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Qujannamiik - Thank you!

Introduction

The *Inuit Well-Being: Support for Inuit and their Families Affected by Gender-Based Violence Project* is intended to address the disproportionate rate of gender-based violence in the Ottawa Inuit community. Over the course of this 5-year project, the GBV team will work with Inuuqatigiit partners, clients and staff to document, validate and evaluate the Inuit-Specific Wrap-Around Model of Service Delivery.



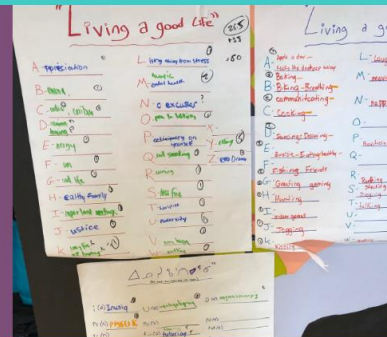
Some of the outcomes and positive effects of engaging youth in the project include:

- Youth **empowerment**
- Giving power to youth **voices**
- Learning** new skills
- Building** friendships
- Becoming a generation of **resilient** youth
- Gaining knowledge on **healthy relations**
- Gaining **confidence**
- Sharing** youth perspectives

For optimal expertise, advice and ongoing knowledge, the GBV team has worked in close partnership with Inuuqatigiit's Youth Life Promotion Program to engage all youth in starting the conversation on topics such as: gender-based violence, local resources for youth and overall well-being.

How does it work?

Youth engaged in an "Inuuqatigiit - how does it work?" hands-on activity and identified internal programs, external partners and guiding principles. We spoke about the gaps, and challenges that Inuit youth face when accessing services in Ottawa.



Food, Games and Prizes!

Each session was held in partnership with the Inuuqatigiit YLP program. All youth who participated were given buss tickets, a healthy meal, and plenty of opportunities to win gift cards!!!



"Living a good life"

Youth involved in the activity identified the many meanings to "living a good life" and thought about ways in which we enhance our ability to appreciate & enjoy life.



We want to hear from YOU(th)!

Youth voices has been an integral part of the Inuit Well-Being Project because young people need to have their voices heard and have a say in the decision-making processes that intends to address the complex and interconnected issues, challenges, and concerns that affect young Inuit living in Ottawa in their everyday lives.





Living a Good Life

How do you live a good life ???



Eating Yummy Food

Fruits, Caribou, Fish, Vegetables...



Create Healthy Connections

Appreciate positive relationships, close family connections, community interactions, and connect with animals and land!



Laugh, Take care of yourself!

Quit smoking, laugh with others, take care of your mental health.



Get Involved

Participate in local youth programs, seek professional services (Mental health, doctors, OW workers...), volunteer!



Life Long Learning

Learning is a life long process, stay in school! Check out post-secondary opportunities.

Mindfulness and Mood Shifting

What to do when you are feeling homesick, depressed, anxious, or overwhelmed with negative thoughts?

Here are some suggestions from our youth:

Remember

1. Don't forget to breathe!
2. Talk to others about how you are feeling.
3. Cook and eat a healthy meal!

Stop thinking, calm your mind! Try these:



Gaming



Listen to music, dance, sing...



Movies



Take a nap!



Drawing



Read a book

Help reduce stress and improve energy by:

- Having fun with friends
- Quit Smoking!
- Swimming, Kick boxing, Running, Jogging
- Fishing, Hunting, and other on land activities
- Laugh and joke with others!

In our language:

Inuktitut - English:

Inusiq - Life



Uqaluqatiginiq

Talking to one-another



Pissuk

Walking



Tuktulianiq / Tuktulianiq

To Hunt Caribou



Mumiriatq & Tuhangnaaq

To Dance and Listen to Music!

Resources for Inuit Youth in Ottawa

All resources have been identified by Youth living in Ottawa during one of our engagement sessions!

Need Support Now?



1 Hope For Wellness 1-855-242-3310

It is available 24 hours a day, 7 days a week to offer: counselling & crisis intervention
** Inuktitut Counselors Available!!! **



2 YSB Walk-In Counselling

Hours: Tuesdays and Thursdays, 12 noon to 8 pm (last session is at 6 pm).
Address: 2301 Carling Avenue
** 24/7 Crisis Line: (613)-260-2360**



3 Online Chats / Text

- hopeforwellness.ca
- chat.ysb.ca
- Text CONNECT to **686868**

01 Inuit Specific

- Inuuqatigiit
- Tungasuvvingat Inuit
- Let your Voice be Heard Conference
- Hope for Wellness Help Line (1-855-242-3310)
- Akausivik Health Clinic

02 Pan-Aboriginal

- Wabano
- Minwaashin Lodge
- Circle of Care (For those involved with CAS)
- Odawa Native Friendship Centre (There's a gym!)

03 Financial

- Jumpstart
- I love to... Programs
- Ontario Works
- Ottawa Community Housing
- Public Health Nurses

04 Education

- Urban Aboriginal
- OCDSB / OCSB school support
- College and University
- Nunavut Sivuniksavut

For a full list of resources and Inuuqatigiit programs, please contact the Intake worker (Intake@Inuuqatigiit.ca)

Creating Safe Spaces



YOUTH PROGRAMS AT INUUQATIGIIT!

Inuit youth (13-24 years of age) connect together in a safe space six days a week! The programs are holistic and are delivered with an Inuit perspective that are rich in culture, language and traditions.

The program includes school support, homework help, employment readiness, life skill, special guests and offsite field trips!

"The program is shaping me into the Inuk I want to be, providing me with food and great service. This program has the potential to give youth a life they can't buy themselves"

-Youth



**Did you
KNOW?**

27%

Of Inuit living in Canada

Live outside Inuit Nunangat - Inuit Homeland

51%

Of Inuit living in Canada

Are under the age of 25!

over 15

Inuktitut Dialects

Can be found across Inuit Nunangat and are written in Inuktitut syllabic.

Piliriqatigiingniq

“Working together for a common cause”

Understanding Inuuqatigiit's Inuit Specific Wrap-Around Model of Service Delivery

What is a wrap-around model?

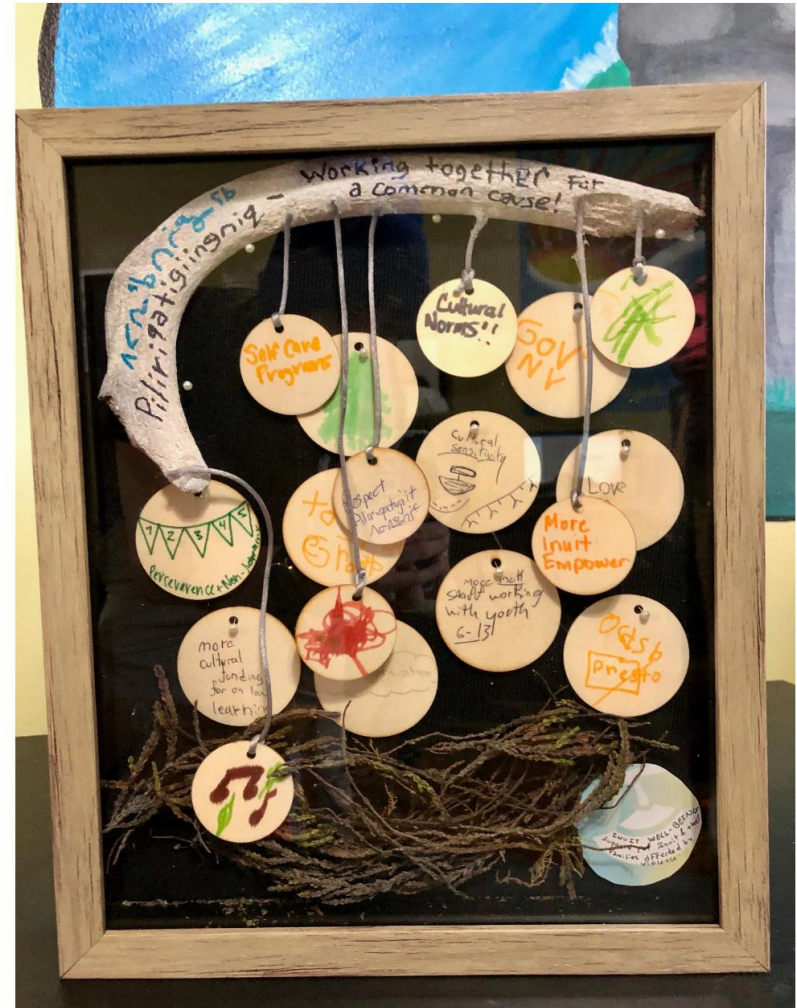
- ✓ A wrap-around model works with local services to help Inuit families, children and youth with diverse needs find support and work towards a better life.

Gaps in services

- ✓ More On-The Land Learning Opportunities
- ✓ Two-Spirit / Queer Youth Programs
- ✓ Access to transportation for all services
- ✓ Space for Inuit empowerment, employment, and mentorship
- ✓ Self-Care Programming!

First GBV Youth Engagement Session:

Youth Voices - What is needed to work together for a common cause?!





Youth Centre (Ages 13-24)

● 76 Queen Mary Street, Ottawa, ON ●

Contact: (613)746-5400



Inuuqatigiit's GBV Project is funded by: Women and Gender Equality Canada