like other breakfast programs. Nutritious snacks such as fresh fruit and crackers with peanut butter and cheese were given to students before class in the morning. The snack program encouraged healthy eating habits and focused the student's attention in class. Teachers reported that discipline problems were less because students were less hungry.

5. Qivitoo & Padloping Reunion

Program Area Community Mental Health

Purpose

To take displaced people back to their homeland.

Description

The project finished in August 1999. The people traveled to their original homeland to start the healing process. The families started to heal and to live with pride.

6. Hockey School

Program Area Child Development

Purpose

To teach youth about team work, fair play and hard work.

Description

The project was a big success. The program had six youth and one chaperone. The youth learned how to be better hockey players and play as part of a team. Two of the six hockey players were invited to represent Nunavut at the Whitehorse Arctic Winter Games. In addition, one hockey player enlisted in a hockey school in Alberta. The hockey school raised the self-esteem of everybody involved.

7. Full Gospel Church – Instruments

Program Area Community Mental Health

Purpose

To buy music instruments so the whole community can enjoy music.

Description

This was a one-time project. The church choir bought some instruments for the church. The whole community enjoyed the music during church and the youth used the new instruments to learn to play music. The community believed the activity kept the youth out of trouble and away from solvent abuse and drug and alcohol abuse.

*You can
talk about
what has to
be done.*

8. Anglican Church – Instruments

Program Area Community Mental Health

Purpose

To buy musical instruments so the whole community can enjoy music.

Description

This was a one-time project. The church choir bought some instruments for the church. The whole community enjoyed the music during church and the youth used the new instruments to learn to play music. The community believed the activity kept the youth out of trouble and away from solvent abuse and drug and alcohol abuse.

9. Community Wellness Coordinator

Program Area Community Mental Health

Purpose

To give wellness services to the community and report to council regarding *Brighter Futures'* projects.

Description

The wellness coordinator did a great job. She helped all the people who had questions about *Brighter Futures* programs. The coordinator made a lot of contacts. She went to the wellness coordinator workshop and brought home information to help her in her job.

10. Breakfast Program – Attagoyuk

Program Area Child Development

Purpose

To make sure children have a nutritious breakfast every morning before the start of school.

Description

The program fed students every morning. The goal of the program was to make sure students didn't have to worry about how hungry they were when they were in the classroom trying to study.

11. D.A.R.E. Program

Program Area Solvent Abuse

Purpose

To teach students about the dangers and risks of solvent and substance abuse.

Description

Constable Paul Descoteaux gave the presentation once a week to all the schools in Pangnirtung. The constable taught the students about the dangers and risks of taking solvents and substances. The constable also told the students where to get help for himself or herself or somebody they knew with a problem. The number of children using drugs and alcohol dropped in the community. Community members liked the program.

12. Activities for Children

Program Area Child Development

Purpose

To teach children about the Inuit traditional way of life.

Description

The project started in the summer. There were four boat trips with about 17 children each time. The children learned to fish and camp and even saw a Polar Bear killing. The children took nature walks, hunted, learned to play as a team, flew kites, and lots of other sports that are healthy and fun for youngsters. Activities were also planned for the children during the holidays.

13. Kittaq Women's Group

Program Area Community Mental Health

Purpose

To offer a safe, warm place for women in the community to meet and pass on traditional skills.

Description

The women's group bought some canvas to replace the old cover of the 'Qammaq.' The Qammaq became the meeting place for the women. The group met every week and enjoyed socializing, sewing, knitting, and weaving. Traditional knowledge was kept alive and passed on.

14. Choice Theory & Reality Therapy

Program Area Community Mental Health

Purpose

To give training to the community Alcohol and Drug workers.

Description

The project allowed the alcohol & drug counselor to buy materials to teach the program to the community. The program taught everybody who joined that you can be happy without drugs, alcohol, solvents and other chemicals that make your life miserable.

Pond Inlet

Community Allocation \$210,617.22

1. Suicide Prevention

Program Area Community Mental Health

Purpose

To train the community in suicide prevention.

Description

The project was very important to Pond Inlet. The community worked on preventing suicides. The community considered this to be one of the most important projects in Pond Inlet. The project will continue until they have a suicide-free community.

2. Qulliq Project

Program Area Parenting Skills

Purpose

To show youth the Inuit traditional way of life.

Description

The women's sewing group ran this project. They taught youth how to cure, stretch, soften, cut, and sew traditional clothing. The young women used local hunters to catch the game. The youth, and other adults who did not know how to sew, learned the traditional and modern techniques of sewing.

3. Community Wellness Coordinator

Program Area Community Mental Health

Purpose

To teach children about the traditional way of life for Inuit.

Description

The wellness coordinator started in September and went to a training workshop in Yellowknife with the GNWT and GN. The workshop was on evaluation and information sharing. The assistant senior administrative officer trained the wellness coordinator and the training is ongoing.

4. Qivittu Reunion

Program Area Community Mental Health

Purpose

To take displaced people back to their homeland.

Description

The project finished in August 1999. The people traveled to their original homeland to start the healing process. The families started to heal and to live with pride.

*You can
develop a
community
health plan.*

5. Elders in the School Program & School Breakfast Program

Program Area Child Development

Purpose

To pass on traditional knowledge and give students a nutritious start to the school day.

Description

These two projects worked hand in hand. The Elders program gave the students a chance to learn from Elders in their community. Students learned all kinds of traditional crafts and skills. The Elders made great teachers and the students want them back again. The breakfast program fed the students every morning. The menu was simple yet nutritious and no one was turned away.

Qikiqtarjuaq

Community Allocation \$81,006.63

1. Qivittu Reunion & Pudlooping Reunion

Program Area Community Mental Health

Purpose

To take displaced people back to their homeland.

Description

The project finished in August. It was an emotional reunion. The people of Qikiqtarjuaq, Pond Inlet, Clyde River, Pangnirtung, Iqaluit and Ottawa got together at two reunion sites. The people of these communities started to heal and to talk about their relocation.

2. Girls Soccer Team

Program Area Child Development

Purpose

To encourage health, sportsmanship and self-esteem in young girls.

Description

Everyone on the girls' soccer team improved their motor skills and their teamwork. The girls were healthier because they ate good food and trained and exercised in the gym and on the playing field. The girls became better friends and communicated better with athletes from other communities.

3. Music Recording

Program Area Community Mental Health

Purpose

To make music to educate the community about healing and the risk of substance abuse.

Description

This project was about sharing music and learning from the whole community. The music recorded was about healing and about gaining control over your life and controlling substance abuse. The community planned to give a cassette to everybody who helped with the project.

4. Youth Hockey School

Program Area Child Development

Purpose

To encourage health, sportsmanship and self-esteem in young boys.

Description

The youth hockey school allowed young hockey players to learn to play hockey. The youth learned the rules of the game, practised and used playing techniques taught to them by a hockey professional. The hockey professional came into Qikiqtarjuaq to teach the youth.

5. Bible Study

Program Area Community Mental Health

Purpose

To teach youth about faith and to give them a chance to meet with other people like themselves.

Description

This year was Phase-3 of the project. The bible study group traveled to Arviat. The group met with other youth bible groups from Kivalliq. They will go to some other community next year to learn more about the word of God and to share with other people.

6. Cub Scouts

Program Area Child Development

Purpose

To allow young boys to join the Cub Scouts and to learn skills and responsibility.

Description

The project bought uniforms for 22 children and five adult leaders. So far, the Scouts fulfilled the requirements for astronomy, recycling, disability awareness, first aid, winter camping and outdoor cooking. The Scouts got badges for every requirement they fulfilled. The group also took trips out on the land and learned survival skills taught by Elders from the community.

7. Land Skills - Helping Hand Leadership

Program Area Community Mental Health

Purpose

To teach young adults land skills, survival skills and responsibility.

Description

Elders taught and helped adolescents to survive on the land and how important it is to count on other people. They learned how to help each other and how to communicate if stranded or caught in a winter storm. For some young adults, this was the first time they went on the land. These young adults then taught children the skills they learned from the Elders.

*You can
hold community
workshops and
meetings.*

Resolute Bay

Community Allocation \$32,402.65

1. Elders & Student Spring Land Trip

Program Area Community Mental Health

Purpose

To teach students land skills, survival skills and responsibility.

Description

Students and Elders went on a spring land trip. The Elders taught the students about the land and different traditional hunting skills. Everybody learned something, including how to listen and get along with each other.

2. St. Barnabas Anglican Church

Program Area Community Mental Health

Purpose

To do a youth seminar at the church.

Description

A minister and a helper came to the community for one week. People from all throughout Baffin and Kivalliq came to the seminar. They learned the word of God and how to respect others who do not believe in the word and work of God.

*You and
your community
can do
something.*

3. School Nutrition Program

Program Area Community Mental Health

Purpose

To give students a healthy, nutritious meal at school and to teach them about healthy eating.

Description

The students enjoyed the program and learned from it, too. Students got a nutritious breakfast every morning. The school said that since the program began there was less skipping classes, less reported discipline problems in the classroom and the students paid more attention to the teacher.

4. Community Wellness Coordinator Training Workshop

Program Area Community Mental Health

Purpose

To train a community social worker.

Description

Resolute Bay sent a social worker to the community wellness community workshop held in Iqaluit. The wellness coordinator returned to the community with a lot of information on funding sources and how to apply for grants.

Sanikiluaq

Community Allocation \$109,366.73

1. Pre-Schoolers Project

Program Area Child Development

Purpose

To give community support services to pre-schoolers.

Description

The health and social services committee helped pre-schoolers prepare for kindergarten by teaching games and socialization skills for two hours twice a week. In addition, an Elder passed on traditional knowledge and language during storytime. A nutritious snack program supported healthy diets.

2. Community Healing Circles

Program Area Community Mental Health

Purpose

To encourage healthy family living and support victims and families of child and sexual abuse.

Description

The Suyurgingiituaq offered weekly community counseling and healing sessions. These services were voluntary at the community wellness centre. Elders met and talked with youth about many different things.

3. School Visits

Program Area Child Development

Purpose

To have Elders promote good living skills, give alcohol, drug and solvent abuse education, and teach youth how to make healthy choices.

Description

Suyurgingiituaq visited school classrooms to talk about suicide, addictions, healthy choices and good behaviour. The group met with younger students and talked about 'bad touching' and sexual assault. In addition, the older students learned about the importance of staying in school and traditional Inuit lifestyle and culture.

4. Repulse Bay Alcohol & Drug Free and Suicide Prevention Workshop

Program Area Community Mental Health

Purpose

To encourage healthy family living and to give alcohol, drug and solvent abuse education.

Description

Twelve people from Sanikiluaq attended the workshop in Repulse Bay to learn about alcohol and drug effects on the mind and body as well as suicide prevention training. Members from Sanikiluaq returned to their community after the workshop and put on alcohol and drug-free activities.

5. Land Food Project

Program Area Child Development

Purpose

To promote healthy eating habits and help hunters give food to the community. Young people were also taught traditional hunting skills.

Description

Young and old high schools went on the land with hunters and learned traditional Inuit hunting and survival skills. The students returned with traditional food to share with students at the school.

6. Elders Photographic Display

Program Area Community Mental Health

Purpose

To make Elders important in the community and promote good, healthy living skills.

Description

The project developed 8”X10” colour photographs of 20 Elders and displayed them in schools and around the hamlet. The project showed the importance that Elders play in developing healthy communities.

Make outcomes matter. Make your community a healthy place to live.

7. Traditional Skin Sewing Project

Program Area Parenting Skills

Purpose

To teach young people the traditional way to sew skins.

Description

The students who attended the program made 16 pairs of kamiit. The students prepared the skins and made the kamiit. The student’s mothers were grateful that their daughters learned these traditional skills.

8. Community Wellness Coordinator

Program Area Community Mental Health

Purpose

To give wellness services to the community and to report to council regarding *Brighter Futures’* projects.

Description

The wellness coordinator worked closely with community groups to help develop *Brighter Futures’* proposals. Other activities included overseeing project activities, tracking costs and expenditures and preparing program reports and evaluations.

9. Community Wellness Centre

Program Area Community Mental Health

Purpose

To operate a support centre for community members who need help.

Description

The community wellness centre was a place for all kinds of activities for the whole community. The Suyurgingiituuq and other community groups did the activities.

10. Qikiqtamiut Cookbook

Program Area Parenting Skills

Purpose

To make a healthy food cookbook of traditional food from the Belcher Island Inuit.

Description

The project worked with the Canadian Prenatal Nutrition Program. It used a lot of recipes from the program and the hamlet researched and wrote down other recipes from the Inuit of Belcher Island.

Kivalliq



Brighter
Futures

Arviat

Community Allocation \$197,660.13

1. Small Steps

Program Area Child Development

Purpose

To prepare dysfunctional and handicapped pre-school children to enter the school system.

Description

This program, started in 1994 by the Shared Care Society and the District Education Authority, prepared special needs pre-school children to enter the regular school system. The program had 17 students.

2. Healthy Moms, Healthy Babies

Program Area Parenting Skills

Purpose

To teach basic nutrition to pregnant women and new mothers.

Description

The Healthy Moms Society ran the program and offered services based on referrals from the health centre. This was the fifth year for the program. The program had 26 students.

3. Project Name Web Site Production

Program Area Community Mental Health

Purpose

To produce a web site to promote Inuit culture and tradition as well as provide visitors with access to an Inuktitut dictionary.

Description

The project started in 1998. Elders and school students produced the web site. The web site is the only one on the internet with an Inuktitut dictionary. Visit the site and follow the links at: www.arctic.ca/pictionary/index.html.

4. Soup Program

Program Area Child Development

Purpose

To provide a snack program for 360 students at Levi Angmak Elementary School.

Description

The program gave a morning and afternoon nutritious snack to encourage learning and focus concentration.

Community based and community paced.

5. Youth Week 99

Program Area Community Mental Health

Purpose

To promote youth self-esteem.

Description

The conference was in August and was a great success. The Glad Tidings youth Group ran the conference. This was the fourth year for the youth week. Community youth took part in seminars with out-of-town motivational speakers and guests.

6. Summer Camp Program

Program Area Injury Prevention

Purpose

To make healthy lifestyles important and to allow youth to meet their peers in a safe and positive place.

Description

The Mikilaaq Centre ran the program. There was canoeing, water safety, arts and crafts, and a drop-in centre program. The program gave children a choice between camp and the streets. The camp had over 50 participants a day.

7. Student Summer Employment

Program Area Community Mental Health

Purpose

To teach work skills and ethics and to encourage youth to stay in school.

Description

The hamlet hired 14 students to supervise ball fields and playgrounds and to help in community clean-up projects. To be considered for a job under this program, students had to return to school in the fall. Youth not going back to school were not accepted.

8. Classroom in the Igloo

Program Area Community Mental Health

Purpose

To build a large igloo to hold classes in March.

Description

The instructors were members of the Sivulliniut Elders Group. They taught students about Inuit culture. The project was highly valued by the community. It allowed students and Elders to meet in a place that promoted pride in Inuit culture.

9. Community Wellness Volunteer

Program Area Community Mental Health

Purpose

To get a university student to work with students who have learning disabilities or have difficulty succeeding in school.

Description

The university student received a small salary and had living expenses covered. The volunteer was in the school for three months. This was the second year that the high school did this program. It helped special needs high school students.

Baker Lake

Not Reported.

Chesterfield Inlet

Community Allocation \$59,301.19

1. Community Drop-In Centre

Program Area Child Development

Purpose

To give youth a safe place to meet at night and to discourage them from doing self-destructive activities such as drug and alcohol use.

Description

The drop-in centre was a dedicated space where youth and community members could gather to do healthy, educational activities. The Centre wanted to do programs like a parent resources facility, a lending library, a behavioural and development counselling space, and peer education. A part-time supervisor would be hired to look after the activities.

Coral Harbour

Community Allocation \$119,342.70

1. Healing Circles

Program Area Community Mental Health

Purpose

To talk about important health and wellness issues in a safe place.

Description

Nuvvitiit Healing Group did the healing circles. The group made itself available to anyone in need, but focused on people that had an unstable or traumatic childhood. The community arranged healing circles and invited everyone to come. At the end of the year, a special game night thanked the participants and finished the year on a positive note.

2. Elders Homecoming

Program Area Community Mental Health

Purpose

To offer healing to grieving, displaced Elders.

Description

Two Elders Homecoming events took place in the summer. Grieving Elders went to their home community to healing and to close that part of their life. The funds bought fuel for the boats and food for the trip.

3. Youth Camp

Program Area Community Mental Health

Purpose

To encourage youth to practice healthy, life affirming activities.

Description

A counsellor from Alberta trained local counsellors to help youth in the community to overcome grief. The youth went to a camp and learned traditional survival skills and hunting. Daily counselling sessions also took place. The youth learned about healthy choices and the risks of destructive choices.

*You can
make healthy
life style
choices.*

4. Sakku School Snack Program

Program Area Child Development

Purpose

To offer nutritious breakfast snacks to children from families in need.

Description

Students got nutritious snacks such as fresh fruit and crackers with peanut butter and cheese before class in the morning. The Snack Program encouraged healthy eating habits and focused the student's attention in class. Teachers said that discipline problems decreased because students were less hungry.

5. Outreach Program

Program Area Child Development

Purpose

To raise self-esteem and to offer positive choices to students who dropped out of school and were not working.

Description

Students who wanted to go back to school or to improve their grades at school got special tutoring services. The outreach program offered both daytime and evening tutoring sessions to youth.

6. Elder Services

Program Area Community Mental Health

Purpose

To offer rides and traditional food to Elders.

Description

Four community members offered services to Elders. A truck drove Elders to the grocery store, the health centre and special community events. The helpers shovelled snow and did the heavy work around the yard and the house. In addition, hired hunters gave traditional food to the Elders.

7. Gym Supervisors

Program Area Community Mental Health

Purpose

To provide a safe place to gather and to play games and other activities.

Description

The gym hired two people from the community to supervise sports and games at the gymnasium. The project gave the community more choices to exercise, to play together and to socialize. The whole community was invited and people of all ages joined in.

8. Ladies Group

Program Area Parenting Skills

Purpose

To give traditional knowledge and sewing skills to youth.

Description

Elders in the community grouped together to pass on traditional knowledge and sewing skills to youth in the community. The young people learned to sew kamiks, caribou skin parkas, duffle socks, caribou skin wind pants and sealskin mittens. Twenty students came to the sewing classes.

Rankin Inlet

Community Allocation \$256,928.21

1. Kid's Drop-In Centre Injury Prevention Program

Program Area Injury Prevention

Purpose

To provide a safe, protected play place for children.

Description

A protective fence was built around the Kid's drop-in centre to keep out stray dogs and make sure the playing children were protected from traffic.

2. Kid's Drop-In Centre Beautification

Program Area Community Mental Health

Purpose

To offer a colourful, happy building to encourage children to play, to meet and to do healthy activities.

Description

The project painted the outside of the Kid's drop-in centre. The drop-in centre became a brighter, happier play place for children to visit.

3. Nutrition Education for Pregnant Moms

Program Area Parenting Skills

Purpose

To give education programs to pregnant moms to promote healthy eating habits and healthy lifestyle choices.

Description

This is an ongoing program staffed by a full-time person from the Friendship Centre. The program worked with the birthing program and health centre. The program invited all women – pregnant and not pregnant - to join because it encouraged healthy lifestyles.

4. Breakfast Program

Program Area Child Development

Purpose

To make sure needy children have a nutritious breakfast every morning before school.

Description

The program fed 25 to 50 students every morning. The menu was simple yet nutritious and no one was turned away. Attendance was taken daily and anyone at the breakfast program had to attend his or her classes. Our program staff checked class attendance records to make sure that the children attended their classes.

5. Drop-In Centre

Program Area Community Mental Health

Purpose

To offer youth a year-round place to meet and to be with others their own age in a safe, healthy place.

*Brighter Futures
can make
a world of
difference.*

Description

Two program coordinators supervised programs and activities for all age groups at the centre. Some of the programs included lectures on fire safety and injury prevention, first aid and CPR, suicide prevention and self-esteem workshops as well as traditional programs and skill development. Activities at the centre included board games, computer skill development, swimming, camping and boating.

6. Music Festival

Program Area Community Mental Health

Purpose

To allow local musicians meet with other artists in Nunavut to improve skills, share ideas and build self-esteem.

Description

Local musicians enjoyed a large music fair. Artists from all throughout Nunavut came to join in. The artists met and shared ideas about traditional and non-traditional music. Traditional singing and dancing workshops ran for people of all ages in the community.

7. Counseling Program

Program Area Community Mental Health

Purpose

To give a series of workshops to community members to encourage healthy life choices.

Description

The Kataujaq Society put on workshops for the community that included dating violence, anger management, self-esteem and assertiveness, and child sexual abuse. These workshops ran throughout the year.

8. Gambling Addiction Workshop

Program Area Community Mental Health

Purpose

To give a workshop on the problems of gambling addiction in the community.

Description

Guest lecturers and local people scheduled a series of workshops throughout the year. The workshops focused upon understanding problem gambling, family violence and addiction, anger management and addiction. A lot of people came to the sessions and said they wanted to seek help for gambling addiction.

9. Creativity in Ceramics

Program Area Community Mental Health

Purpose

To increase the skills and self-esteem of adults with intellectual disabilities.

Description

The program offered a workshop with local ceramic artists to provide instruction to students to improve their art abilities and to raise their self-esteem.

10. Compassionate Visits

Program Area Community Mental Health

Purpose

To give help to low income family members to travel between communities to visit terminally ill family members and/or to take part in funeral services.

Description

Grieving family members in need got transportation between communities to comfort sick and to mourn family and friends. Individuals had to go through a needs assessment before the community bought tickets.

11. Summer Camp & Land Skills

Program Area Community Mental Health

Purpose

To increase the land skills of adults with intellectual disabilities.

Description

The Taparti Centre and the Elders Committee in the community ran the program. Intellectually disabled young Inuit received traditional land skills training to improve their camping, fishing, swimming and survival skills.

12. The Wolf's Den

Program Area Child Development

Purpose

To help school children with behavioural and/or emotional problems.

Description

A supervisor and Elder counselor helped students with disruptive and inattentive behaviours in the classroom. Both school staff and the parent/guardian of the child helped with the program. The program provided an alternative to suspension and other disciplinary actions.

Repulse Bay

Community Allocation \$132,000.00

1. Community Wellness Coordinator

Program Area Community Mental Health

Purpose

To give leadership and supervision to community wellness programs.

Description

The wellness coordinator looked after the wellness activities in the community. This included organizing programs, monitoring different *Brighter Futures* projects and developing activity and expenditure reports for the Department of Health & Social Services.

2. Community Feast and Christmas Games

Program Area Community Mental Health

Purpose

To bring the community together for Christmas feasts and games.

Description

The hamlet council, recreation committee and school got together to offer the community a chance to meet during the holidays, feast upon traditional foods, play traditional games and socialize in a festive, happy place. Community members of all ages attended.

3. Youth Dancing Lessons

Program Area Community Mental Health

Purpose

To bring the community together for traditional and modern dancing.

Description

The school's gym held dance lessons every other Friday. Six instructors taught youth from the age of five on how to square dance. The Repulse Bay Band provided music.

4. Community Food Bank

Program Area Community Mental Health

Purpose

To give nutritious food to community members in need.

Description

The food bank (Payuktaqtiit) committee delivered food to people in need. The committee asked that borrowers of the food bank give back food when they had the chance. This way, the food bank always had food to give away.

5. Community Breakfast Program

Program Area Child Development

Purpose

To give nutritious meals to 75-80 students to improve their ability to stay alert and pay attention during class.

What is most important to you and your community?

Description

A cook was hired and two community volunteers offered their help. They gave students nutritious breakfasts every morning. The school said that since the program began there was less skipping classes, less reported discipline problems in the classroom and the students paid more attention to the teacher.

6. Traditional Survival & Hunting Skills

Program Area Community Mental Health

Purpose

To offer traditional survival and hunting skills to youth.

Description

Two instructors were hired in the community. Each instructor had four students in their class. One instructor taught traditional hunting skills and on-the-land survival skills. The other instructor taught the students to make hunting tools and equipment such as Qamutiks and boats.

7. Winter Survival and Resource Harvesting Program

Program Area Community Mental Health

Purpose

To teach men hunting techniques and to offer the meat to the community.

Description

An instructor and eight men harvested traditional food for the community. The men brought 20 caribou and 480 arctic char back to everyone in the community. When the men were on the land they learned winter survival skills.

8. Elder's History Recording

Program Area Community Mental Health

Purpose

To record the history of Elders living in Repulse Bay.

Description

The community interviewed local Elders about traditional lifestyles and stories. The recorded interview can be used by Arctic College, students, community members and visitors who want to hear about the historical and cultural past of the area.

Whale Cove

Community Allocation \$46,146.70

1. Building Healthy Lifestyles

Program Area Community Mental Health

Purpose

To hire recreation programmers to plan and do recreation activities in the community.

Description

The Building Healthy Lifestyles programs ran six days a week, five hours a day. About 40 to 50 people joined in the programs. Activities included hockey, volleyball and interactive games for younger children.

2. Fall Camp 1999

Program Area Child Development

Purpose

To have a summer camp to encourage traditional skills and improve self-esteem, responsibility and personal pride and respect.

Description

The camp ran for a week in September and had two groups of nine students. Four supervisors were hired to take the students to a base camp at Kammanayok. An instructor took two students caribou hunting and taught them about carving and skinning.

*Teach
respect for
language culture
and self.*

3. Inuglak Breakfast Program

Program Area Child Development

Purpose

To make sure children have a nutritious breakfast every morning before the start of school.

Description

The program fed students every morning. The goal of the program was to make sure students didn't have to worry about how hungry they were when they were in the classroom trying to study.

4. CAL Upgrading – Life skills Program

Program Area Community Mental Health

Purpose

To give students a chance to upgrade their life, work and traditional skills to give them healthy choices and improve their chance of getting a job.

Description

The program was in three parts: life skill development, traditional and language skills, and work skill development. Approximately 15 people participated in the program. KLSR LTD., Nunavut Arctic College and Plato Computer Systems offered in-kind services.

Kitikmeot



Brighter
Futures

Bathurst Inlet

Community Allocation \$6,381.54

1. Sewing and Meeting Program for Women and Youth

Program Area Parenting Skills

Purpose

To offer sewing classes and a meeting place for women and youth.

Description

The group met every week. The program provided sewing materials and arts and crafts and the women taught youth various skills and traditional arts. An Elder stated that she was happy for the ladies in the sewing program because they had a chance to learn from each other and learn traditional skills.

2. Playground Development

Program Area Child Development

Purpose

To contribute to the well being of children and to provide a safe place to play.

Description

The new playground offered a safe, central place for children to meet, play and socialize. The parents and relatives also met at the playground to be with their children. It provided a sense of togetherness for the whole community.

*Teach
children to live
healthy, happy
lives.*

Umingmaktok

Community Allocation

\$12,022.21

1. Playground Structure

Program Area Child Development

Purpose

To contribute to the well being of children and to provide a safe place to play.

Description

The multi-facet play structure had individual play parts and parts for group play with parents and Elders. The children developed their physical stamina and motor skills as well as their peer and parent relationships. Local people built the play equipment.

2. Sewing Classes

Program Area Parenting Skills

Purpose

To help women and girls develop sewing skills and to work with different fabrics like hide and embroidery thread.

Description

The sewing classes helped students learn new skills and to enhance traditional knowledge. The women met regularly to learn about modern and traditional sewing. In addition, it offered the group a comfortable place to meet and socialize.

Cambridge Bay

Community Allocation

\$146,109.10

1. Community Wellness Director's Position

Program Area Community Mental Health

Purpose

To offer leadership, professional guidance and supervision for the community wellness centre staff and its programs.

Description

The director developed an evaluation framework for *Brighter Futures* projects. One-to-one counseling was a major activity of the Director. He also gave professional guidance and instruction about counseling to a social work student attached to the wellness centre.

He prepared funding proposals for the year 1999/2000. Eleven proposals were submitted and nine of them received full approval, bringing nearly \$500,000 to the hamlet. Two other proposals brought funding that set up the Regional Toy Lending Library at the wellness centre.

Train community workers and teach them new skills.

2. Professional Counseling Service

Program Area Community Mental Health

Purpose

To set up a professional service to meet the demand for family and individual counseling.

Description

The wellness coordinator and two professional Counsellors gave this service every Wednesday for individuals and couples. This service became a popular service at the wellness centre.

3. Youth Development and Community Theatre

Program Area Child Development

Purpose

To promote healthy development and healthy lifestyle choices for youth.

Description

Movies were shown all year and there were about 40 people at each show. In February, members of the youth group attended an interactive meeting on suicide prevention done by the wellness staff. They showed two documentaries, 'Alcoholism' and 'Alcohol and Brain Damage.' These documentaries made youth talk about the issues in the community.

4. Parenting Workshops

Program Area Parenting Skills

Purpose

To organize three interactive parenting meetings by a play therapy consultant.

Description

The consultant talked about parenting issues raised by the high school teachers, members of the foster parents' association and individual mothers who attended the sessions. The newly opened play therapy station provided a practice model for high-risk children and their parents. Fifteen single mothers received individual advice on how to be more effective parents to their teenagers.

5. Support for Community Groups

Program Area Community Mental Health

Purpose

To support community groups in Cambridge Bay.

Description

Girl Guides, Brownies and Beavers had activities for children of different ages every week. Thirty-two children joined in the Brownies program. Activities included learning about Nunavut and Canada, feeling proud to be Canadian, and practicing the Brownies Motto; *development of five motor skills, role playing skills, and helping in community events.*

Other programs were the Tuktu and Nogak projects. They recorded and communicated traditional knowledge. The projects involved several Elders and young people.

The Women of Nunavut group received help for their sewing and crafts program. The ladies group formed a special sewing group for children. About 15 children came to class every Wednesday to learn traditional sewing skills.

6. Community Activities and Events

Program Area Community Mental Health

Purpose

To promote community gatherings, information sharing and community development.

Description

The community held four feasts. About 600 people came to each gathering. The community organized summer activities such as family camping and get-togethers. Wellness staff helped in the annual Frolics Activities. Thirty-Five children came to a special family toy night organized during the Christmas holidays.

7. Collaborative Skills Development Projects

Program Area Child Development

Purpose

To develop social skills in school children.

Description

The high school and the program put on three sports camps during the summer. The project hired two Grade 12 students to do volleyball, baseball and basketball clinics. Another high school student did beading classes for young children during the summer vacation.

High school students went to two traditional skills training projects in October. The first project was a workshop on sled/shed building and the other helped about a dozen at-risk students learn traditional sewing skills. Both projects achieved high attendance as well as developed sewing skills.

A community member volunteered to do recreation activities with young children during the summer. The project involved basketball, soccer, game-nights at the community hall, a bike safety program, Inuit dance, water safety and swimming and fishing camps.

Twelve students in the elementary school and two students in the high school got annual wellness awards for their interest and ability to keep a healthy life style during the school year.

The IYOP committee did several activities for the Elders in the community. Every two weeks an Elders Fun and Games Program took place in October. Twenty-three Elders came to the first get-together and did several games. Three members gave one-to-one counseling to youth. In addition, three Elder couples were camp counselors for the summer on-the-land program. They taught the youth traditional skills like hunting, fishing and sewing.

8. Teen-Sexuality Workshops

Program Area Child Development

Purpose

To supply the youth group with information on problems about sex and sexuality.

Description

A sexual health educator from Toronto did an interactive meeting with members of the youth group on problems related to sex and sexuality.

9. Inter-Agency Collaboration

Program Area Community Mental Health

Purpose

To talk about issues that affect the delivery of services in the community.

Description

The community held two Inter-agency meetings. There were 12 members on the committee. They represented Elders, youth, health and welfare professionals, hamlet council and students. The high turnover of health centre staff, the need for cultural orientation for new development workers coming from the south, the summer employment opportunities for students, the productive choices for income support recipients, and vandalism were major topics discussed. The community also considered a new health, social services and wellness committee.

Gjoa Haven

Community Allocation \$139,354.51

1. Tungatiit Committee

Program Area Community Mental Health

Purpose

To help low-income community members with airfare costs to visit other communities where a family member passed away.

Description

Nine families got assistance to help them travel to other communities to go to the funeral of a family member. The community came together with donations to help these families.

2. Drum Dance Program

Program Area Community Mental Health

Purpose

To encourage traditional and cultural activities and build self-esteem.

Description

The community established a drum dancing program for all age groups. A drum dance committee and Elders taught youth traditional drumming and dancing. Volunteers made matching headbands, slippers and costumes for the teen group. The group put on shows whenever a special activity, event, meeting or guests arrived in the community.

3. Lunch Program/Food Bank

Program Area Child Development

Purpose

To give nutritious food to all community members in need.

Description

Children got a healthy meal at school to start their day. This helped them to learn without worrying about their hunger.

The food bank gave food baskets to 60 families in need. It also put on five seasonal community feasts. The program brought the community together and showed that people still care about each other.

4. Fire Fighters Training

Program Area Injury Prevention

Purpose

To improve the training of fire fighters and community members.

Description

fire fighters received funding to stay up-to-date on the latest information on proper fire fighting techniques and equipment. The fire fighters gave presentations to the school and to the community on fire safety.

Identify the main types of injuries in your community.

5. Quqmaquq Ladies Group (Inuit Traditional Clothing)

Program Area Community Mental Health

Purpose

To teach youth about Inuit traditional clothing preparation and strengthen their cultural links.

Description

The Quqmaqyuq Ladies Group prepared skins, hides and other materials for making parkas and traditional clothing. Young people learned these skills. It was important to make sure that the younger generation kept these traditional skills.

6. Community Justice Committee

Program Area Community Mental Health

Purpose

To bring offenders and victims together to help with local healing and rehabilitation.

Description

The justice committee and the local RCMP met to decide what penalty to give a person convicted in the community. This happened on a case-by-case basis and the penalty or punishment always fit the crime. It reduced the number of charges laid and increased open and honest communication between the committee, the RCMP, and the community.

7. Uqsuqtuuq Youth Drop-In

Program Area Child Development

Purpose

To give youth activities including traditional games, curling, skating and jigging.

Description

The Uqsuqtuuq Youth Drop-in Committee ran the program. It gave a safe and positive place for youth to learn ways to socialize with peers, as well as to teach youth to respect other people. The whole community benefited from this program because youth learned pride in their culture, possessions and respect for themselves.

Taloyoak

Community Allocation

\$106,008.17

1. Community Wellness Coordinator

Program Area Community Mental Health

Purpose

To look after Elders and youth programs in the community.

Description

The wellness coordinator looked after the activities at the elder's centre. Every Tuesday night, Elders met to talk and share stories, to work on crafts, to play games and to support each other.

2. Learn to Sew Program

Program Area Parenting Skills

Purpose

To have Elders teach traditional skills and sewing to youth.

Description

The youth worked with Elders during sewing projects. The centre gave supplies and equipment to the community. The youth learned traditional skills, confidence and self-esteem.

3. Community Healing and Grieving Session

Program Area Community Mental Health

Purpose

To give support to the community for healing and grieving.

Description

The healing and grieving workshop was a continuation of work already done. Two facilitators came to help the community. They also went to the school. The facilitators used a community story, which allowed everyone to see or remember what the community used to be like and what the community could be like in the future.

Teach young people about the risks of solvent abuse.

Kugaarukk

Community Allocation

\$78,225.48

1. Community Wellness Coordinator

Program Area Community Mental Health

Purpose

To manage wellness contracts and do wellness strategic planning.

Description

The wellness coordinator developed and helped with the Kids Wellness Project. The coordinator offered program development for early childhood intervention. The position allowed the community to do more programs, better, than in other years.

2. Youth Leadership Program

Program Area Child Development

Purpose

To hire an accredited teacher to work with youth for three weeks in the summer.

Description

The teacher taught skills in leadership, planning activities for young children, archery, kayaking, hiking, geology, soccer, swimming, water safety, coaching and refereeing. The Youth then ran a kids summer camp program by themselves after the teacher left.

3. Youth/Elders Kayak Construction Project

Program Area Community Mental Health

Purpose

To pass on traditional knowledge and language skills.

Description

youth and Elders worked together under the guidance of an expert kayak builder from Ottawa. They regained traditional skills that were lost.

4. Nunavut Youth Abroad

Program Area Community Mental Health

Purpose

To allow a student to experience what life is like in a city and see the world outside the north.

Description

Kitikmeot Region hamlets each elected a youth from their community to go abroad. The program ran in partnership with the Kitikmeot Inuit Association.

5. Kids Ready for School

Program Area Child Development

Purpose

To motivate children to go to school regularly, to arrive on time, and to be ready to work with a healthy mind and body.

Description

Children got a healthy, nutritious snack to start their school day. Students with the best attendance won a prize. This was a fun part of the program. The program ran in partnership with the Kugaardjuk School.

6. Special Needs Assistant

Program Area Child Development

Purpose

To work with children that need extra support and have special needs.

Description

The position received part-time wages for a special needs assistant. The assistant worked with children in the classroom who needed extra help. This helped the special needs child and the other children in the classroom because the regular teacher spent more time with other students. The program ran in partnership with the Kugaardjuk School.

7. Youth Band Equipment

Program Area Child Development

Purpose

To challenge youth to develop musically and to start their own band.

Description

Youth members of the community started their own band. They volunteered to provide entertainment at community events and special occasions. The youth learned new skills, learned to work together and gained a sense of pride in their music skills.

8. Heritage (Ken Post) Project:

Program Area Community Mental Health

Purpose

To create a photo file of the hamlet to benefit future generations.

Description

Ken Post, a cinematographer for the Netsilik Series, returned the stories and the artifacts used during the filming of the Series. He photographed youth and Elders and is creating a permanent display of his photos for the community. Many of the older people relived memories from Ken’s 30-year-old photos of the community.

9. Newsletter translation

Program Area Child Development

Purpose

To protect and to preserve traditional language.

Description

The youth committee translated the community newsletter. The project allowed youth to learn how to translate, to learn to set up newsletters and to work together as a group on a project.

Teach parents to raise happy, healthy children.

10. Stained Glass Window

Program Area Child Development

Purpose

To learn how to make a stain glass window and to give it back to the community.

Description

Kugaardjuk School students worked with a local artist and teacher to design and to create a stained glass window. The students donated the window to the new church. The youth learned a new skill and contributed to the wellness of the community by giving something everyone could enjoy.

Kugluktuk

Community Allocation

\$182,048.25

1. Brighter Futures Coordinator

Program Area Community Wellness

Purpose

To plan programs for *Brighter Futures* and community wellness.

Description

The coordinator worked closely with the wellness coordinator and youth and Elder representatives to help set wellness priorities. The coordinator also worked with school staff to plan the cultural inclusion program for students.

2. Culture Language Program

Program Area Community Mental Health

Purpose

To encourage traditional language skills.

Description

The youth had a chance to go to a Culture and Language program. The instructors encouraged Inuinnaqtun speaking and collected traditional stories and local history from Elders.

3. James Koighok Centre

Program Area Child Development

Purpose

To offer a safe place for children to come, to meet and to play.

Description

The James Koighok Centre opened during the day for youth activities. It offered a safe, controlled place for youth to meet with their friends to socialize and to play.

4. Elders Program

Program Area Community Mental Health

Purpose

To encourage traditional and cultural skills and language use.

Description

Elders taught youth activities including traditional skin preparation, cutting and sewing garments such as kamiks, mitts, duffels and inner and outer parkas. Students also learned traditional tool making including harpoons, fish jiggers, bow and arrows, drum making and ulus. As many as 80 youth took part in the school program every day.

5. Student Support Assistant

Program Area Community Mental Health

Purpose

To work with students with special needs and to work closely with teachers, Program Support Persons and parents.

Description

The assistant helped to develop individual education programs for students and carried out general classroom duties to help teachers work with students. The assistant worked with two kindergarten students with special needs. Other children with high needs got support, too. Students returning to school were one group that got support from this program.

*Do you have
an idea?
Ask a lot of
questions.*

6. Arctic College's Job Readiness Program

Program Area Community Mental Health

Purpose

To offer a Life Skills Program to community members.

Description

Arctic College offered a life skills program from September 1999 to March 2000. The Life Skills Program was a 120-day program that offered courses in communication, life skills, literacy, job preparation, self-esteem, skill building and parenting. People who received income support, had difficulty getting a job, or lacked good problem solving skills and behaviors were eligible to take the program. Two people received a certificate after completing the course. About eight people came to the Nobody's Perfect Parenting course that was offered.



Brighter
Futures

Special Projects

1. Suicide Prevention Workshop

Allocation \$48,579.00

Purpose

To share, heal and learn proactive problem solving skills that help to develop a regional suicide prevention and response plan.

Description

The workshop gave tools to encourage change in communities where suicide was high-risk. Everyone who attended was asked to share his or her personal story. The facilitator recommended people use the tools and skills they learned at the workshop to train and counsel others in their home community. School presentations were also part of the forum. The workshop teaching staff went into schools to share their message with students and parents.

2. Women's Wellness Retreat

Allocation \$2,600.00

Program Area Community Mental Health

Purpose

To encourage positive mental health for women in the arctic.

Description

This program was an extension of the workshops held every week from the wellness centre in Iqaluit. A group of women who developed a bond of trust were invited to share their stories, their life and their experience in a safe place. Physical exercises and meditation were organized to promote peace and harmony within the group.

3. Community Musical Production

Allocation \$12,250.00

Program Area Community Mental Health

Purpose

To put on a multi-lingual amateur musical production for Iqaluit.

Description

The Iqaluit Music Society, with the help of a large group of volunteers, put on the musical stage production of Joseph and the Amazing Technicolour Dreamcoat. Parts of the music and dialogue were translated into Inuktitut and admission was free to encourage everyone from the community to come and watch the play. Students, teachers and parents participated to make this event a success in Iqaluit.

4. Sexual Assault Investigator's Course

Allocation \$25,000.00

Program Area Community Mental Health

Purpose

To cover travel and accommodation costs for workshop participants.

Description

The 10-day workshop was hosted by a variety of experts in the fields of sexual assault and counseling. The activities at the workshop included the theory of child development, indicators of abuse, interviewing skills, review of the Child and Family Services Act and Criminal Code as well as investigative and interrogation techniques.

5. Brighter Futures Workshop

Allocation \$45,000.00

Program Area Program Management

Purpose

To offer program evaluation training to community wellness coordinators in Nunavut.

Description

The training workshop took place from October 25-29, 1999. It was a joint training program done by Nunavut and Northwest Territories. Sixteen wellness coordinators from Nunavut went to Yellowknife. Most of the coordinators had less than 12 months work experience with *Brighter Futures*. They learned how to evaluate *Brighter Futures* projects to make outcomes matter. The workshop taught the coordinators what their work responsibilities were.

Everyone at the workshop agreed that meeting other wellness coordinators throughout Nunavut was very helpful. It allowed them to share ideas and stories.

6. The Katimavigjuaq Conference

Allocation \$25,000.00

Program Area Program Management

Purpose

To join with federal and local partners to run an 'inter-sectoral' network building and community planning workshop.

Description

It was a pilot-project in Kivalliq. The 6-day Conference had two parts and ran March 25-30, 2000. Part-one was the network-building workshop and lasted three days. People learned to recognize the skills their community had and the skills their community needed to fix health and wellness problems. They also learned ways to make communities work together better to solve health and wellness problems.

Part-two was community planning. It lasted three days, too. The conference taught an introduction to community-based planning. Students learned to make action plans to solve health and wellness problems in their community.

Finally, the conference leaders made a resource directory. The directory included a list of resources that communities could use to solve health and wellness problems.