



Tungasuvvingat Inuit

**"a place where Inuit are welcome"**

# ᐱᑭᑭᑦᑎᑦ Akiurvik

**TI's Newsletter Fall 2006**

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**iSisters support of TI's  
Employment Learn-  
ing Center leads to and  
Ontario Merit Award**

iSisters supported the creation of Tungasuvvingat Inuit's Employment Learning Centre and guided us in teaching ICT skills to the Ottawa Inuit community. Their working along with TI's staff resulted in a 2006 Showcase Ontario award in the category of ITAC voluntary Sector. We were very grateful for iSisters' expertise and especially to Cathy Reid and Judy Puritt their wisdom and caring.



Mary Hands, Tungasuvvingat Inuit.  
Cindy Reid, Program Manager iSisters.

**November is National  
Diabetes Awareness  
Month**

Each November, Diabetes Awareness Month and World Diabetes Day (on November 14) serve as an opportunity to remind us of the seriousness of diabetes.

Diabetes is an epidemic with about 1.8 million Canadians currently diagnosed. *More alarming is that one third of Canadians with diabetes are unaware that they have the condition.*

Rates of diabetes among Aboriginal people in Canada are three to five times higher than those of the general Canadian population. Aboriginal children are also now being diagnosed with type 2 diabetes, a condition that in the past occurred mainly in older persons. Inuit rates of diabetes are not as high as those of other Aboriginal populations; however, there is concern that the rates of type 2 diabetes are increasing among Inuit as well. For more information on diabetes visit [www.inuitdiabetes.ca](http://www.inuitdiabetes.ca).

**IFRC's Christmas Family  
Day & Photos**

The date set has been set for Christmas family day & photos on Saturday December 9, 2006 12:30 noon to 4:30 pm. Families can enjoy beautiful, studio quality photographs for free! There will be a Christmas background and traditional Inuit clothing are available for use in your photos. For more information about this activity or to reserve a seating time for your photo please call IFRC at 749-4500 ext 10, 12 or 13.



Tungasuvvingat Inuit is a social, cultural and counselling organization serving Inuit in Ontario since it's establishment in 1987.

**Please visit Tungasuvvingat Inuit's web site at: [www.ontarioinuit.ca](http://www.ontarioinuit.ca)**



Tungasuvvingat Inuit

**"a place where Inuit are welcome"**

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### **Tungasuvvingat Inuit Board of Directors**

**President:** Joanasie Akumalik  
**Vice President:** Vicky Adams-Besau  
**Secretary-Treasurer:** Mary Simon  
**Board members:**  
Leesie Naqitarvik  
Jeela Palluq  
Meeka Uniuqsaraq  
Kunnuk Takpannie  
Looee Okalik

### **Tungasuvvingat Inuit Staff**

#### **Executive & Administration**

Executive Director-Morgan Hare  
Operations Director-Jason LeBlanc

#### **Youth & Ikajuqtuijiiit**

Youth Program Coordinator-Vacant  
Ikajuqtuijiiit Elders: Rhoda Inukshuk & Sally Webster

#### **Drop in Centre and Services**

Receptionist-Julia Kimmaliardjuk  
Drop-in worker - Mika Conboy

#### **Employment**

Coordinator-Mary Hands  
ICT Instructor - Peter Webster

#### **Diabetes Awareness & Prevention**

Coordinator-Christine Lund

#### **Counselling Services**

##### **Mamisarvik Healing Centre**

Counselling Services Director-Pam Stellick  
Coordinator-Ginette Chouinard  
Counsellors-Reepa Evic-Carleton & Barbara Sevigny  
Cook-Jeanie Schofield

#### **Community Liaison**

Meeka Papatsie & Pamela Hill  
Aftercare Worker- Geoff Kilabuk  
Intake and Assessment Worker- Sadie Hill

#### **Pigiarvik House**

Residential Workers - Gordon Johnson,  
Eva Lucassie, Leanne Annawak and  
Rick Mayoh, Melinda Shambare &  
Ruby Arngna'naaq

#### **Inuit Family Resource Centre**

Coordinator- Connie Siedule  
Child & Family Programs-Iga Attagutsiak

Child & Family Programs-Ernie Kadloo  
Nurse/Coordinator PPN  
Child and Family Program-Mary Hutton  
Children's Programs 6-13 yrs- Amalia Tuglavina

### **Programs and Services**

#### **Counselling Services**

Women's Healing Circle  
Annual Inuit Women's Retreat  
Assists with N#'s for beneficiaries  
Legal support, helps with finding lawyers, assists in court, etc.  
Helps people with Social Services  
Medical Referrals  
Application assistance to get I.D.cards  
Translation support with appointments  
Helps find Housing & Shelters  
Crisis intervention and short-term counselling & Workshops  
The counselling program serves as a liaison between community members and community resources.  
Mamisarvik Healing Centre-addictions and trauma recovery

#### **Employment Support Program**

Counselling and support  
Job Bank  
Resume Writing  
Interview Skills  
Obtaining funding for Training Programs  
Education information  
Employment & Training Learning Centre

#### **Family Resource Centre**

Pre/Post Natal  
Parent Relief  
Community Kitchen  
Cultural crafts, Play Groups  
Monthly Birthday Party for 0-6yr olds  
Primary Language Program  
Nobody's Perfect and Early Parenthood  
Parenting Groups  
Food Bank Co-op  
Massage/Tai Chi  
Outings, Special Events  
Inuktitut Summer Immersion, JK to grd.8  
Supervised Access Visits

#### **Youth Program**

Recreation, cultural and educational activities for 13-20 year olds. The Stay in School Program in partnership with the Nunavut Sivuniksavut Program.

#### **Ikajuqtuijiiit**

Cultural knowledge & skills to any & all who may be interested in traditional Inuit culture.

#### **Diabetes Prevention & Awareness**

Diabetes web-site, promotional material on diabetes prevention and awareness such as: brochure, posters & PSA's.  
Monthly country food lunch, newsletter & TI web site.  
[www.inuitdiabetes.ca](http://www.inuitdiabetes.ca)

### **Addresses & Numbers**

#### **Mamisarvik Healing Centre**

##### **Trauma & Addictions Program**

604 Laurier Ave. W  
Ottawa, ON K1R 6L1  
ph: (613) 563-3546  
fx: (613) 563-4136

#### **Tungasuvvingat Inuit**

##### **Drop in Centre and Services**

118 Empress Ave.  
Ottawa, ON K1R 7G2  
ph: (613) 563-3546  
fx: (613) 230-8925

#### **Tungasuvvingat Inuit**

##### **Inuit Family Resource Center**

230 McArthur Ave. 3rd floor  
Vanier, ON K1L 6P5  
ph: (613) 749-4500  
Extensions 10, 12 & 13  
fx: (613) 749-8713

#### **Tungasuvvingat Inuit**

##### **Cultural Office & Community Events**

206 Montreal Road  
Vanier, Ontario K1L 6C9

#### **Tungasuvvingat Inuit, Executive**

##### **Director & Program Operations**


427 McArthur Ave. Unit 8  
Ottawa, Ontario K1K 1G5  
ph: 747-2225  
fx: 744-1295

Email: [info@ontarioinuit.ca](mailto:info@ontarioinuit.ca)


[www.ontarioinuit.ca](http://www.ontarioinuit.ca)

A financial contribution for this Newsletter was made by the Aboriginal Diabetes Initiative- Health Canada

For further information about diabetes visit: [www.inuitdiabetes.ca](http://www.inuitdiabetes.ca)

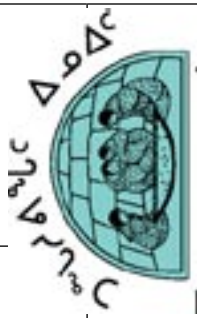
<b>October</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>1</b>	<b>2</b> Blood Pressure & Sugar Clinic at IFRC  IFRC's Community Kitchen 11:00-3:00 230 McArthur	<b>3</b> Continuing-Care program 1:30-3:30 604 Laurier Ave West  IFRC's Pre-Post Natal program	<b>4</b> Continuing-Care program 5:30-7:30 604 Laurier  Women's Healing circle 118 Empress 5:00-7:30  Youth Homework club 3:30-6:00 430 McArthur	<b>5</b> Community Kitchen 118 Empress Ave.	<b>6</b> Continuing-Care program 1:30-3:30 @ 118 Empress until further notice	<b>7</b>
<b>8</b>	<b>9</b> <b>Thank's Giving Monday</b> Civic Holiday – TI closed	<b>10</b> Continuing-Care program 1:30-3:30 604 Laurier Ave West  IFRC's Pre-Post Natal program	<b>11</b> Continuing-Care program 5:30-7:30 604 Laurier  Women's Healing circle 118 Empress 5:00-7:30  Youth Homework club 3:30-6:00 430 McArthur	<b>12</b> Community Kitchen 118 Empress Ave.	<b>13</b> Continuing-Care program 1:30-3:30 @ 118 Empress until further notice	<b>14</b>
<b>15</b>	<b>16</b> IFRC's Community Kitchen 11:00-3:00 230 McArthur	<b>17</b> Continuing-Care program 1:30-3:30 604 Laurier Ave West  IFRC's Pre-Post Natal program	<b>18</b> Continuing-Care program 5:30-7:30 604 Laurier  Women's Healing circle 118 Empress 5:00-7:30  Youth Homework club 3:30-6:00 430 McArthur	<b>19</b> Community Lunch & Diabetes Presentation. Lunch served at noon. 206 Montreal Rd.	<b>20</b> Continuing-Care program 1:30-3:30 @ 118 Empress until further notice	<b>21</b>
<b>22</b>	<b>23</b> IFRC's Community Kitchen 11:00-3:00 230 McArthur	<b>24</b> Continuing-Care program 1:30-3:30 604 Laurier Ave West IFRC's Pre-Post Natal program	<b>25</b> Continuing-Care program 5:30-7:30 604 Laurier  Women's Healing circle 118 Empress 5:00-7:30  Youth Homework club 3:30-6:00 430 McArthur	<b>26</b> Community Kitchen 118 Empress Ave  <b>TI's Annual General Meeting</b> – 6:30-9:30pm 439 Queen Street	<b>27</b> Continuing-Care program 1:30-3:30 @ 118 Empress until further notice	<b>28</b> <b>Women's Retreat</b> 8:45 am Depart from IFRC – Return at 5:00 PM.
<b>29</b>	<b>30</b> IFRC's Community Kitchen 11:00-3:00 230 McArthur	<b>31</b> <b>Happy Halloween!</b> Continuing-Care program 1:30-3:30 604 Laurier Ave West  IFRC's Pre-Post Natal program	<b>3</b> Continuing-Care program 5:30-6:00 430 McArthur			

# November - Diabetes Awareness Month

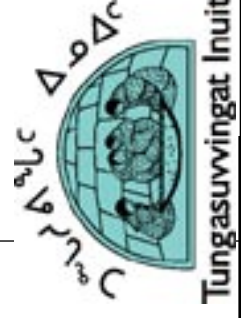
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>5</b></p>  <p><b>Tungasuvvingat Inuit</b></p>	<p><b>6</b></p> <p>Blood Pressure &amp; Sugar Clinic at IFRC</p> <p>IFRC's Community Kitchen 11:00-3:00 230 McArthur</p>	<p><b>7</b></p> <p>Continuing-Care program 1:30-3:30 604 Laurier Ave West</p> <p>IFRC's Pre-Post Natal program</p>	<p><b>8</b></p> <p>Continuing-Care program 5:30-7:30 604 Laurier</p> <p>Women's Healing circle 118 Empress 5:00-7:30</p> <p>Youth Homework club 3:30-6:00 430 McArthur</p>	<p><b>9</b></p> <p>Community Kitchen 118 Empress Ave.</p>	<p><b>10</b></p> <p>TI Services are closed in respect for our veterans</p>	<p><b>11</b></p> <p><b>Remembrance Day</b></p>
<p><b>12</b></p> <p>IFRC's Community Kitchen 11:00-3:00 230 McArthur</p>	<p><b>13</b></p> <p>IFRC's Community Kitchen 11:00-3:00 230 McArthur</p>	<p><b>14 – World Diabetes Day</b></p> <p>Continuing-Care program 1:30-3:30 604 Laurier Ave West</p> <p>IFRC's Pre-Post Natal program</p>	<p><b>15</b></p> <p>Continuing-Care program 5:30-7:30 604 Laurier</p> <p>Women's Healing circle 118 Empress 5:00-7:30</p> <p>Youth Homework club 3:30-6:00 430 McArthur</p>	<p><b>16</b></p> <p>Community Lunch &amp; Diabetes Presentation. Lunch served at noon. 206 Montreal Rd.</p>	<p><b>17</b></p> <p>Continuing-Care program 1:30-3:30 @ 118 Empress until further notice</p>	<p><b>18</b></p>
<p><b>19</b></p> <p>IFRC's Community Kitchen 11:00-3:00 230 McArthur</p>	<p><b>20</b></p> <p>IFRC's Community Kitchen 11:00-3:00 230 McArthur</p>	<p><b>21</b></p> <p>Continuing-Care program 1:30-3:30 604 Laurier Ave West</p> <p>IFRC's Pre-Post Natal program</p>	<p><b>22</b></p> <p>Continuing-Care program 5:30-7:30 604 Laurier</p> <p>Women's Healing circle 118 Empress 5:00-7:30</p> <p>Youth Homework club 3:30-6:00 430 McArthur</p>	<p><b>23</b></p> <p>Community Kitchen 118 Empress Ave.</p>	<p><b>24</b></p> <p>Continuing-Care program 1:30-3:30 @ 118 Empress until further notice</p>	<p><b>25</b></p>
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**“a place where Inuit are welcome”**

<b>December</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	Continuing-Care program 1:30-3:30 604 Laurier Ave West IFRC's Pre-Post Natal program	Continuing-Care program 5:30-7:30 604 Laurier Women's Healing circle 118 Empress 5:00-7:30 Youth Homework club 3:30-6:00 430 McArthur	Continuing-Care program 5:30-7:30 604 Laurier Women's Healing circle 118 Empress 5:00-7:30 Youth Homework club 3:30-6:00 430 McArthur	Community Kitchen 118 Empress Ave.	Continuing-Care program 1:30-3:30 @ 118 Empress until further notice	Family fun day & Christmas Photo's 12:30-4:30 Location to be announced.
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	Blood Pressure & Sugar Clinic at IFRC IFRC's Community Kitchen 11:00-3:00 230 McArthur	Continuing-Care program 1:30-3:30 604 Laurier Ave West IFRC's Pre-Post Natal program	Continuing-Care program 5:30-7:30 604 Laurier Women's Healing circle 118 Empress 5:00-7:30 Youth Homework club 3:30-6:00 430 McArthur	Community Kitchen 118 Empress Ave.	<b>TI/ITK Open house. 1:00 pm – 4:00pm 439 Queen Street</b> Continuing-Care program 1:30-3:30 @ 118 Empress until further notice	
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	IFRC's Community Kitchen 11:00-3:00 230 McArthur	Continuing-Care program 1:30-3:30 604 Laurier Ave West IFRC's Pre-Post Natal program	Continuing-Care program 5:30-7:30 604 Laurier Women's Healing circle 118 Empress 5:00-7:30 Youth Homework club 3:30-6:00 430 McArthur	Community Lunch & Diabetes Presentation. Lunch served at noon. 206 Montreal Rd.	TI Services are closed for the holiday Season	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	<b>Christmas</b> TI Services are closed for the holiday Season	<b>Boxing Day</b> TI Services are closed for the holiday Season	TI Services are closed for the holiday Season	TI Services are closed for the holiday Season	TI Services are closed for the holiday Season	
<b>31</b>	<b>“ a place where Inuit are welcome ”</b>					
<b>New Years Eve</b>						



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>1</b> <b>New Years Day</b> TI Services are closed for the holiday Season	<b>2</b> TI Services are closed for the holiday Season	<b>3</b> TI Services are closed for the holiday Season	<b>4</b> TI Services are closed for the holiday Season	<b>5</b> TI Services are closed for the holiday Season	<b>6</b>	
<b>7</b>	<b>8</b> Blood Pressure & Sugar Clinic at IFRC IFRC's Community Kitchen 11:00-3:00 230 McArthur	<b>9</b> Continuing-Care program 1:30-3:30 604 Laurier Ave West IFRC's Pre-Post Natal program	<b>10</b> Continuing-Care program 5:30-7:30 604 Laurier Women's Healing circle 118 Empress 5:00-7:30 Youth Homework club 3:30-6:00 430 McArthur	<b>11</b> Community Kitchen 118 Empress Ave.	<b>12</b> Continuing-Care program 1:30-3:30 @ 118 Empress until further notice	<b>13</b>	
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**Inuit Family Resource Centre Summer Highlights**

**Strawberry Picking in June**

We had perfect weather for strawberry picking! Inuit food, games, giant hay slide, and the farm animals all made for a fun day. In partnership with the TI Diabetes program, IFRC paid for one large basket of berries per family.



**Knowledge Translation Project**

Video recordings of elder Qapik Attagutsiak's health messages have been placed into an interactive cd-rom format. The cd-rom was officially launched on National Aboriginal Day with elder panel, academic and community researcher presentations. In addition, the project has been presented this summer at conferences in Saskatchewan and Russia. Call the Inuit Family Resource Centre Eva, Iga, or Connie at 749-4500 ext 10 or 12 for more information.



**Pre-Post Natal Program**

The pre-post natal program runs Mondays and Tuesdays. A registered nurse is available for individual consultations. Community kitchen, nutritional lunch, postnatal fitness groups, and infant care are also available. For more information call Mary Hutton at 749-4500 ext 13.



**Children's Visual Arts Saturday Classes**

Children explore a different visual arts medium each week with a professional art teacher. Classes have touched on performance art, life drawing, print-making, and colour theory. Children will also build a portfolio of their work and hold an exhibition. Fall classes begin October 2006. Call the Inuit Family Resource Centre, Amalia, at 749-4500 ext 12, or 13 for more information or to register your child.

**After School Program Children 6-13 years**

The Inuit Family Resource Centre after-school program runs every Thursday and Friday. Children are given opportunities to experience a variety of structured activities and fieldtrips. The activities and outings accomplished to date are: snowshoeing, Inuit games, martial arts, bowling, Museums (Aviation, Civilization, Science and Technology), art class, reptile zoo, paper mache, gift creation for special occasions and holidays, fabric and ceramic painting, winterlude, cosmic adventures, midway, sugar bush, bubble bath making, Fishing and go karting. Nutritional snacks are also provided to participants. Call Amalia or Mary at 749-4500 ext 12 or 13 to register your child.

**Blood Pressure, Blood Sugar, Fetal Heart Monitor Clinics**

Blood pressure, blood sugar, proteinuria and fetal heart monitor checks are held regularly at the Inuit Family Resource Centre. Call 749-4500 ext 10, 12, or 13 for more information or to book an appointment time.

**Summer Paddling & Winter training**

The Inuit Family Resource Centre was able to offer paddling training to Inuit adults, and children 6 to 13 years old. Training took place outdoors every Friday in beautiful Chelsea Quebec and was a great physical workout and stress reliever. The team finished off the season at the Carleton Place Dragonboat Regatta and placed second in our second heat.

Thanks to the Cascades Canoe Club, United Way, and City of Ottawa for making this program possible. Thanks also to the TI Diabetes Awareness program for sponsoring the lunches and childcare for participants. Call 749-4500 ext 10, 12 or 13 for more information about the paddling program or to register for winter training in preparation for next years paddling.









We would like to sponsor the following person to be a candidate for election to the Board of Directors of Tungasuvvingat Inuit:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Telephone: \_\_\_\_\_

Sponsors please sign your name below:

Sponsor #1: \_\_\_\_\_

Sponsor #2: \_\_\_\_\_

Sponsor #3: \_\_\_\_\_

Date: \_\_\_\_\_

**PLEASE RETURN THIS FORM TO THE TUNGASUVVINGAT INUIT RECEPTIONIST AT 118 EMPRESS AVENUE BEFORE OCTOBER 23, 2006.**

Please attach a brief biography about your nominee, to including the following information:

- Personal and work history
- Interest in Tungasuvvingat Inuit
- Any past connection with Tungasuvvingat Inuit
- Any connection with other Inuit Organizations
- Volunteer work
- Person skills and interest

Please note that you may be requested to make a short speech at the Annual General Meeting.





**Mamisarvik Healing Centre Program**

The Mamisarvik Healing Centre is a substance abuse and trauma recovery program for Inuit men and women who want to set new goals and make the changes needed to reach them. The eight-week treatment cycles, both residential and daytime, are for those struggling with dependency on drugs and/or alcohol. The program also provides support for healing from the effects of physical and sexual abuse, residential schools and forced relocations.

If you want to make significant changes in your life, Mamisarvik Healing Centre can help. Please contact Sadie Hill at 613-563-3546, ext.11, for more info. Counselors are also available for individuals sessions. Please call 613-563-3546 ext 20 to book an appointment.



**Community Service hours**



Anyone who is completing community-service hours and would like some assistance in recording them can contact: Pam Hill or Meeka Papatsie at 118 Empress Avenue (613) 563-3546

**Mamisarvik's Continuing-Care Program**

Mamisarvik Healing Center continues to offer continuing care to those who have completed the centre's eight-week treatment cycle.



Continuing care sessions are held at 604 Laurier Ave. West on Tuesdays and Fridays, from 1:30 PM to 3:30 PM. and on Wednesday from 5:30 p.m. to 7:30 p.m. for those with daytime activities. For information, contact Geoff Kilabuk at (613) 563-3546 ext 25



**Inuit Women's Healing Circle**

The weekly women's Healing Circle will be held every Wednesday from 5:00p.m. to 7:30 p.m. at 118 Empress Ave this year.

The healing circle provides a safe and healing environment for women to share and support each other. Inuit country food was provided as well as support with childcare and transportation for those attending the circle. For more information please contact Meeka Papatsie, 563-3546, ext. 16.



**118 Empress Ave Drop-in Services**

The purpose of the 118 Empress Avenue Drop-in Centre is to provide community members with a safe environment, supply access to a kitchen, food when available from the food bank, telephone and mail services, clothing bank and recreational and cultural activities.

While at the drop-in centre, community members can access the services of the community support workers to help with support, referrals to other agencies, crisis intervention and community advocacy. **The Drop-in centre is open daily from 1:00 PM to 4:00 PM.** Community support workers are available to provide services from 9:00 AM to 5:00 PM. Please ask about your workers availability.





**Stay in School Program for Inuit Youth**

Come and join other youth from across the city at the boys and girls club of Ottawa for an evening of food, fun and homework club. This program is designed to support young Inuit in doing the best they can in their studies!!!

The homework club will provide tutorial support, computers for doing research, and a healthy supper.

Where: 430 McArthur Avenue

When: Wednesday's 3:30 to 6 PM.

Who: Inuit youth living in Ottawa from grade 8 to grade 12.

For more information: Contact Beth Williamson at 244-4937 or 613-231-4127 or 613-327-2748.



**Active 2010 Walking Group**

Do you want to become more active, but just don't want to go alone? Are you wanting to go for walks if only you had a baby sitter or the right equipment? Come and join us!!!

The Inuit Family Resource Centre in partnership with the Diabetes Awareness & prevention program will be organizing a weekly walking group. With financial contribution from Action 2010, an Ontario provincial funding program, TI will be able to soon host this activity.



Members of the group will enjoy the benefits of this active walking program, camaraderie and friendship of like minded Inuit. TI will be providing shoes for those who are in need to enable their participation. We will also be providing snacks, child care & incentives. If you are interested in signing up or have further questions, call the Inuit Family Resource Centre 749-4500 ext 10 or 12.



Board Members - Looee & Kunnuk with Team mate Gord at TI's 4th Annual Golf Classic

**Tips in developing a resume**

- Be sure to include:
- Current or past employment (e.g., job titles, dates of employment)
  - Your education (e.g. name of institution, certificate or degree received, dates of attendance)
  - Courses that you have taken
  - Community or volunteer involvement
  - Your skills and abilities
  - Your language abilities

A two-page resume is generally sufficient to highlight your education, qualifications, experience, and skills. It should also reflect your accomplishments and indicate your ability to contribute and meet the requirements of the job.

If you share a commitment to community and would like to join the City's workforce, explore current career opportunities at [ottawa.ca/careers](http://ottawa.ca/careers), or call 3-1-1 (TTY: 613-580-2401)

**Life in Balance**  
**Eating Healthy & Being Active**  
 By Following a healthy lifestyle  
 & Increasing your physical activity,  
 You can help prevent Type 2 Diabetes!!  
 for more diabetes information visit [www.inuitdiabetes.ca](http://www.inuitdiabetes.ca)



**Community Input**  
*Submissions from the Inuit community  
 (external to Tungasuvvingat Inuit)*

**St. Margaret's Anglican Church**

Join the Anglican community for fellowship, worship, teaching and prayer. All new members are welcome. Regular services are held every Sunday at 8:00 a.m. and 10:00 a.m. at 206 Montreal Road. If you need to speak with a pastor, please call Arch Decon Susan Churchill-Lackie at 613-824-2010.

**Ottawa Inuit Christian Fellowship**

Ottawa Inuit Christian Fellowship is led by Reepa Evic Carleton and Boyd Carleton. Join us for fellowship, worship, teaching and prayer, Ottawa Inuit Christian Fellowship meets every Friday evening at 7:30pm in the Fellowship Hall of City Church, 155 Carillon Street in Vanier. To access the Fellowship Hall, which is located in the lower level of City Church, please come around to the back of the building and enter through the double doors located on the North East side and make your way down-stairs.

**New Inuit A.A. Meeting in Vanier**

Alcoholics Anonymous Ottawa has started a new, regular A.A. meeting at St. Margaret's Anglican Church, 206 Montreal Rd. in Vanier.

The weekly meeting begins at 7 p.m. on Sundays. It features speakers in English and Inuktitut. A.A. material translated into Inuktitut is available. All are welcome for fellowship and coffee. For further information, contact Kunnuk T. at 613-740-1350

**Tax service for Inuit Ontario residents**

Income tax general enquires:	1-800-959-8281
GST/HST Credit	1-800-959-1953
Income tax refunds	1-800-959-1956
Canada Child Tax Benefits	1-800-387-1193
Income Tax Forms	1-800-959-2221
For customer service appointments on 875 Heron Road	1-800-959-8281
People who require a translator may call the following Revenue Canada workers for assistance:	
Maggie Amarualik	613-598-2311
Ooleepeeka Shoo	613-598-4644
Sarah Huxford	613-598-2152

***The City of Ottawa:  
 A variety of careers...  
 A diversity of people***

**Have the qualifications?  
 Looking for a career?**

In our ongoing efforts to hire qualified people representative of our diverse community, the City of Ottawa encourages you to visit [ottawa.ca/careers](http://ottawa.ca/careers) for the latest career opportunities and to apply online, or call 3-1-1 (TTY: 613-580-2401).

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**Community Input**  
*Submissions from the Inuit community*  
*(external to Tungasuvvingat Inuit)*

**Adjustment's for living in Ottawa**

**A**fter thinking about this for a long time, I have realized that because we are not living in Nunavut; we are now living in Ottawa among many other people with many other cultures, we have to adjust to our new surroundings and new culture.

**S**ince we are living in Ottawa and not Nunavut, we need to adjust. When we live in Nunavut, at our place, we go home; it is not attached to someone else's home. We are able to make noise and it does not bother the neighbors, and of course what we say at home stays at home.

**B**ut in Ottawa, when we go home, there are others living very close by, a lot of people living in the same building. Neighbors / communities trying to keep peace at home but when we are loud, we are invading the privacy of the other people around us.

**W**e have to remember that everybody has their own stresses and may not be able to handle our difficulties added to their own burden. In Ottawa, when things get out of hand, remember that there are people who can help. Remember that you are no longer in Nunavut and you must adjust to your new surroundings.

**I**f we want some of our daily life and issues to be heard, even if it's just to express our feelings, there are professionals and they help a lot. When we feel like we can't go on with an unsettled situation and our personal struggles seem impossible, it is human nature to want to talk about it. You are not alone. But sometimes our problems are too

complex and /or too personal for our friends to be able to help us. They may want and try to help but often it is best to try and find professional help.

**W**ishing you strength to find your survival skills,

Written by Louisa.

**Ottawa Inuit Children's Centre**



**T**he Ottawa Inuit Children's Centre is pleased to say that the Inuit Head Start Program is filled to capacity this school year! Over 30 pre-school children, their families and the staff are looking forward to another wonderful year filled with learning, culture and fun! We are still accepting registrations from families that would like their child's names to be on the waiting list. We will fill any open spots based on the needs of the child not length of time on the waiting list.

**O**ur Parent Orientation BBQ was very successful, with over 120 people celebrating the launch of the new school year! We were pleased to have representatives from our funder, Public Health Agency of Canada, come and share a word with us. The staff gave excellent presentations on the six elements of the program: Culture &

Language, Education & School Readiness, Health Promotion, Nutrition, Social Support, and Family & Parental Involvement. The Board of Directors discussed their upcoming Annual General Meeting in October, where they will announce the winner of the "Name Your Head Start Program" contest.

**T**hanks to generous donations from the Variety Club and Literacy Canada, the program will be purchasing dozens of new books this year, and each child will receive a back pack to carry borrowed books home to read with their families. We will also be partnering with the local library to provide workshops for our parents about literacy skills. And our cultural teacher, Ina Zakal, will be holding a workshop for the families on how to create their own storybook with their child, with an emphasis on Inuit themes.

**T**he staff, board and families of Head Start would like to congratulate Jeannie Flemming and her husband Philip on the arrival of their new son, Xavier! During Jeannie's parental leave, we are very pleased to have Rhoda join us!

**O**ur new website, [www.ottawachildrens.com](http://www.ottawachildrens.com), is now online! David Langille, a parent of two children in the program, has graciously volunteered his time and talent to construct and update this great source of information for families and interested community members. Visit often for new developments, events and contact information.

**F**or more information about the Inuit Head Start Program, contact Ottawa Inuit Children's Centre at our NEW number: (613) 744-3133 or check out our web site.