



Tungasuvvingat Inuit

“a place where Inuit are welcome”

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TI's Newsletter Summer 2005

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Tungasuvvingat Inuit is a social, cultural and counselling organization serving Inuit in Ontario. Established in 1987.

TI must say good-bye to two of thier valuable team members and positive community role models.

Teresa Hughes and Steve Lonsdale will be leaving Ottawa, and Tungasuvvingat Inuit at the end of August. Both Steve and Teresa have done a wonderful job here at TI! They have each been with TI for numerous years and have been an invaluable asset to the organization as they have filled various positions throughout their career with TI. They will be sorely missed by both the community and TI staff. Teresa and Steve, good luck in your future endeavors!



Inuit Family Resource Centre Paddling Initiative



New this year, the Inuit Family Resource Centre is able to offer 10 weeks of paddling to Inuit adults, and 6 weeks to children 6 to 13 years old. Training takes place outdoors every Friday in beautiful Chelsea Quebec and is a great physical workout and stress reliever. Thanks to the Cascades Canoe Club and the United Way for making this program possible. Call 749-4500 ext 11 or 12 for more information or to register.



Children's Visual Arts Saturday Classes

Children explored a different visual arts medium each week. Classes have touched on performance art, life drawing, print-making, sculpture, and colour theory. For their graduation children received a portfolio, art supplies, and celebrated at the beach. Call IFRC at 749-4500 ext 11 or 12 for more information or to register your child for the fall session. Classes are offered in partnership with the Ottawa School of Art.



Please visit Tungasuvvingat Inuit's website at: www.ontarioinuit.ca



Tungasuvvingat Inuit

Tungasuvvingat Inuit Board of Directors

President: Mary Tobin Oates
Vice President: Jeela Palluq
Secretary-Treasurer: Mary Simon
Board members:
Meeka Uniuqsaraq
Kunnuk Takpannie
Looee Okalik
Leesie Naqitarvik
Vicky Besau
Henry Kudluk

Tungasuvvingat Inuit Staff

Administration & Youth-427 McArthur Ave.
Executive Director-Morgan Hare
Financial Administrator-Jason LeBlanc
Youth Program Coordinator-Steven Lonsdale

Drop In Centre and Services-118 Empress Ave.
Receptionist-Mary Inuktaluk

Employment
Coordinator-Mary Hands
ICT Instructor - Isa Qamaniq-Mason

Diabetes Awareness & Prevention
Coordinator-Christine Lund

Counselling Services
Mamisarvik Healing Centre
Counselling Services Director-Pam Stellick
Coordinator-Ginette Chouinard
Counsellors-Rosie Simonie & Barbara Sevigny
Cook-Jeanie Schofield

Community Liaison
Meeka Papatsie & Pamela Hill
Drop-in/Intake Worker-Norman Okalik
Aftercare Worker- Geoff Kilabuk
Intake and Assessment Worker- Sadie Hill

Pigiarvik House
Residential Support Workers -
Gordon Johnson, Eva Lucassie,
Ruby Arngna'naaq and Rick Mayoh,
Melinda Shambare, & Carol Thornhill

Programs & Services 230 McArthur Ave.
Inuit Family Resource Centre
Coordinator- Connie Siedule
Assistant- Eva Kigutaq
Assistant-Iga Qamanirq
Pre/Post Natal Nurse-Mary Hutton

Inuit Head Start
Coordinator-Christine Adams
Teachers- Eelata Pumiotook & Fred Simpson
Cook/housekeeper- Beverley Kigmiatuq
Family & Com. Coordinator: Lynda Brown
Assistant Teacher - Vacant

Programs & 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

Head Start
Nutrition/Country Food
School readiness
Social Support
Parental Involvement
Culture & Language
Health Promotion

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

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

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

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 Head Start & Family Resource Center
230 McArthur Ave.
Vanier, ON K1L 6P5

Inuit Family Resource Centre
ph: (613) 749-4500
fx: (613) 749-8713

Inuit Head Start
ph: (613) 747-2225
fx: (613) 747-0629

Tungasuvvingat Inuit, Youth Office
427 McArthur Ave. Unit 8
Ottawa, Ontario K1K 1G5
ph: 562-1001

Tungasuvvingat Inuit, Executive Director & Finance
427 McArthur Ave. Unit 2
Ottawa, Ontario K1K 1G5
ph: 747-2225
fx: 744-1295

email: info@ontarioinuit.ca
www.ontarioinuit.ca

New Staff with TI - Welcome

Tungasuvvingat Inuit would like to welcome their new employees:
Mary Inuktaluk - Receptionist at 118 Empress,
Rosie Simonie - Mamisarvik Counsellor, Carol Thornhill - Pigiarvik residential support worker,
Beverley Kigmiatuq- Head Start Cook
Staff that have shifted their roles include:
Isa Qamaniq-Mason-Employment Learning Centre Supervisor, Christine Lund-Diabetes Coordinator, Eelata Puminotook-Head Start Cultural teacher.
To all Congratulations and Welcome.



Tungasuvvingat Inuit

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.

Treatment is intensive and goal-oriented and requires commitment. It is based on respect for yourself and others. The powerful engines of change include one-on-one counselling, the circle of group therapy and the deep healing that results from people bonding with and supporting each other. Learning opportunities in Mamisarvik's safe environment range from Inuit history and the wisdom of elders to trauma care and anger management. Continuing care is an important part of the program following each cycle.

It is hard work to face your issues head on and to fill your healing journey with effective lifeskills. Honesty, willingness and determination are needed. Treatment with Mamisarvik's caring clinical staff involves full, structured days designed to help heal the whole person; mentally, physically, emotionally and spiritually. The overall goal is to learn how to love yourself and the benefits of that are enormous, both for you and your family. There is a lot of fun along the way, too.

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 information.

Mamisarvik Continuing-Care Program

Mamisarvik Healing Center's commitment to Inuit men and women working to overcome trauma and addictions in their lives continues long after the centre's eight-week treatment cycles conclude.

Continuing-care sessions designed to assist in the further development of healthy lifestyles are offered at 604 Laurier Ave. West on Tuesdays and Thursdays, from 1:30 PM to 3:30 PM.

Continuing-care services include group and individual treatment and involve topics such as relapse prevention.

For those who live outside the Ottawa area, Mamisarvik will remain in contact by telephone wherever possible and interact with appropriate social-service workers in their home communities.

For more information, please contact Geoff Kilabuk at (613) 563-3546 ext 25, email: aftercare@ontarioinuit.ca, or drop by and see Geoff at 118 Empress Ave. in Ottawa

Employment Opportunity



Mamisarvik Healing Centre is looking for casual/on-call staff to provide coverage at Pigiavik house for when regular staff are unavailable due to illness, etc. You must be available by telephone, able to work evenings or nights and be available to come in on short notice. If you would be interested in being considered for this, please send your resume to: Mamisarvik Healing Center, 604 Laurier Ave W., Ottawa, On , K1R 6L1 or Fax: 563-4136.

Community Service

Anyone who is completing community-service hours and would like some assistance in recording them can contact Norman Okalik at 118 Empress Avenue (613) 563-3546



Teen Drop-in Hours

Doors will be open Monday to Friday from 3PM-7PM. All youth community members between the ages of 13-20 are invited to attend.

What's to do there?

- Pool and ping-pong
- Play PS2
- Surf the net and chat on Messenger
- Hang with other Inuit teens
- Monthly outings like Paintball, BBQ's, movies and much more
- Snacks and drinks are provided
- Movie nights
- Pool and ping-pong tournaments with \$\$ prizes

Come join us at 8-427 McArthur Ave. Questions?? Call 562-1001 or email to: Youth@ontarioinuit.ca

iSisters support TI's Employment Learning Center

Isisters have supported the creation of Tungasuvvingat Inuit's Employment Learning Centre and they continue to guide us in teaching ICT skills to the Ottawa Inuit community. We are very grateful for iSisters' expertise and especially to Cathy Reid and Judy Puritt their wisdom and caring.

Community News

News and Events from the Inuit community
(external to Tungasuvvingat Inuit)

Community Classifieds & Announcements

For Sale: Head Start has 2 weed-trimmers and a lawn mower for sale. All are in working condition, and run on gas. Best offer will be the new owner! Call Christine Adams at Head Start - 747-2225 ext 15 to make an offer.

Paul Constantineau's Shoe Repair:

"The Sole Man" can be found at 90 Sparks Street - Queen St. Entrance. Open from 7:00 AM-6:00 PM. Services provided are: Shoe repair for ladies heels, Sole replacement and repair, Shoe products including polish, laces, & insoles, Polishing & Cleaning.

Parents As Teachers Program

FREE! FUN! INFORMATIVE!

The Parents as Teachers program believes that the *PARENT* is their child's *FIRST* and most *IMPORTANT* teacher.

The program supports parents in the day to day raising of their children. The Parent Educator (certified by International Parents as Teachers Association), visits the family, to share the latest child development information. Focusing on the importance of brain development in the first years of life, *ENCOURAGING* parents by giving them activities and ideas of things they can do with their child using objects found around the house. The visits will consist of *PLAYING*, talking, and reading with your child and it is *FUN* and informative. Visits are arranged at a time convenient to you, usually every two weeks. Give Heidi a call at 722-3811 extension 239 for more information.

Looking for Child Care?

The Sweetgrass Childcare Program provides home care for children in the community. Our childcare providers are screened through home visits and Police Checks and are visited regularly. We try to match you with a provider as close to your home as possible. Subsidized spots are available through the City of Ottawa. Please call Sweetgrass Childcare for more information, 722-3811 extension 234 or 235

Looking for a job?

Would you like to work from home? Does a regular monthly income appeal to you? Do you enjoy caring for children? Have you considered becoming a childcare provider in your own home? Please call Sweetgrass Childcare to become a Home Childcare Provider, 722-3811 extension 234 or 235.

Cultural Industries Training Program October 3 - December 21, 2005

Registration Kick-Off

August 18 & September 15

at the Tungasuvvingat Inuit luncheon from 11 am - 2 pm. CITP coordinators will be present to answer your questions.

Find a new direction-The Cultural Industries Training Program (CITP) may be just what you are looking for. This program provides three months of classroom instruction, tours and related activities to assist you in developing your career and educational goals.

What Will You Learn? You will learn about Inuit art and culture and about various jobs related to the cultural industries. This includes public and private exhibition preparation, Inuit art marketing and promotion, arts administration and more.

Skills Development:

Cultural & Intercultural Awareness, Life Skills & Career Development, Group Dynamics, Communications & Computers

Inuit Art & Culture:

Inuit Art History, Sociology of Inuit Art Museum Practices

Tours and Workshops:

You will also enjoy weekly arts related tours, guest speakers and a variety of workshops.

Work Placements:

Students will have the opportunity for work placement experience within various cultural organizations. Previous placements have included: Indian and Northern Affairs Canada, Canadian Museum of Civilization, National Gallery of Canada, National Currency Museum, Inuit Artists' Shop, Ottawa School of Art, and Nunavut MP Nancy Karetak-Lindell's office.

Find A New Direction

During the program, students will learn a variety of job search techniques and our instructors will help you figure out your future career or educational goals.

Daily Schedule

Classes start at 9:30 and end at 3:30

A Salute to: Charlotte Qamaniq-Mason and Nancy Saunders

The Ajunnginiq Centre would like to salute the efforts of two inspiring Inuit youth:

Charlotte Qamaniq-Mason & Nancy Saunders.

Charlotte, of Iqaluit, Nunavut and Nancy, from Kuujuaq, Nunavik, along with several other Aboriginal youth, recently completed a journey from western to central Canada — by foot! As part of the National Aboriginal Youth Suicide Prevention Walk, the youth trekked from Duncan, B.C. to Ottawa, Ont. to raise awareness about the devastating rates of suicide in Inuit, First Nations and Métis communities.

The staff of the Ajunnginiq Centre was honoured to join Charlotte, Nancy & the other walkers on the last five kilometres of their very long journey. The Ajunnginiq Centre wished to show our support by walking alongside the youth as they climbed the steps to Parliament Hill, their final destination.

The Ajunnginiq Centre, the Inuit-specific centre at the National Aboriginal Health Organization, focuses on Inuit health-related issues. Through our work, we are well aware of the high rates of suicide among Inuit and how these deaths affect other individuals, families, communities, and regions.

The Ajunnginiq Centre recently completed Elders' focus groups within the Nunavut, Nunavik, Inuvialuit and Labrador Land Claims settlement areas to hear about survival: how Inuit traditionally learned to cope with difficulties and hardships. Elders told us that knowing and practicing Inuit values & beliefs such as resilience, determination and endurance were important coping skills to survive any problem. Charlotte and Nancy, in their walk, demonstrated their commitment to these values.

It is important that more Inuit youth get involved in bringing attention to suicide, sharing their stories of hope, and offering support to their peers. Charlotte and Nancy are a shining example to all Inuit youth.

Congratulations on your successful walk!

Staff of the Ajunnginiq Centre
National Aboriginal Health Organization
Ottawa