



Tungasuvvingat Inuit

Current Board & Employee Information

Board of Directors Elected September 30, 2009

Mary Simon
Rhoda Innuksuk
Vicki Besau-Adams
Alex Taylor
Looee Okalik
Sally Webster
David Serkoak
Tina Price
Sue Zettler

Tungasuvvingat Inuit Staff

Executive, Administration

Executive Director
Morgan Hare
Director of Operations
Jason LeBlanc
Executive Assistant
Noodloo Noah

Health Services

Health Services Director
Connie Seidule
Diabetes Awareness & Prevention
Program Coordinator
Colleen Arngna'naaq
Hepatitis-C Awareness
Program Coordinator
Julia Kimmaliardjuk
Community Research Coordinator
TIOHC -
TIOHC researcher -

Inuit Family Resource Centre

Coordinator of Family Services-
Eva Kigutaq
Child and Family Programs
Facilitators
Iga Attagutsiak
Co-ordinator
Pre-postnatal Program
Mary Hutton RN

Counselling Services

Counselling Services Director
Pam Stellick (On leave)

Mamisarvik Healing Centre

Treatment Coordinator
Reepa Evic-Carleton
Therapist and Cultural Advisor
Eva Lucassie
Therapist - Julia Putulik
Therapist - Rick Mayoh
Inuit Residential School health
support worker
Meeka Papatsie
Assessment Counsellor
Vacant
Continuing Care Counselor
Debra Williams
Intake Counsellor
Christina Best
Stabilization Worker-
Gordon Johnson
Housing Support & Residential
Counsellor: Juliet Kotierk
Residential Evening Counsellors:
Melinda & Philip Ikalujuak
Residential Overnight Counsellor-
Nights - Jeannie Scholfield &
Frances Winters
Mamisarvik Cook- Dora Delmaire

Community Support

Receptionist-Rose Ugjuk
Community Support Worker
Hanna Oolayou Ebokem
Community Support Worker
Pamela Kilabuk
Food Bank Distribution
Mosha Noah
Sanitation Services
Mina Nooveya

Employment Services

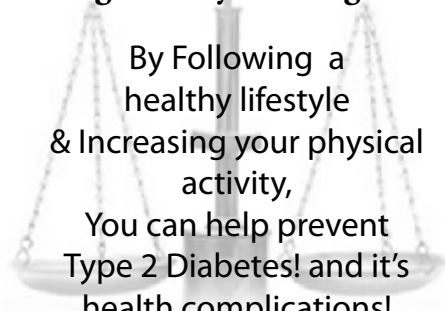
Director of Employment and
Learning - Barbara Sevigny
Employment Counsellor
Joan Cunha
Computer Lab Supervisor
Vacant

Youth Services

National Youth Coordinator
Christine Lund
Youth Coordinator - Ottawa
Oo Aqpik
Junior Youth Program - Ottawa
Sue Qitsualik
Youth Coordinators - Yellowknife
Amber Ferrie
Christopher Camenzuli
Youth Coordinators - Winnipeg
Simona Baker
Nikki Komaksiutiksak
Youth Coordinators - Edmonton
Goota Desmarais
Brienne Richardson
Youth Coordinators - St. John's
Amy Hudson

Life in Balance

Eating Healthy & Being Active



By Following a
healthy lifestyle
& Increasing your physical
activity,
You can help prevent
Type 2 Diabetes! and it's
health complications!

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



Tungasuvvingat Inuit

Contact Information

www.tungasuvvingatinuit.ca

Contacting Tungasuvvingat Inuit

By Correspondence:

604 Laurier Ave. West

Ottawa, ON K1R 6L1

E-mail: info@ontarioinuit.ca

613-565-5885

Community Services, Operations and Finance & Youth program

301 Savard Ave.

Ottawa, ON K1L 7S1

ph: (613) 747-2225

fx: (613) 747-0629

info@ontarioinuit.ca

Executive Director & Administration

604 Laurier Ave. West

Ottawa, ON K1R 6L1

ph: (613) 565-5885

fx: (613) 563-4136

ea@ontarioinuit.ca

Mamisarvik Trauma & Addictions Treatment Program - Pigiarnvik House

1863 Russell Road

Ottawa, ON K1G 0N1

ph: (613) 563-3546 ext 208 for general inquiries

fx: (613) 563-4136

mamisarvik@ontarioinuit.ca or

MHC@ontarioinuit.ca

Inuit Family Resource Centre, Health Services, Diabetes Awareness and Prevention & Hep-C Awareness and Prevention

297 Savard Ave.

Ottawa, ON K1L 7S1

ph: (613) 749-4500 General info ext 22

fx: (613) 749-8713

info@ontarioinuit.ca

Employment Support Program

297 Savard Ave.

Ottawa, ON K1L 7S1

ph: (613) 749-9839

fx: (613) 747-0629

barb@ontarioinuit.ca or

employment@ontarioinuit.ca

Winnipeg Youth program

448 Burnell Street

Valour Community Centre

Orioles Site

Winnipeg, MB R3G 0G6

Phone: 204-783-6941

Fx: 204-772-0993

[winnipegyouth@](mailto:winnipegyouth@tungasuvvingatinuit.ca)

tungasuvvingatinuit.ca

Edmonton Youth program

Adlavina Centre

10548 - 115th Street

Edmonton, AB, T6A 3Y6

ph: (708) 756-3377

fx: (708) 756-3377

[edmontonyouth@](mailto:edmontonyouth@tungasuvvingatinuit.ca)

tungasuvvingatinuit.ca

Yellowknife Youth program

Room 215

Northern United Place

5403 50 Ave

Yellowknife, NT

ph: (867) 765-8885

fx: (867) 669-8881

inuit.youth.yk@gmail.com

[Yellowknifeyouth@](mailto:Yellowknifeyouth@tungasuvvingatinuit.ca)

tungasuvvingatinuit.ca





Tungasuvvingat Inuit

A brief summary of Program Information

Family Resource Centre

Child and Family Programs: CAPC (Community Action Program for children 0-6 years old), Access Visits, Book and Toy Lending Kits, Child Development Programming, Community Garden & Kitchen, Cultural Crafts, Individual and Family Supports, Moms & Tots, Parent Relief, Parenting Workshops, Groups, Special Events.

Pre-postnatal Program: CPNP (Canada Pre postnatal Nutrition Program for pre-postnatal moms, dads, and infants up to 1 year old), Birthing Supports, Community Kitchen, Individual Consultation, Infant Massage Instruction, Nutritional Lunch, Educational Workshops, Fitness Groups, Welcome Gift Basket for pre-postnatal program newborns

The Family Resource Centre will be open to participants of Family programming 1-4:30 every afternoon in IFRC, Adults, Parents, caregivers & children are welcome to attend and participate in these programs. For information please call TIFRC at 613-749-4500 ext 22

Employment Support Program

Counselling and support Job Bank, Resume Writing, Interview Skills, Obtaining funding for Training Programs, Education information, Employment & Training Learning Centre Internet access for email, job searches and employment & learning opportunities. For information please call 613-749-9839

Inuit drop-in

The Family Resource Centre is open Monday - Friday for drop-in services from 9:30 to Noon. Drop in services are available to single adults as well as families.

The Employment Support lab is open Monday - Friday from 8:30 to 4:30 PM daily for services for the community. Occasionally the lab will be closed to accommodate workshops and meetings.

Health Services & Research:

Acupuncture, Blood Pressure checks & treatment, Blood Sugar Screening & treatment, Fetal Heart monitor, Health Assessment & consultations, Herbal Medicine, Infant Weight monitor, Lymphatic Drainage, Adult Weight Monitor, Wellness Checks

Knowledge Translation Project, Pilot CD-ROM of Inuit elder health messages, Project presentations at conferences in Saskatchewan, Australia, the United States, and Russia, Publications in The Canadian Journal of Public Health, and the Canadian Institute of Health Research KT Casebook.

Diabetes Prevention & Awareness Community feasts and activities each month (usually on the 3rd Thursdays of the month), program on diabetes in partnership with service providers locally, provincially and federally.

Hepatitis-C Awareness, Prevention, and Care - A newly acquired program of 2009, Tungasuvvingat

Inuit seeks to provide through the Hepatitis C prevention program a community based support that will result in greater access to education, awareness, prevention, screening and care of Hepatitis C to urban Inuit.

For information please call Connie Siedule at 613-749-4500 ext 26 or email health@ontarioinuit.ca

Counselling Services

Women's Healing Circle, Annual Inuit Women's Retreat, Assists with N#'s for beneficiaries, Legal support, Monthly legal clinic for community members 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.

Weekly food bank services for community members.

Youth Program

Cultural and language activities for junior youth 6-13 and senior youth 13-29. For information please contact Christine Lund at 613-747-2225 ext 14

Mamisarvik Healing Centre

Trauma and Addictions services and Sessional programming for clients. Stabilization assistance and Housing support. Continuing care support.



Tungasuvvingat Inuit

Health Care Services Programs Overview

Throughout TI's 22 years of service devoted to Inuit, the intensifying and complex health challenges faced by community members becomes increasingly apparent each passing year. In response to this need and requests for health care services dedicated solely to the Inuit population, TI established a health program to deliver a number of health services and promotion:

- Primary Care Pilot
- Diabetes Awareness, Prevention, and Care
- Hepatitis-C Awareness and Prevention
- KT Research, Community Engagement and Evaluation



Primary Care Pilot

Tungasuvvingat Inuit currently pilots a number of primary health care services. The goal is to provide enhanced continuity and quality of care, in a culturally appropriate, multidisciplinary environment where

staff are fluent in Inuktitut and/or culturally competent to the particular needs of the Inuit population. 2009 marks this program's 3rd year of pilot. Services include:

- Acupuncture, Complementary Medicine
- Birthing Supports*
- Blood Pressure Screening and Treatment
- Blood Sugar Screening and Treatment
- Fetal Heart Monitor, Inuit Mid-Wifery Consultation*
- Health Services Co-ordination and Referral
- Treatment of Acute and Chronic Pain Conditions
- Wellness Checks and Supports
- Near patient hemoglobin and lipid profile testing will soon be additionally piloted.
- * in partnership with TIFRC's Pre-Postnatal registered nurse and CAPC facilitators

Securing of stable resources to maintain current primary care and enhance services to include physician and nurse practitioner team members is also underway. Services are available to all community members. For more information, or to make an appointment, contact Connie Siedule 613-749-4500 ext 26 or email health@ontarioinuit.ca.



Diabetes Awareness & Prevention, and Care

Tungasuvvingat Inuit offers both health promotion/prevention and primary screening/care for diabetes. The health promotion aspect of the program, in existence for 10 years, has recently (2009) been integrated with the health services program. It is designed to outreach at all levels with components addressing needs locally, regionally, provincially, and nationally. Promotion and care services currently include:

- Mamaqtut - Inuit Healthy Living Cookbook
- Monthly Community Lunch
- Diabetes Web-site
- Presentations on Diabetes Prevention to Urban Inuit
- Inuit Diabetes Network
- Wellness Checks
- Screening, monitoring, referrals, complementary and supportive treatments
- Targeted work with pre-post-natal, child, family, teen, elder, special events, community groups and service organizations.

Funding for this program is scheduled to sunset at the beginning of 2010. Sustainable funding is being sought.

For a comprehensive detail of diabetes health promotion program activities please see the following diabetes prevention and awareness report. For more information, contact Colleen Arngna'naaq at 613-749-4500 ext 21 or email diabetes1@ontarioinuit.ca.



Tungasuvvingat Inuit

From the Diabetes Coordinator

My name is Colleen Arngna'naaq. I am the new Diabetes Coordinator at Tungasuvvingat Inuit.

If you would like to contact me or have any questions, I could be reached at:

Colleen Arngna'naaq
Diabetes Coordinator
Tungasuvvingat Inuit
297 Savard Ave
Ottawa, ON K1L 7S1
Phone: 613 749-4500 ext.21
e-mail: diabetes1@ontarioinuit.ca



Report on activities

June 10-12, 2009 was the national Aboriginal Diabetes Initiative(ADI) MOAUIPP conference. TI hosted the conference along with Victor Tootoo being the facilitator.

It was an honour to have an Elder from each Nation (Inuit, Metis and First Nations) be with us throughout the conference.



Each group from across the country shared knowledge, ideas and experiences

Invited guests were given an Inuit soapstone carving made by local artists'

Lunches were provided that consisted of traditional Inuit foods cooked with modern recipes. There was an evening meal with various entertainers that are Inuit, Metis and First Nations. All who attended were impressed.

July 11, 2009 The Diabetes program contributed to the IFRC Strawberry Picking this year. Despite being late in the strawberry picking season, heavy rains and thunderstorms, a good number of people showed up. Lunch was provided. Games were played and enjoyed by all, both participants and onlookers. Because of being late in the season and wet weather, we were the only people in the field which helped things move smoothly.

During June and July, TI conducted a rapid survey about the need for Inuit specific health centre/services in Ottawa. Over 210 Inuit commu-

nity members were sampled. 97.5% of participants are in support of the establishment. If you or someone you know in the Inuit community were not asked and would like to comment, please contact Colleen Arngna'naaq at 613749-4500 ext.21 or e-mail diabetes1@ontarioinuit.ca

Also during June and July, TI put on a National Aboriginal Day (June 19) & Nunavut Day (July 9) celebrations held here at our Savard Ave. location. More than 200 attended both activities. On National Aboriginal Day, TI board member Rhoda Inukshuk had mced for the event. Inuit traditional foods and barbeque with healthy side dish were served. There were performers, games and door prizes. It was a good turn out and hope to see you all again next year.



Hepatitis-C Awareness, Prevention, and Care

A newly acquired program of 2009, Tungasuvvingat Inuit seeks to provide through the Hepatitis C prevention program a community based support that will result in greater access to education, awareness, prevention, screening and care of Hepatitis C to urban Inuit.



Tungasuvvingat Inuit

Hepatitis-C Awareness, Prevention, and Care Cont...

The program’s primary objectives are:

- Increase awareness of Hepatitis C, risk factors and complications; ways to prevent the disease and related complications among urban Inuit.
- Practice of healthy living & minimize risk of Hepatitis C contraction by promoting Inuit specific healthy practices and awareness.
- Build ownership and community capacity regarding Hepatitis C and its determinants.
- Provide community-based hepatitis-c screening and care

To achieve these objectives, the hepatitis-c program will engage and develop the following activities:

- Inuit Hepatitis-C Resource Tools
- Internal, Local, Regional Partnerships and Linkages
- Hepatitis-C Website
- Healthy Active Living and Nutritional Support Program
- Peer Support Group

From the Coordinator

Hello my name is Julia Kimmaliardjuk and I am the new Hepatitis-C Coordinator for Tungasuvvingat Inuit. I am promoting awareness about Hepatitis-C disease.

Hep-C is an Inuit Health Promotion Program that gives information about Hepatitis-C.

This Program gives you understanding on how to prevent getting the disease.

This program is now held every Wednesday’s at the Inuit Family Resource Centre from 10:00 am to 12:00 pm.

For more information, contact Julia Kimmaliardjuk at 613-749-4500 ext 28 or email hepc@ontarioinuit.ca.

KT Research, Community Engagement and Evaluation

Tungasuvvingat Inuit continues its work at all levels to advocate for and produce Inuit community-based, academically solid KT research, community engagement and evaluation. Projects and activities of 2008-2009 include:

- Acquisition of Our Health Counts (OHC) project. This project will work with the Ontario Ministry of Health and Long Term Care to adapt Ontario’s health information collection system to provide accessible, useful, and culturally relevant urban Inuit population health data to local, small region, provincial and federal

policy makers. This project additionally networks with representatives from provincial aboriginal stakeholders and academics from five different institutions.

- Acquisition of Oral History Archive project. This is a small initiative that seeks to archive the traditional Inuit knowledge of three recognized

Inuit elders. Elder discussions cover maternal and child health, SIDS, infant/child development and nutritional milestones.

- During 2008-2009, Inuit community member engagement and service evaluation was conducted through two Champlain Local Health Integration Network sessions, one OHC, CRICH--St. Michael’s Hospital concept mapping session, and a rapid survey. A total of 341 Inuit community members were consulted.
- Participants consistently identified and detailed an Inuit specific health services unit as a priority solution to health care service barriers. Inuit elders and participants expressed a steadfast commitment to work hard and coordinate efforts to achieve this solution. Resulting services to include those Inuit travelling to Ottawa/Champlain from up north was also strongly identified as a foundational principle of the solution. For more information or to provide input contact Connie Siedule at 613-749-4500 ext 26 or email health@ontarioinuit.ca.





Tungasuvvingat Inuit

Employment and Learning Center

The Employment and Learning Center offers assistance with:

1. Finding financial assistance for secondary education
2. Resume writing
3. Developing cover letters
4. Practice best interviewing techniques



The employment program also assists in the removal of barriers in the road to long term employment success. These barriers may be in the areas of education, childcare, transportation, literacy and lack of skills or experience.

We advertise monthly events in the resource center and provide daily news papers, post employment and training opportunities in the resource center.

Tungasuvvingat Inuit Employment Program is committed to ensuring the recruitment, training, and employment of Inuit in Ontario.

Employment Support Program

iSisters Technology Mentoring Inc., a local Canadian Education Charity serving the Ottawa community, will be offering onsite ICT (Information Communication Technology)



learning opportunities for Inuit women at our centre. This program will focus on employability skills as well as promoting life-long learning. It is aligned to ISTE (International Society for Technology in Education) standards and The Conference Board of Canada's Employability Skills 2000+. iSisters' mandate is to connect women in need with technology through mentoring. All mentors are certified teachers.

To learn more about iSisters Technology Mentoring Inc., please visit their website: www.isisters.org



How can we assist you?

The Employment Program at T.I. can assist you in accessing this funding. Some of the programs available include:

Purchase of Training The most requested assistance is for computer training but Inuit can seek funding for any kind of training. Purpose of this program is to increase the employability of participants by removing barriers to employment.

Targeted Wage Subsidy This is an employer-driven initiative. Financial assistance is provided to an employer to hire unemployed Inuit. Financial assistance is provided with the expectation that employment will continue beyond the contract end date.



Community Computer Lab - hours may vary due to work shops and presentations

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - 12:00	9:00 - 12:00	9:00 - 12:00	9:00 - 12:00	9:00 - 12:00
OPEN LAB	OPEN LAB	OPEN LAB	OPEN LAB	OPEN LAB
1:00 - 4:30	1:00 - 4:30	1:00 - 4:30	1:00 - 4:30	1:00 - 4:30
OPEN LAB	OPEN LAB	OPEN LAB	OPEN LAB	OPEN LAB



Student Summer Employment Program

To promote summer employment for full time student and intends on returning to school on a full time basis in the next academic year.

Job Creation Partnership This program is for Inuit who are collecting Employment Insurance. It provides opportunities for unemployed individuals to maintain and to develop skills in order to re-enter the job market.

Inuit Mobility Assistance

Eligible participants are Inuit that are unemployed or about to become unemployed and have few possibilities of jobs locally. Assistance is provided to defray a portion of the cost based on their financial situation.

If you have any questions please call Barbara Seigny or Joan Cunha at 613-749-9839.

Visit the Employment Opportunities page of TI's web site for current employment openings that are targeted to Inuit.
www.tungasuvvingatinuit.ca



Do you have hours to complete to graduate? Do you want to learn more skills? Volunteer opportunities are available!! Please contact Barbara Seigny at 613-749-9839. Volunteering looks great on your resume!

Inuit Food Bank



Food bank runs every Wednesday from 1:30-4:00. The sign-up sheet is located in the employment and learning centres computer lab area downstairs at 297 Savard Ave. and is available for individuals and families to submit their names beginning at 1:00pm. Moshia will be managing the sign-up and distribution of food.

When distributing the food available, we will prioritize families with small children and elders first. Please identify if you are a family unit or elder with the support workers.

Christmas schedule: The food bank will run as usual during the Christmas holidays.

X-mas Exchange

T.I may be referring people to the Christmas exchange this year. If you are in need of a food hamper and/or toys for your family contact Pamela Kilabuk for more information at 613-747-2225 ext. 12

Community Feast & Gathering!

The community feasts continues to be a regular program with Tungasuvvingat Inuit.

The October feast will be held on the 15th. From Noon to 2 PM. Our Elders will be served first, then individual will be served on a first come first served basis. This is a time for community, sharing, and family enjoyment.

November's feast will be held on November 19th from Noon to 2 PM.

December's feast will be incorporated with the Community Christmas party and will be held on December 18th. Look for further details on this special event in the near future.



***** Reminder *****

The feast is a gathering of families. With respect to each other and to our families we would like to remind people that those who are under the influence of alcohol or substances will not be served and will be asked to leave the facility. **We appreciate your cooperation in making this experience a positive one for all involved.**



IFRC Programs

The pre-post natal program and the CAPC program continues to run four (4) days per week.

Mondays we will be holding a parenting program where parents will have the opportunity to discuss ideas and topics of their choosing.



Tuesdays nutritional lunch, educational workshops - enjoy a nutritional lunch with other expectant mothers, and new moms while educational workshops are given to address some basics of childcare, health and development;

Wednesday's we will be holding sewing classes from noon to 4:00PM.

Thursdays community kitchen - an open opportunity to participate in the creation of a healthy meal, bringing home the knowledge and tools to recreate this;

Fridays infant massage & Blood Pressure and Blood Sugar health check with one on one counselling - learn to massage your baby and understand the benefits your baby gets from this sensory massage; We will also be holding sewing classes from noon to 4:00PM.

Our registered nurse, Mary is available for individual consultations. For more information call Mary Hutton at 749-4500 ext 31 or email prepostnatal@ontarioinuit.ca



Blood pressure, blood sugar checks & referrals, fetal heart monitoring, health assessment & consultations, herbal medicine, infant and adult weight monitoring, lymphatic drainage, and wellness checks are available at the Inuit Family Resource Centre. Call Mary or Eva 749-4500 ext 31, 29 or email prepostnatal@ontarioinuit.ca, familyservices@ontarioinuit.ca for more information, to book an appointment time, or for walk-in clinic hours.



IFRC P CAPC program

The Community Action Program for Children (CAPC) is regularly open five days per week, Monday to Friday. Programs and services offered include supervised access visits, advocating for parents, book and toy lending kits, child development programming, community kitchen, cultural crafts, parent and child reading & craft activities, individual and family supports, moms and tots, parent relief, parenting workshops, groups, and special Saturday events. Call Iga, Eva at 613-749-4500 ext 30, 29 or email familyservices@ontarioinuit.ca.

**Special Events for families
December 5, 2009**

is the date for the annual family Christmas photo's. We will also be celebrating children's day as well as the celebration of life. In celebration of our children we will celebrate "Children's day" with games, music and traditional foods to celebrate our regard for our children. We will also be celebrating the children who were born during 2009 in our celebration of life. Please join us with your family to enjoy these festivities. The activities will begin at noon and are scheduled to end by 4:00PM. The photo sessions will be held on a first come first serve basis. Please check in with Iga or Eva upon your arrival. If you have any questions please call Iga or Eva at IFRC at 613-749-4500 ***Shhh Santa may make an early appearance this year!!!***



Mamisarvik means “A place of healing.”

Giant step for Mamisarvik Healing Centre

Tungasuvvingat Inuit’s Mamisarvik Healing Centre has charged into an exciting new era with its recent move into expanded facilities in Ottawa.



Mamisarvik, the national, Inuit-specific, eight-week, residential, trauma-and-addiction treatment centre, took up new lodgings in April, 2009, in preparation for its May 4 to June 25 treatment cycle, the 20th cycle since it opened in 2003. Now all of Mamisarvik’s services to 15 clients during each cycle are delivered at the same site.



The new surroundings are familiar to many Inuit, after TI purchased the former home of Larga Baffin at 1863 Russell Rd and its neighbouring duplex at 1867 and 1869 Russell Rd., near the Elmvale Acres Shopping Centre. Larga Baffin provides specialized medical services for Nunavut residents and has built a new facility in Ottawa’s West End, at Richmond Road and Ambleside Drive.

The duplex will extend Mamisarvik’s programming significantly by providing second-stage housing for some clients, following the eight-week intensive treatment cycle. Plans call for about 12 people at a time to benefit from this supported living, while residing right next door to the residential treatment centre. This will facilitate a gradual transition back into fully independent living. Women will occupy one side of the duplex and men the other.



Mamisarvik’s Pigiartuk House residence was sold to the John Howard Society, which serves men involved in the justice system. Funds from the sale helped to finance renovations at the new Russell Road location.

Mamisarvik guides Inuit men and women 18 years and older to healthier lifestyles by helping them overcome dependency on drugs and alcohol and by nurturing recovery

from trauma; including physical, sexual and emotional abuse. The holistic program assists Inuit (both nationally and locally) in a culturally and linguistically appropriate setting. It also focuses on the devastating legacy of cultural oppression, such as residential schools, forced relocation, and sled-dog slaughter, in a safe, caring and confidential environment.

A continuing-care therapy group for those who have attended treatment programs has been running since December of 2008, every Tuesday from 2 p.m. to 4 p.m. at TI’s site at 301 Savard Ave., off Montreal Road in Vanier.

Mamisarvik means “A place of healing.”

If you are feeling sick and tired of feeling sick and tired because of issues arising from trauma and addiction, Mamisarvik Healing Centre can help you transform your life.



Mamisarvik means “A place of healing.”

Mamisarvik believes in a flexible, bio-psycho-social model of treatment in which individuals can and will become responsible for their own recovery. Abstinence is required during the eight-week treatment cycle and harm reduction is an option in continuing care following it.

A complete course of intensive treatment, followed by continuing care, may span two to three years, depending on individual needs. The Mamisarvik staff is guided by treatment coordinator Reepa Evic-Carleton and has grown steadily to 18 dedicated workers (80 per cent of them Inuit), who are there to walk with the individual throughout the personal healing process.



If you want to set new goals and make the changes necessary to reach them, Mamisarvik offers eight-week residential- and day-treatment programs and is bringing on-stream second-stage housing following intensive treatment, for those seeking a gradual transition back to fully independent living.



Twenty-four-hour residential supervision is provided by staff sensitive to the needs of recovering people.

Clients learn to love themselves and create unforgettable lifetime bonds with others through group and individual therapy.

The entry process begins with screening and the completion of the application package to collect information on clients’ immediate needs. Then a professional, comprehensive, standardized assessment provides more detailed information on client needs, characteristics, goals and problems.

The assessment forms the basis for an initial treatment plan, which focuses on client strengths and identifies barriers and readiness for change. Some clients may require individual counselling alone.

Case management begins with individual counselling sessions to prepare the foundation for the eight-week intensive residential and day programs.

Group therapy and individual counselling are the main engines of the intensive treatment programs and are provided in both Inuktitut and English by an experienced, committed, non-judgmental staff.



Also featured during intensive treatment are the assigning of a primary worker for each client, the involvement of elders, powerful Inuit history, a three-day therapeutic wilderness retreat at beautiful Gracefield, Que., on the Trans-Canada Trail, and a full-time cook providing nutritious meals that include Inuit country food, such as caribou and Arctic Char. Primary workers provide case-management services, individual counselling and help implement continuing-care plans.

Trauma-and-addiction therapy, assertiveness training, and art therapy are other important elements of treatment. Therapeutic cultural, recreational, self-support and life-skills activities are scheduled in the community during evenings and weekends. There is always plenty of fun and laughter accompanying the healing work.



Mamisarvik means “A place of healing.”

Individual continuing-care plans (which include relapse prevention) are developed during intensive treatment to help clients build the capacity to continually expand the development of healthier lifestyles.



That development is then further enhanced and supported by on-going, individual and group counselling sessions facilitated by a continuing-care counsellor, following the completion of intensive treatment.

Mamisarvik staff members also specialize in the areas of stabilization, community support, housing and Ontario Works. Family and couples counselling are available.

Mamisarvik offers four intensive, eight-week, treatment cycles each year and has served more than 400 Inuit in a wide variety of ways.

A telephone call to intake worker Christina Sammurtok-Best at 613-563-3546, ext. 0, or an e-mail to her at entry@ontarioinuit.ca is all it takes to launch your healing journey at any time.

Logo Contest!!!

We are looking for submissions for our logo contest. The contest is open to all individuals.

-Your design must be related to Mamisarvik Healing Center, Inuit and Inuit culture.

-All entries become the property of Mamisarvik Healing Center.

-Entries must be received by November 1st, 2009 at 5:00PM

Drop off your entry or mail you entry to:

Mamisarvik Healing Center
 Attention: Christina Best
 1836 Russell Rd.
 Ottawa, ON K1G 0N1
 or
 Tungasuvvingat Inuit
 Attention: Christina Best
 301 Savard Avenue
 Ottawa, ON K1L 7S1

The prize is a gift certificate from Loblaw's for \$100.00 and recognition for logo and pending prizes with prizes with logo crest on various items.

Unveiling of the new logo along with an open house of MHC is planned following the selection of the contest winner.

On January 31, 2009 TI closed the purchase of 1863, 1867-69 Russell road from Larga Baffin. Funding in the amount of \$1,010,000 was received from the City of Ottawa through the Federal Homelessness Initiative towards the purchase of the property.

Additional funds were needed to complete the purchase and undertake renovations in both buildings so Pigiavik House on 234 Lebreton Avenue was sold to the John Howard Society.

Renovations have occurred during the summer and fall of 2009 at Russell Road. Both the treatment services and the residence for participants is located at 1863 Russell road. The duplex at 1867-69 Russell Road will provide second stage supportive housing for Inuit who are in recovery from alcohol, drug abuse and trauma. There are ten bedrooms with separate sides of the building for men and women.

This new building will enhance the already successful program being offered by the Mamisarvik staff and TI is excited to now offer second stage housing to help those who need a safe place to stay while they continue on their healing journey. Additional information on the residence and admission criteria can be received from the staff at Russell Road.



Community Support Program

The Community Support Program is located on the main floor of 301 Savard Ave. The Community Support Program workers are there to help you! Our community support workers are Hannah Oolayou and Pam Kilabuk. They can provide supportive counseling, crisis intervention and advocacy services. The program offers support and referral to housing, legal, medical and social services.

Did you know we can help you with many things? If you need help with any of the following, call us at 613-747-2225 and/or come and see us.



- Assists Inuit adjusting to life in southern, urban environments.
- Housing support services
- Referrals for community services, health, employment, legal services
- Support /advocacy with financial assistance, CAS, social services

- Legal support: legal aid/ courtroom support
- Support to obtain medical services



- Facilitates access to non-insured health benefits
- Assistance to replace or obtain identification and health cards
- Housing support, advocacy and referral to shelters
- Referrals for addiction treatment and other community resources
- Short-term counseling and crisis intervention
- Inuit women’s healing circles
- Provides language interpretation services to clients



Do you need help to get your N# (Non insured health benefits number) or your membership for beneficiaries (Nunavut, Nunatsiavut) or are you completing community-service hours and would like some help? We can help you with that too, call us at 613-747-2225 or visit us at 301 Savard Ave.



Community Christmas Party

Date of the event:
December 18, 2009
Start time of event: 12-4:00pm
Place: Library & Archives Canada Auditorium/Foyer
395 Wellington Street
Celebration includes: Prizes and entertainment, games, Country food & contemporary food.

In Partnership
with Tungasuvvingat
Inuit Family Resource
Centre, Minwaashin Lodge
and the Children's Aid
Society of Ottawa we are
seeking Inuit Foster and
Adoptive Families.

**Become
a Foster and/or
an Adoptive Family**

Monday November 9, 2009
At 6:30 to 7:30pm
424 Catherine Street 2nd Floor



Share your
thoughts and ask
your questions about
short/long term kinship
fostering and/or adoption.
**Out Inuit children/youth
need your help.**

For more information
contact
André Fontaine
(613) 742-1620
or
Elaine Kicknosway
(613) 741-5590 ext. 234





Tungasuvvingat Inuit

Inuit Community Annual Christmas Celebration



This years annual Community Christmas Party will be held on December 18, 2009 from 12-4:00pm at the Library & Archives Canada 395 Wellington Street

This years celebration will include a visit from Santa. Santa will be giving out presents to young children attending the celebration. Please note the presents will ONLY be given to the children.

Activities planned for the celebration include many fun games, Prizes and entertainment.

We will also be serving a full community feast at the celebration.

The feast will include both Country food & contemporary food.



Inuktitut language materials

Under the Aboriginal Languages Initiative TI, in partnership with Tamalik was able to develop several new Inuktitut language materials that will soon be available for distribution. Some of the educational materials developed including: a book series with interactive audio, puzzles, two board games, and an Inuktitut language music video by/with youth.



The materials which you can soon look forward to trying include: A board game called “Scrabalics”, A board game called “Aatuvaami”, a series of three puzzles for younger children and a youth/adult puzzle of the syllabics chart. In addition there is a flash card set, a series of booklets based on elders teaching - Qaapik’s teachings, Singuuriq’s life, Qulliq, Tupiq amma Ulu and Miqsumniq amma Sananiq. Finally there is a health and wellness poster created with Yoga poses as interpreted by Singuuriq.

TI’s Holiday season schedule



In support of our community during the holiday season, TI will be open for community members to gather, and enjoy access to the computer lab, games, movies and traditional foods daily from 1PM to 4PM.

Location: 297 Savard Avenue - access through the Employment and Learning Centre - computer lab.

The centre will be open on December 21nd, 22nd, 23rd, and 24th, 28th, 29th, 30th and 31st.

Regular Programs and community support services resume on January 4th.





Tungasuvvingat Inuit

Inuit youth programs and activities

**Inuit youth programs -
Winnipeg, Edmonton,
Yellowknife & St. John’s**

Tungasuvvingat Inuit has initiated programs in several urban centres this fiscal year. With funding from Canadian Heritage for youth programming, this was the first opportunity to deliver programming nationally through our urban network.

In partnership with urban centres in Yellowknife, Winnipeg, Edmonton and St. John’s a pilot youth project is being offered in these respective urban centres.

The resulting programs have been very well received by the communities with participation in the youth program exceeding expectations. This first step in providing programming for our fellow Inuit shows us there is a need for continued work and growth within the urban centres. TI will continue to work towards building community capacity and will continue to seek out funding opportunities to provide support.

Urban community partner web site links:

www.edmontoninuit.ca

www.manitobainuit.ca

www.friendshipcentre.nf.net

**Inuit youth programs fall
and winter schedule**

Tungasuvvingat Inuit’s youth program fall and winter schedule will include after-school programming and support as well as activities for youth during educational PA days. If you would like your youth (6-13) and (14-29) to participate in programs and services please contact our youth coordinator at 613-747-2225 ext 18

A complete schedule of activities will be posted to Tungasuvvingat Inuit’s web site for both junior youth and for senior youth. Take a peek at our activities - all Inuit youth are welcome!





Tungasuvvingat Inuit



**TIM HORTON
CHILDREN'S
FOUNDATION**

Where kids discover their best.

Fall and Winter camp for youth ages 8-18

Tungasuvvingat Inuit has been successful in partnering with the Tim Hortons childrens foundation and are pleased to announce the opportunity of youth participation in a youth fall camp and in a youth winter camp!

FALL CAMP

The Fall camp will take place from Friday November 13th to Sunday November 15th.

The youth will gather for the camp on Friday November 13th at Savard at Noon and will be returning on Sunday November 15th in the evening.

Registration forms are now available! This fall camp is limited to the first 30 youth to sign up.

This opportunity is timed with the closure of schools for a PD day so if you are looking for activities for your youth to do sign them up for this exciting experience!

The camp is open to all Inuit youth between the ages of 8 - 18. Activities will be planned and carried out with groups created to best support the youth in providing a positive interactive experience with talented facilitators with the Tim Hortan Children's Foundation.

There will be no costs for individuals attending this camp - it is free!!!

During this exciting experience youth will have the opportunity to develop positive life skills and take part in positive social interactions. While living in very comfortable facilities, youth will have the chance to try a variety of new activities, meet new friends and have fun in a breathtaking natural environment. Opportunities to take part in include: snowshoeing, skating/hockey, kick sledding, curling, tobogganing and group games. They will also enjoy activities in the sports and recreation centre, including basketball,

floor hockey, soccer, badminton, dodge ball and many other games as inspired by the youth. Along with these activities we will also be introducing some cultural activities and Inuktitut language games.

All activities will be facilitated by experienced workers from the Tim Hortons Children's foundation as well as staff from Tungasuvvingat Inuit.

WINTER CAMP

The Fall camp will take place from Friday February 19th to Sunday February 21st.

The youth will gather for the camp on Friday February 19th at 3:30 PM and will be returning on Sunday February 21st in the evening.

Please call or email to sign up your youth for this opportunity or for more information contact Tungasuvvingat Inuit youth workers - Sue Qitsualik or Oo Aqpik – 613-747-2225 ext 18 or youthcoordinator@ontarioinuit.ca

