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Inuuqatigiit

Centre for Inuit Children, Youth and Families

ANNUAL REPORT  
2021-2022



Pijitsirniq:  
Serving and  
providing  
for family  
and/or  
community

**Strong** Culture  
Families  
Communities



# Societal Values

ᐊᐳᖅᓂᐱᖅ | Aajiiqatigiinniq

Decision making through discussion and consensus.

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Avatittinnik Kamatsiarniq

Respect and care for the land, animals and the environment.

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Piliriqatigiingniq/Ikajuqtigiinniq

Working together for a common cause.

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ᐃᓂᖅᓂᐱᓕᓕᓂᖅ | Inuuqatigiitsiarniq

Respecting others, relationships and caring for people.

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ᐱᓕᓕᓂᖅ | Pijitsirniq

Serving and providing for family and/or community.

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Pilimmaksarniq /Pijarriuqsarniq

Development of skills through observation, mentoring, practice, and effort.

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ᖅᓂᓂᖅᓂᖅ | Qanuqtuurniq

Being innovative and resourceful.

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Fostering good spirit by being open, welcoming and inclusive.

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## Inuuqatigiit Centre for Inuit Children, Youth and Families

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(2021-2022)

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President



Executive Director

The year 2021/2022 proved to be a time for adaptation on a global scale; we went from reactionary mode with the onset of the COVID-19 Pandemic to adaptation mode. Adapting to the COVID-19 virus and adjusting our lives around the virus. Our community remained resilient and stayed connected during those trying times.

Our social value of Pijitsirniq, serving and providing for family and/or community is one of the five values that guides the Centre. Our unique wrap around supports ensures that we support the entire family unit. We know that serving a child means serving the entire family.

Another important value for Inuit is Ilagiiit. It translates as being part of a family that goes beyond father, mother, and children, and includes the extended family. Family gives us a sense of dignity, a sense of belonging, right from birth. In Inuk and Indigenous cultures, family units go beyond the traditional nuclear family, living together in one house. Families are extensive networks of strong, connective kinship, which are often entire communities. That is what Inuuqatigiit Centre offers – a community to Urban Inuit.

Highlights of the 2021/2022 is the advocacy and partnerships that have been built to bridge the gaps that many of us Inuit face in today's society; gaps in the education system, gaps in child welfare system, gaps in accessing mental health.

Inuuqatigiit Centre created an Education Department to supply the demand for increased supports available to Inuit that are accessing education in Ottawa and surrounding area. The Education department provides group and individualized wrap-around supports to ensure that every participant gets the support they require to be successful as they pursue their education.

Inuuqatigiit Centre for the first time in its history, has three Inuk women filling the positions of Directors. Heather Ochalski as Early Years Director, Kendra Tagoona as Director of Programs, and Stephanie Mikki Adams as the Executive Director.

We would like to acknowledge the significant contributions of our partners, sponsors, and funders. It is through your continued support and collaboration that we are able to continue to provide a safe space to provide culturally specific programs and services for our ever-growing Inuit community here in Ottawa and Ontario.

We want to thank our community members, board of directors, the management team, our dedicated employees and volunteers for their commitment, dedication, and time to our Inuit community, qujannamiik.

Stephanie Mikki Adams, CAFM  
Executive Director

Alyssa Flaherty Spence  
President, Board of Directors

# EARLY YEARS PROGRAMS

## PIJITSIRNIQ:

Serving and providing for family and/or community

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### EARLY YEARS PROGRAMS

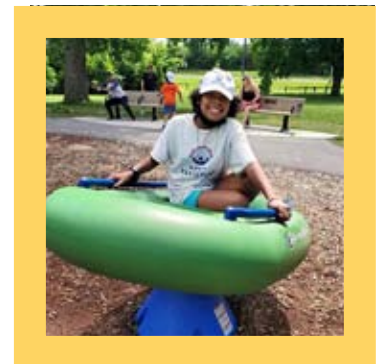
For the first time since 2019, families gathered together to celebrate our proud Early Years graduates, with fifty children and parents observing Covid-cautious protocols in-person at 230 and 224 McArthur Avenue. A visit from Little Ray's Nature Centre made the milestone even more memorable.

Not all is back to normal, as Inuuqatigiit Centre continues to do its part to keep everyone as safe as possible during the ongoing pandemic. No field trips have been organized since Early Years services re-opened in June 2020.

Fun was not on hiatus, however, as children enjoyed Halloween costume parties with treat bags (even our Early Years staff donned disguises). Each child received a special gift just for them at Christmas time – a festive tradition courtesy of DNT Transportation, which provides services to the Early Years Programs on McArthur.

Inuit view children as unique gifts to a community. Inuuqatigiit Centres Early Year's programs is committed to supporting young Inuit children's learning, development, health, and well-being in a loving, caring, holistic and cultural context that promotes the preservation of the Inuktitut language.

Our Early Years programs are guided by Inuit Qaujimajatuqangit (Inuit traditional knowledge) as well as by the provincial learning resource *How Does Learning Happen. Ontario's Pedagogy for the Early Years and the Aboriginal Head Start in Urban and Northern Communities Initiative*. Our program statement emphasizes Belonging, Well-Being, Engagement and Expression. We subscribe to the philosophy that children, family members and educators are competent, capable, curious, and rich in potential.



The support children receive on their learning journey does not end at the brick walls of our buildings. Our programs also are guided by our Parent Council, which advises Inuuqatigiit Centre on various program components including Year End Celebrations, the Back to School BBQ, parental and elder involvement, and cultural needs.

# 3 EARLY YEARS PROGRAMS

## Kindergarten

The Kindergarten Program ran at full capacity this year with eighteen students. In partnership with the Ottawa-Carleton District School Board, Inuuqatigiit Centres Kindergarten Program allows children to attend school in a familiar environment that celebrates Inuit culture while meeting provincial curriculum guidelines. The program is unique in the province by offering instruction in Inuktitut, French and English.

## Sivummut Headstart

The Sivummut Head Start Program is part of the national Aboriginal Head Start initiative funded by the Public Health Agency of Canada. Children aged 18 months to six years attend this culturally rich half-day program that focuses on the six Aboriginal Head Start components: Education, Nutrition, Parental/Guardian Involvement, Culture and Language, Health Promotion and Social Support. The program follows IQ Principles and *How does Learning Happen*.



Head Start Capacity is: eight Morning Preschool Children; five Morning Toddler children; eight Afternoon Head Start children; and 8 Kindergarten children.

We provide children with the opportunity to engage in cultural activities, such as Cultural Circles, Inuktitut Words of the week, Drumming, Throat Singing, etc. These opportunities make this a unique and enjoyable program where young children can thrive in their culture.



Sivummut Headstart children proclaimed their pride in their culture alongside staff last fall as they paraded up and down Vanier in their orange shirts in honour of the inaugural National Truth and Reconciliation Day. The spectacle earned the group honks and waves from their neighbours in the community.

## Tumiralaat Childcare Centre

Tumiralaat Child Care Centre is a full-day, year-round licensed childcare program through which educators provide an enriched learning environment based on the IQ Principles and Ontario's early years pedagogy, How Does Learning Happen. Instruction is in Inuktitut and English and Inuit culture is woven into play-based activities using cultural materials.

We have capacity for 10 Toddler Children, eight Preschool Children and 10 Kindergarten Children. The Tumiralaat Childcare Program ran at maximum enrolment this past year.



## Pirurviapik Childcare Centre

Pirurviapik means "a place to grow." Its goal is to provide high-quality, culturally rich programming to Inuit infants, toddlers, and preschoolers to equip them with the skills and confidence to succeed in school.

Canada's Truth and Reconciliation Commission, in its calls to action, said Indigenous children urgently need culturally relevant early child education and childcare programs.

Having an Inuit-specific childcare centre in an urban setting is especially important to families who are coming down from up north.

To ensure that our children are still connected to our Inuit culture and traditions and still being brought up with our IQ values and principles.



# 5 EARLY YEARS PROGRAMS

The recent expansion for our childcare services is in the final stages of renovations and is expected to open up in the Fall of 2022.

## Kativvik Ilagiinut EarlyOn Program

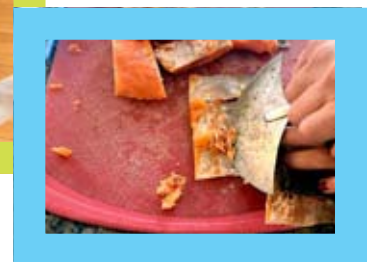
Kativvik Ilagiinut EarlyON program serves Inuit children aged 0-6 and their families living in Ottawa and Ontario. During 2021-2022, we opened a wealth of online and in-person cultural activities at Kativvik Ilagiinut, including:

**Language Nest:** Inuuqatigiit Centre hosted the Language Nest project. The EarlyOn team worked closely with the Early Years team and invited families and their young children to participate. Inuktitut is the predominant language during this programming.

**On the Land Program:** Inuuqatigiit Centre invited an Inuit elder to participate in our activities and share their life experience and knowledge of Inuit traditional culture with parents and children. Gaining experience from Elders is one of the traditional ways families acquire life skills.

**IQ Principles:** We developed and shared posters on our social media frequently and reviewed our IQ Principles as a community. We ensured that all our activities follow the IQ Principles.

**Music and Movement:** This program is a combination of traditional Inuit children's song and instruments (such as Inuit drum) along with early childhood rhythm and movement. During the activity, children can learn Inuktitut, as well as traditional music and songs.



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**Pre- and Post-natal Programs:** The EarlyOn team organized parent workshops, infant massage, and assisted clients with baby bundle and Identification applications with the Ministry.

**Nutrition and Parenting Support Services:** The EarlyOn Centre held Breakfast Drop-ins and provided clients with nutritious breakfasts. Also held were Play Drop-ins where children and their parents were provided with a safe, toy-rich play space suitable for physical and cognitive development.

**Online Activities:** Activities on the Internet were held during the pandemic, such as storytelling in Inuktitut and singing Inuit children's songs. A monthly newsletter was also developed that included Inuktitut Word of the Day.



Each of these activities was grounded in Inuit traditional culture, which includes sharing country food with parents and children. IQ principles were incorporated throughout each of the activities. We also invited Elders to join the program to provide children and young people with more opportunities to participate in traditional Inuit culture.

Kativvik Ilagiinut works closely with other departments within Inuuqatigiit Centre to serve our clients. For instance, we delivered country food to our families with young children and clients with the Family Well-being Program. We distributed gifts and food to our clients on Christmas, Thanksgiving, and Inuit Day.

Some exciting activities for the future include continuing to provide quality and culturally rich services in addition to various new activities, such as trips to museums in Ottawa, visits from Ottawa Public Health professionals, and representatives from other Inuit organizations.

# 7 EARLY YEARS PROGRAMS

## Inuit Early Childhood Education Projects

### IELCC-QIP PHASE 1:

#### Living Inuit Qaujimajatuqangit in Inuit ELCC Practice

With funding from Employment and Social Development Canada (ESDC) Indigenous Early Learning and Childcare Quality Improvement Programs (IELCC-QIP), Inuuqatigiit Centre's cultural educators partnered with knowledge keepers and Elders to discuss and explore the eight IQ Principles within an Early Years context. From those sessions, an IQ Principles Pedagogical Curriculum Manual was created. This manual is used in curriculum planning for the children participating in our programs.

As part of this project, a knowledge exchange took place in which six of Inuuqatigiit Centre's teachers travelled to Nunavut to share knowledge and learn about how language and cultural programs were being implemented in Early Years childcare centres. This valuable experience brought a renewed commitment to the preservation of language and culture at Inuuqatigiit Centre.

We were honoured to have three educators from Pond Inlet's Pirurvik Preschool join us, as well. Pirurvik is a leader in early learning in the north and has received many awards for their forward-thinking programs and what they bring to the children, including the prestigious Governor General's Award,

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• Overview from the Elders	• Words
• Examples from practice	• Living the principles of the centre
• Discussion notes	• Children's engagements
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2 Avattinnik Kamatlanniq Respect and care for the land, animals and the environment p11	6 Filimkanniq Development of skills through observation, mentoring, practice, and effort p43
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conferred this past spring. The Elders brought diverse knowledge about methods for educating Inuit children, literacy strategies and cultural practices. We look forward to our next exchange, as we believe this relationship is paramount to maintaining sustainability throughout our programs.

The IQ Curriculum Module is available to all early years educators and may be found on our website.

## **IELCC-QIP PHASE 2:**

### **Journey to Inuit Qaujimaqatigangit Pedagogy at Inuuqatigiikunni**

In this phase of Indigenous Early Learning and Child Care Quality Improvement, we formed a relationship with Algonquin College for our Cultural Teachers to embark on their formal studies toward becoming Registered Early Childhood Educators. Our teachers have been given the opportunity to study on a part-time basis within the full-time program.

The teachers work three days each week and study two days each week. They will achieve their Early Childhood Educator Diploma over a four-year period. This project also documents how the eight IQ Principles are embodied at the Centre and how the curriculum modules are being planned, implemented, and measured by our teachers.

Inuuqatigiit Centre has contracted an Academic Consultant to identify and document how the IQ Principles are being lived and practiced and to identify and document Inuktitut language acquisition in the early years. Once the project is completed, a report and booklet will be created for educators to reference in their practice.

A framework is also being developed for Inuktitut first words as part of this project that will complement funding received from Canadian Heritage for the development of age-appropriate language and cultural acquisition at our Centre.

## **LANGUAGE & CULTURE:**

### **Iliqatigiiktut Learning Together**

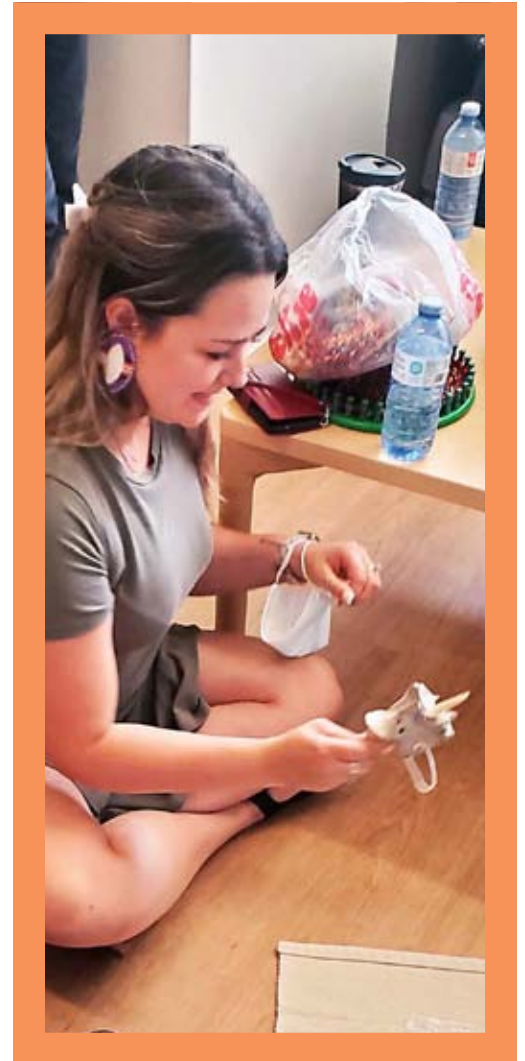
This project provided four separate activities which support Language and Culture at Inuuqatigiit Centre.

The Language Nest delivered 80 hours of Inuktitut instruction and language activities to thirteen participants over a 6-month period.

Inuuqatigiit Centre hosted an Inuit Day where we enjoyed a full day of virtual Inuit activities including throat signing, Inuksuk building, seal butchering, Inuit games and contests for traditional clothing, visual arts, and soap carving.

A total of 384 hours of Language Coaching was delivered to 12 Inuuqatigiit staff members at varying levels of Inuktitut skill. Staff received training every Friday and were immediately able to implement the new language learned into their programs the following week.

A Language Booklet was created with various language and culture activities that can easily be accessed through the booklet. It is available to all Inuuqatigiit staff as well as on our website for others to use.



### **Canadian Heritage, Language & Culture:**

#### **Expanding Culture and Language Competency and Resources at Inuuqatigiit Centre.**

Inuuqatigiit Centre received funding for a new project that will adapt Algonquin College's (AC) Early Childhood Education (ECE) lessons into Inuit pedagogy; produce Inuit-specific early childhood education materials; and research age-appropriate sounds and words in Inuktitut to continue to build our library of sounds and words that may be used for educational purposes in the Early Childhood Education setting.

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# YOUTH PROGRAMS

## PIJITSIRNIQ:

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### Youth Programs

#### Tukimut Afterschool Program

The Tukimut Afterschool Program provides a culturally specific, strength-based program for Inuit youth aged 6-12 years. Funded by Child's First Initiative and the Ministry of Heritage, Sport, Tourism, Culture and Industries, the Tukimut Afterschool Program supports ninety children each month. From across the City of Ottawa as well as children visiting the south for medical purposes. The program runs Monday to Friday from 3:30pm to 7pm, and provides transportation, nutritious snacks, and dinner each evening.

The Tukimut Afterschool Program has a primary focus on cultural programming and Inuktitut. The children also take part in physical activity, art, field trips, and homework support. Activities included Inuit games, drumming, carving, trying traditional foods, a wide variety of sports, Inuktitut-speaking, printmaking, and more.



# 11 YOUTH PROGRAMS

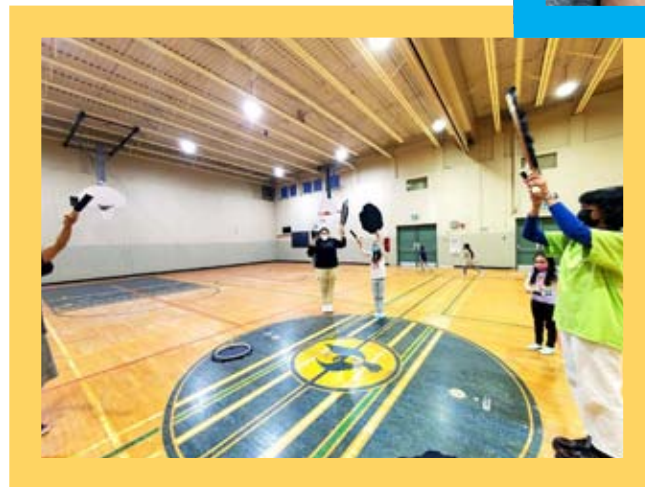
The Centre worked closely with Let's Talk Science, ACTUA, SAW, DNT, Ottawa School of Art, and the City of Ottawa to enrich our program each evening. Our team offered virtual programming during in-person closures, which included bringing in some of our external partners to deliver fun and engaging virtual programs for our children.

Inuuqatigiit Centre is grateful for the support that has been received from all our external partners. With their continued support throughout the pandemic, our team has been able to keep our youth engaged and excited about attending the Tukimut program.

***My child looks forward to coming to Tukimut every week. Even when Tukimut was closed, the team kept my child engaged with the online programming. Keep up the magnificent work Tukimut – Parent***

***“I moved to Ottawa and had no idea of programs. Seeing the kids have a personal connection and excited to learn about culture, and having an opportunity for space and cultural programming, this is all very encouraging” – Parent***

***“Tukimut is its own little community within a big, spread-out city. Having a space where youth can gather safely and have their culture and Elders present...this helps them be proud and builds identity.” – Youth Worker***



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*“Children who have attended Tukimut tend to be more socially involved within the community than those who have not. Graduates of the program often return to work at Tukimut, visit or volunteer, which reflects positively on the lasting social impacts of the program.” – External Partner*



## Youth Life Promotions

Teens also enjoy cultural activities after the final school bell rings. When children graduate from the Tukimut program, they transition to Youth Life Promotions (YLP), an afterschool program designed for Inuit youth aged 13-24.

The program operates Monday to Friday from 3:30pm to 6pm and provides an opportunity for our youth to stay connected to community. Participants in the YLP enjoy a nutritional meal, snacks, and transportation to and from the program each evening. The program offers youth homework support, drop-in activities, cultural programming, one-to-one counselling, field trips, guest speakers, and monthly workshops. YLP is funded by the Ministry of Health, which is actively involved in providing a safe and meaningful experience for our youth

This past year, our team recognized the importance of providing small youth gatherings with food and the opportunity to socialize. Internal staff are connecting their youth on a more frequent basis to keep our youth engaged

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during the evening and in daytime. Our offerings evolved into a mix of both virtual and in-person programming.

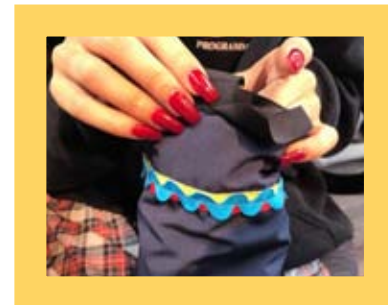
Along the way staff nurtured partnerships with the Odawa Friendship Centre fitness facility, Raised by Wolves clothing brand, Ottawa Police services, White Hatter, YSB, and the City of Ottawa. Thanks in part to this collaboration with the wider community, we saw an increase in participation in our internal programs, such as Wasa-Nabin, BTG, Educational Hubs, Silatuniq, and Youth Justice services.

Another addition to our program services is the garage space, which staff transformed into a workspace for community and staff to run workshops and craft traditional tools to use in their respective programs.

***“Just being there is good for (youth’s) social, emotional well-being. Having role models who are Inuit, having a fun time, being with other Inuit, learning cultural and physical activities. Just being at the program is good for their well-being.” – Parent***

***“The YLP program provides a safe space for youth to gather, be connected, and voice what type of programs we would like to see. I like that the YLP team takes into consideration what the youth want and allow them to voice their needs.” – Youth Participant***

***“I like going to the YLP program to socialize with my friends and participate in the weekly outings. The staff are nice and welcoming.” – Participant***





## Right To Play

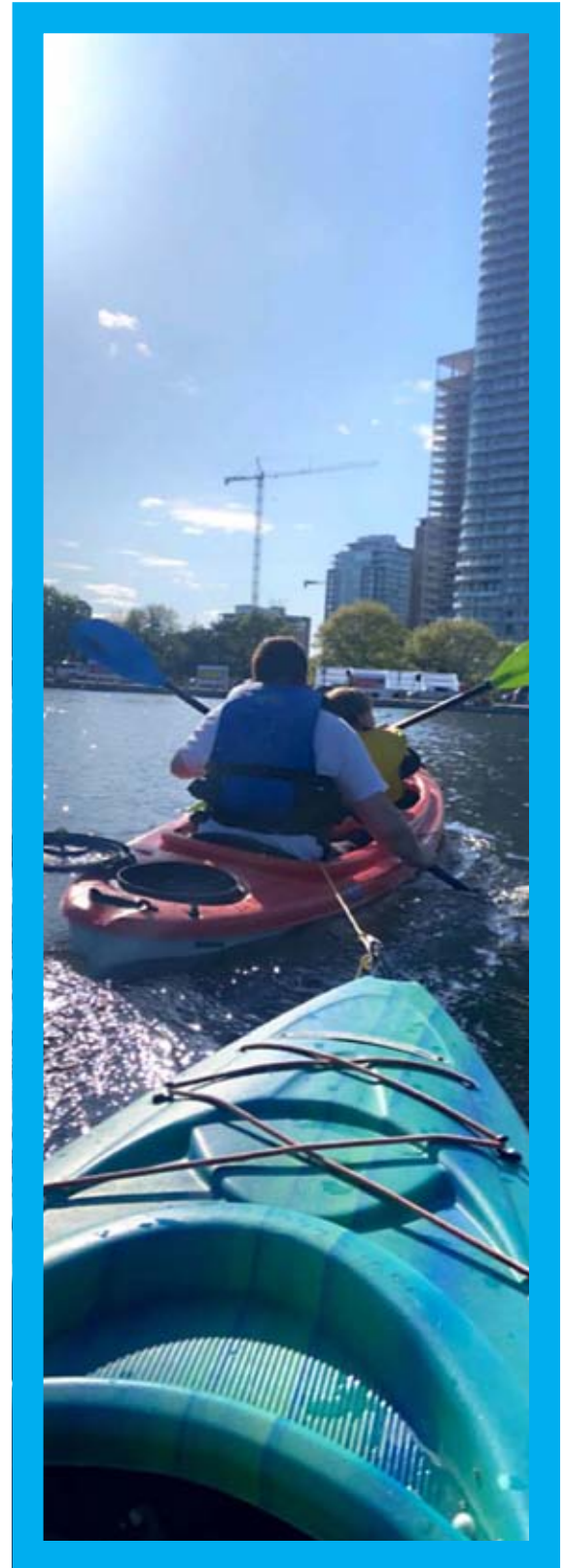
The Right to Play program promotes healthy lifestyles for Inuit youth through play-based learning and art. This year, the Play for Prevention theme offered two programs for children and youth aged 13-24 years. Programming focused on better health, positive relationships, youth employment, cultural revitalization, and continuing education.

Each session incorporated skill building activities organized around the following themes: health, positive relationships, emotional well-being, cultural connections, and concentration and leadership. Ongoing training and support for the staff is a key element to the success of this program. The Right to Play community mentor has been working closely with our Educational Hubs and Youth Life Promotions program to support art-based programming for Inuit youth in their respective programs.

***“The Community Mentor used to work at the Tukimut program when I was a participant. I love learning how to do digital printing and looking forward to learning more from the mentor.” – Participant***

***“I loved our workshop on screen printing and making prints for t-shirts, bags, and cups! The community mentor is awesome and very artistic.” – Participant***

***“The mentor works closely with all the youth. I find it to be a safe space for me to connect with them and learn some new skills.” – Participant.***



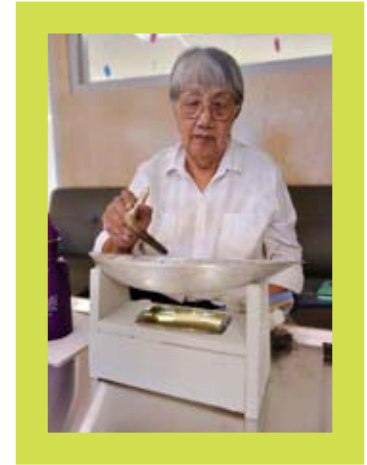
# 15 YOUTH PROGRAMS

## Makkuktukuvik – A Place for Youth

The Makkuktukuvik program provides culturally safe and strength-based programming for Inuit youth aged 13 to 24. Funded by UPIP, the program operates twice a week, on Friday and Saturday. The program provides space for youth to connect during unstructured time and on weekends. The Makkuktukuvik program delivers cultural programming, Inuktitut, homework support, art, music, field trips, and guest speakers monthly.

We provide space in which Inuit youth can develop language and cultural skills, leadership, social and emotional development, life-skills and employment readiness, and mental health supports. The program meets the youth where they are at and provides space for them to build confidence, self-esteem, and to find their strength.

We connect youth with Elders and community members every week, which increases the sense of connection and belonging shared by both ages. This program was implemented for youth to find and use their strength to raise awareness about current issues that they are facing and how they are successfully overcoming barriers in front of them.



***“I always looked forward to taking part in parka-making on Saturdays with our Makkuktukuvik program. Learning a new skill, but also connecting with other youth during the pandemic on weekends helped me.” – Participant***



***“Going camping with everyone this past year was special. Since COVID19, we haven’t had the chance to go out on the land much and being able to do that this year brought back many memories.” – Participant.***

## Summer Camps

The summer camp program operates for seven weeks during the summer for Inuit children ages 6-12. Since COVID19, we have had to adapt our programs and services to ensure our youth were still connected over these months.

Thanks to our partnership with Laidlaw Foundation, we were able to deliver and support this summer in a modified version of camp in multiple parks. Activities included drumming, carving, print-screening, throat singing, beading, physical activity, and art.



Our partnerships with the Ottawa Humane Society, SAW, Let's Talk Science, and ACTUA provided additional support and activities for our children to participate in. Our children looked forward to coming to the summer camp and participating in the daily activities with the team.

## Strength in Numbers – Sports Program

Since day one, we have seen the number of youths accessing our services grow. This success is linked to partnerships with the Canadian Ministry of Heritage, Nike, Jays Care Foundation, and Indigenous Sport and Wellness Ontario. This year, we participated in over ten different sports activities and have given youth and families' opportunities to play sports not typically available to our participants.

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Youth who have continually attended sports activities have shown amazing leadership skills, a deeper understanding of the Inuit Qaujimagatuqangit, and an ever-growing love of sport and physical activity. We participated in the Indigenous Sports and Wellness Ontario Virtual Games, where our youth were eager to sample new activities and games. Our eight-week sport blocks introduced sports such as badminton, basketball, and baseball.

Although we have achieved remarkable success through the year, it does not mean obstacles did not exist; COVID-19 caused lasting changes in the delivery of sports programming. We had to overcome maximum capacity numbers, orders to eliminate equipment-sharing, and the complete elimination of in-person programming. Despite all this, the sports program has flourished.

The future of the Strength in Numbers program is bright; as a team, we have created a great foundation. Our new partnership with the Indigenous Sports and Wellness Ontario's Standing Bear leadership program offers a summer schedule filled with cultural activities, field trips, and fantastic sport opportunities. After the summer we will build on our first year's foundation to reach more youth and continue to build strong, community-oriented Inuit leaders.

***“The sport program has provided the opportunity for our child to participate in sport without any financial barriers. This program continues to provide a much-needed service for youth in the community.” – Parent***

*“I’ve learned more about Inuit games in the sport program. I love participating in the two-legged high kick!” – Participant*

## Educational Hubs Program

The Educational Hubs created safe and welcoming classrooms with 8-10 students in each hub and a full range of educational, nutritional, social, and cultural supports. In each hub, a Registered Teacher, Educational Assistant, and Cultural Teacher worked together to address learning needs through one-on-one educational supports, daily cultural and language lessons, and physical education opportunities. Special guests, including Elders and other cultural educators, presented students with opportunities to learn and grow in their cultural knowledge and confidence.

Activities featured drumming, lighting the Qulliq, career development, residential schools, printmaking, carving, out-on-the-land trips, 3-D printing, and Inuit games. Inuktitut lessons were also provided with a focus on vocabulary, syllabics, and dialects. Participants enjoyed hands-on projects, such as mitt-making, a throat-singing workshop, jewelry-making, printmaking, string games, preparing and eating country food, and photography.

We are thankful for the engagement of our partners in providing community involvement and leadership opportunities to the youth. OCDSB, Attagoyuk High School, and the other Hub Groups shared opportunities for our youth to engage and demonstrate their knowledge and leadership.

Youth had the opportunity to attend the Boundless School, where they achieved a .5 credit in Outdoor Education and Leadership that went towards



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their high school diploma. Not only did this partnership allow for educational growth, but connections strengthened among the youth, confidence increased, and the experience created enduring memories.

Thirty children and youth completed the program, gaining high school credits, elementary grades, and the opportunity to engage in school again. The feedback was positive with families and teachers, who noted that prior to getting support from the Hubs, many students were not engaged in school and were not attending online learning. We created a stronger partnership with school boards and their teachers and administrators, and many saw the value in our programming and supports. Parents also saw the value in our Educational Hubs and stated that they wanted their child to return with the opportunity to attend five days per week.

***“I really enjoyed doing cultural things and learning more about Inuit culture and doing art and everyday activities with the class.” – Participant***

***“I like that I can voice my opinion in a conversation, and it will be heard.” – Participant***

***“My child had problems with self-confidence, the Hubs have helped a lot with that.” – Parent***

***“Our student regularly attended the Hub unlike at our school and attained five credits!!! Before that it was almost no credits earned in a year.” – Guidance teacher***





***“Lots of magnificent work was being done at the Hub through cultural avenues. It was great to see the student engaged in their community and culture while at the same time earning credits for school.” – School Teacher.***

### **Post-Secondary Education Hubs**

The Post-Secondary Education (PSE) Student Support Service Worker ensures Inuit post-secondary students aged seventeen and over to receive the assistance they need. The PSE Student Support Worker assists students by helping them apply for funding, providing one-on-one support, advocating on behalf of students, taking students to appointments, providing cultural supports and much more. Our team, along with the PSE Student Support Worker, builds relationships throughout Ottawa with several PSE institutions to give Inuk students even more support. The PSE Student Support Worker also connects students to other programs, such as SWAC, which helps students recover credits. There are twenty-six students enrolled in the PSE program. Inuuqatigiit Centre is delighted with this new partnership and funding from Kakivak Association to ensure we can assist and support Inuit students as they pursue their educational dreams.

***“The students are super excited when you come in. Their attendance has been better” - Teacher***

***“I am so happy that there is a program to help PSE youth”***  
– Guidance Counselor.

***“I don’t know where I’d be without the supports from Inuuqatigiit Centre” – Parent***

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## FAMILY SUPPORTS

### Family Well-Being

The Family Well-Being Program (FWB) supports families with a variety of programs and services that maintain or improve overall wellness. While the FWB Program did increase the number of in-person meetings with community members this year, the drop-in programming was affected by the pandemic. Many of our experienced evening childcare staff had either found other employment during the lockdown or were unable to work for a variety of other reasons, which affected our ability to offer what parents needed to be able to attend in-person.

Quick to evolve, Inuuqatigiit Centre responded by providing one-on-one family supports. This included assisting with legal concerns, custody issues, mental health challenges, identification applications, death notifications, assistance with referrals and advocacy with external programs and services as needed. Supporting clients with residential treatment applications and challenges related to finding adequate housing were also part of the services provided.

Throughout the pandemic, Family Well-being has offered adapted programming, such as “drop-off style” activity kits for families, or online programming, such as cooking classes and beading. The online cooking classes were offered twice this year, facilitated by renowned Inuk chef, Trudy Metcalfe-Coe. The classes ran for six weeks for up to fifteen participants each round, where they were provided with the supplies and recipes to create tasty, budget-friendly meals for their families. Along the way they also learned valuable transferable skills. In some cases, we had youth working alongside their parents and the feedback from all involved was encouraging. Some adoptive parents requested to join, and we were able to provide some recipes that featured country food.

Food hampers or gift cards continued to be delivered for Easter, Thanksgiving and Christmas. This year, we assisted 115 families/Elder households per event, totaling more than 345 hampers, which represented support for four hundred





**Has the Children's Aid Society been to visit?**  
**You are not alone.**  
**We are here to help.**

The Inuuqatigiit Centre for Inuit Children, Youth & Families is your partner. We support Ottawa's Inuit community with culturally appropriate programs and services. We support a strong Inuit culture, strong families and a strong Inuit community in Ottawa.

**Inuuqatigiit Centre staff can be with you when you meet with the Children's Aid Society. Our trained staff know how to:**

- Advise you of your rights and guide you through the legal system.
- Get you a legal aid certificate and a lawyer.
- Connect you with programs that support Inuit.
- Help you develop a safety plan for your family.
- Match your needs to many other support services.

**Contact an Inuuqatigiit Centre Child Welfare Support Worker:**  
 343-548-8577  
 or  
 613-371-6770

**Strong Families**  
 Inuuqatigiit Centre  
 Ottawa, Ontario

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



community members on each delivery. We partnered with a local chef to provide pre-made Christmas meals to fifteen families living in shelters (motels) where they could not cook for their families.

The recent and ongoing increase in food costs has put pressure on our families and Inuuqatigiit Centre has seen a sharp increase in requests for food supports. As of March 31, 2022, we were averaging 15-20 requests per month, which required a significant shift on how we use our resources. Families are being advised about how to make use of food banks and how to ensure they get their taxes completed on time, to prevent any change to their child tax benefits.

CAS supports were a massive undertaking this year, as the effects of the pandemic isolation on mental health and addictions became apparent. Elevated caseloads reached as high as 12-13 per staff. Workers attended home visits, court proceedings (virtually), and meetings with the CAS. They gave support by gaining legal aid certificates, performed visitation check-ins, and made referrals to treatment programs and housing services. These interactions for CAS clients alone totaled 835 over the past year. The team hosted 205 access visits at the Centre for thirteen families with children living

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in foster-care. These visits aim to help to maintain the attachment between children and their parents in a safe and supported environment, supported by culturally knowledgeable staff.

The Christmas Gift Program was successful thanks to sixty sponsors. Staff facilitated support to eighty-one families with \$63,000 in gifts and food donations. As a result of these efforts, a happier Christmas came to 271 community members. Elders were also supported during this event, receiving care packages of household items to make their Christmas season a little easier, too.

### Cultural Presentations

Cultural presentations continued this year with the Ottawa Police Service, educating officers enrolled in the Sexual Assault Response Officer course, where information was provided around the history of Inuit, strengths of the community, reasons why Inuit come to Ottawa, and best practices for engaging with individuals while responding to calls for service. The presentation was prepared by a staff person but led by an Inuk Elder and has proven to be very successful and well-received by officers, resulting in a request to be part of future training sessions.

Our Centre extends much appreciation to the Ministry of Children, Community and Social Services, the Ontario Trillium Foundation and the Child First Initiative, for their support to fund these amazing programs and services.

### Elder's Support

Inuuqatigiit Centre continued to offer supports for Elders this year with additional funds supplementing costs for staffing and supplies from the federal New Horizon Seniors Program. Elders were the recipient of food hampers and emergency food cards, one-on-one support by a dedicated staff person as needed, regular check-ins on their well-being by phone, assistance with personal needs such as attending doctors' appointments, support for CAS visits, access to country food, materials to enable them to make cultural items, and cell phone top ups to ensure they could stay connected to family. Initially the Elders were offered online meetings every



two weeks but once gathering limits were lifted, they preferred to meet in person. Staff planned and delivered a four-week workshop to discuss and practice lighting the qulliq.

Thank you to the New Horizons Seniors Program for funding this important initiative.

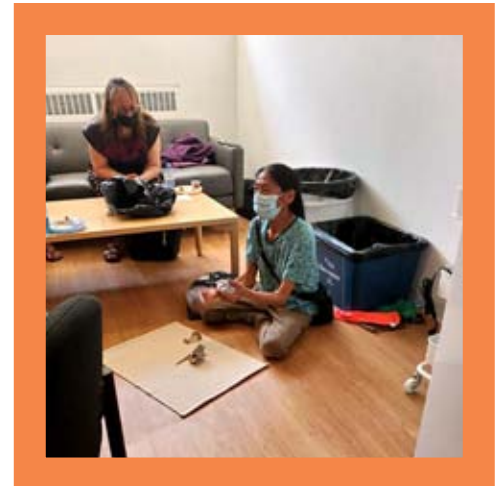
### **Kamatsiarniq Program**

In collaboration with funding from Tungasuvvingat Inuit (TI), the Centre hired a Child and Youth Worker, who focuses on supporting Inuit children and youth living in non-Inuit foster homes or those who have been adopted into non-Inuit homes. Work continues by TI and Inuuqatigiit Centre to reduce the number of children living in non-Inuit homes. This program aims to ensure that Inuit children have the opportunity to learn about their culture from an Inuk worker who speaks Inuktitut and can provide them with experiences that will authentically help them understand who they are and where they come from. Parents and foster parents can also learn from this staff member about culture and ways of following the IQ principles when raising Inuit children.

The worker offers in-home visits with cultural activities and often country food, Zoom meetings for families and, in the future, in-person group gatherings on weekends packed with cultural activities, Elder teachings, country food and fun!

As this was the first full year these services were on offer, the work was primarily focused on laying a strong foundation for the program by establishing request forms, choosing cultural themes, and developing activity kits to be used during visits with children. Visits began with a small number of children in their homes as well as one online meeting with adoptive parents.

Many thanks to Tungasuvvingat Inuit for making it possible to offer this program to our families.



### **Well-Being & Gender-Based Violence Project**

This year, the Gender Based Violence (GBV) project went through the first stage of an evaluation process, the purpose of which was to collect data

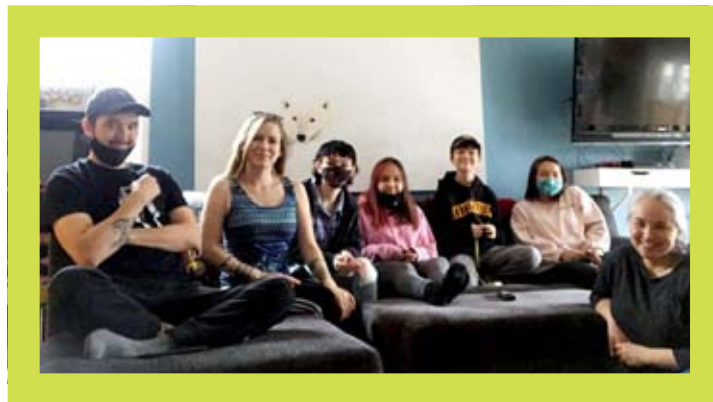
regarding how the wrap-around model has supported those impacted by GBV. Results should inform staff what is working well and where there are gaps in services.

Project staff coordinated the engagement of participants and Inuuqatigiit Centres staff to take part in interviews with NVision Insight Group. Project partner agencies Tewegan Housing for Aboriginal Youth, Interval House of Ottawa, Serenity Renewal for Families, Tungasuvvingat Inuit, Minwaashin Lodge, Inuit Non-Profit Housing, Gignul Non-Profit Housing Corporation, ODAWA, CHEO, Ottawa Rape Crisis Centre, OCTEVAW and Ottawa Police Service were also invited to complete online surveys.

Information from the interviews, surveys and meeting notes were included in a report created by the external evaluation team, which advocated for 15 recommendations for improvements to help best support Inuit GBV survivors.

The GBV project team shared the recommendations with our Advisory Committee and Stakeholders to gather their opinions on how best to implement the recommended changes. After receiving recommendations from the report and guidance from the Advisory Committee and Stakeholders, we were able to move forward with various action items in 2021. Examples include the preparation and coordination of agency-wide departmental meetings to increase staff awareness of the GBV project to collect their feedback and to create training feedback forms to ensure our cultural sensitivity training remains relevant. Other top priorities have included establishing data tracking, updating Sannginivut kits, transitioning our cultural sensitivity training to an online platform, and finding training and resources for other Inuuqatigiit Centre employees on GBV-related topics.

We appreciate the funding for this project provided by the Women and Gender Equality Canada.



# MENTAL HEALTH

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## COMMUNITY INITIATIVES AND MENTAL HEALTH

### Child First Initiative

Inuuqatigiit Centres Child First Initiative provided support to more than 241 children and youth in 2020/2021, up from 130 the previous year. As a mental health service, most staff were exempt from the COVID-19 mandates and were able to continue to meet with clients throughout the pandemic restrictions.

The program provides a variety of services that aim to:

1. Provide assistance in accessing funding for Inuit children and youth with health, social, cultural and educational needs.
2. Address critical gaps in mental health and cultural support services for Inuit children and youth by providing access to Inuit-specific mental health services and cultural programs.
3. Case management for those Inuit children and youth.

There are several programs and services offered at Inuuqatigiit Centre that are funded through the CFI. These include the Silatuniq and Tukimut programs, the Educational Hubs, occupational therapy, mental health counselling, cultural and child welfare services.

**Service Coordination:** The CFI Coordinator works closely with families to obtain funds for the educational and health services and supports their children require. During this reporting period 25 individual applications were submitted, requesting a total amount of \$569,123.28. The vast majority of those applications were approved and included requests for Educational Assistants in the classroom, equine therapy, specialized equipment (such as hearing aids), one-on-one support while attending programs, devices for learning, travel to and from Inuit specific programming as well travel to the north for exposure to their culture.

Through the Integrated Plan of Care process, the Coordinator provides case management services for those children and youth who require the support services of 2 or more agencies, groups or individual service providers.

**Child and Youth Counselling:** The CFI Child and Youth Counsellor provides trauma informed mental health counselling to children and youth. The services are provided in an accessible, safe, and timely manner. As well, the Counsellor participates in case conferencing and accesses resources to ensure clients receive the services that they need and are supported through the Centre's wrap-around service approach.

**Art Therapy:** Art therapy sessions were offered during this reporting period, for individual children and youth. The therapy allows children to explore their feelings, process emotional conflicts, build self awareness and self esteem and reduce stress and anxiety.



**Cultural Programming:** Children and youth are given many opportunities to learn about their culture, traditional skills, and language to develop leadership skills. Cultural materials are provided to participants involved in Inuuqatigiit programming and meals/snacks are offered to help engage the youth. Transportation assistance helps clients attend and participate in the programs and services that support children and youth.

**Child Welfare Support Services:** Inuuqatigiit Centre provides assistance to families who are involved with the Children's Aid Society. This includes explaining to parents/caregivers their rights and the steps they can take to address problems, keep their family together, and build on their strengths. Parents/caregivers are provided guidance and information to help them make informed choices, including information about the processes and responsibilities of the Children's Aid Society. Families are also helped to reduce barriers in accessing services and appointments such as transportation, food security, cultural support, etc., which promotes the health and welfare of Inuit families, children and youth.

### Inuutiarnirmut Katujjiqatigiit Program

Inuutiarnirmut Katujjiqatigiit Program provides clinically supervised mental health and crisis support services for Inuit parents and youth. Funding from

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the federal Non-Insured Health Benefits Program has allowed Inuuqatigiit to provide these services to Inuit parents and youth struggling with the effects of inter-generational trauma and to those seeking support for their mental wellness needs. The goal of the program is to offer culturally relevant counselling in a way that holistically engages individuals and families so that the skills they learn can be incorporated into their daily lives. We also focus on providing resources and supports to individuals and families in situations of crisis and stress. A full-time Inuit Mental Health Counsellor provided individual counselling services for parents, Elders, couples, families, and youth throughout the year.

This year the Inuit Mental Health Counsellor provided counselling services to 70 parents and family members. Due to on-going pandemic restrictions, the counsellor provided clients with regularly scheduled virtual appointments as well as virtual drop-in support groups and crisis counselling as well as in-person appointments as needed following COVID-19 and public health restrictions and safety measures. Clients were referred from other Inuuqatigiit Centre programs or were self-referrals.

The counsellor also facilitated weekly Inuit Women's Health Circles and supported clients by attending virtual Children's Aid Society meetings and Circles of Care. In addition to the above, the counsellor, with help from colleagues held seven four-hour drop-in groups for community members and staff to visit and/or speak privately with Elders as well as participate in teachings and crafts. A total of 107 community members attended these drop-in groups over the year. The counsellor also made referrals when needed to agencies such as the Akausivik Inuit Family Health Team, Tungasuvvingat Inuit, treatment facilities, and other housing and legal support services.

## Youth Mental Health Systems Navigation

Inuuqatigiit Center's Youth Mental Health System (YMHS) Navigator works with a variety partnering agencies to help children and their families seamlessly negotiate various support systems. The Navigator helps to organize their care, overcome barriers, and ensures continuity of care as clients transition from one service to another. During this programming year, the Systems Navigator provided services including advocacy, home visits, school support, transportation support, referrals to other agencies and services, individual supportive counselling, and case management support.

Additionally, the YMHS Navigator provided support in completing and submitting Inuit-specific funding applications through Child First Initiative, for individual children/youth under the age of 18 who are lacking a required service in social, health, or educational domains.

Part of the Navigator's case management role includes facilitating bi-weekly intra-agency case management meetings as well as participating in monthly case management meetings with the Children's Aid Society. An additional role this year was to help navigate Inuuqatigiit Center's expanded mental health services by managing referrals and ensuring clients connected to the appropriate service provider.

In addition, the Systems Navigator acted as the agency implementation lead for the Aboriginal Integrated Plan of Care Process. The goal of this process is to identify barriers and challenges faced by children and youth with complex mental health concerns and to help them achieve their goals with the support of team members and the community.

The YMHS Navigator provided case management, supportive counselling, advocacy, referrals, systems navigation and support services to 152 clients this year.

### **Tasiuqatigiit Program**

The Tasiuqatigiit Program provides a broad range of social and cultural navigation services to vulnerable Inuit children and youth and their families. This includes Nunavut families traveling to Ottawa for medical services for their children as well as medically fragile Inuit children and youth in foster care and group home settings.

The program provides Social-Cultural Navigators who help Inuit families through advocacy, information, respite, and referrals to other programs and services. The navigators maintain connections to Ottawa's Inuit Community and local services providers and provide access to culturally rich arts and social programs. The navigators also provide cultural education sessions to service providers who work with Inuit families. The program receives financial support from Indigenous Services Canada (First Nations and Inuit Health Branch and Urban Programming for Indigenous Peoples) and is delivered in collaboration with Tungasuvvingat Inuit's navigator team and other partner agencies to coordinate services to support the health of Inuit children and their families.



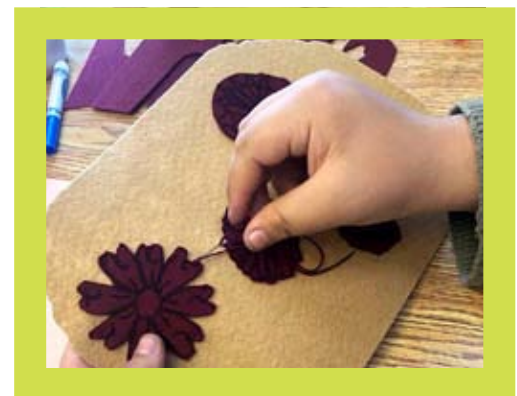
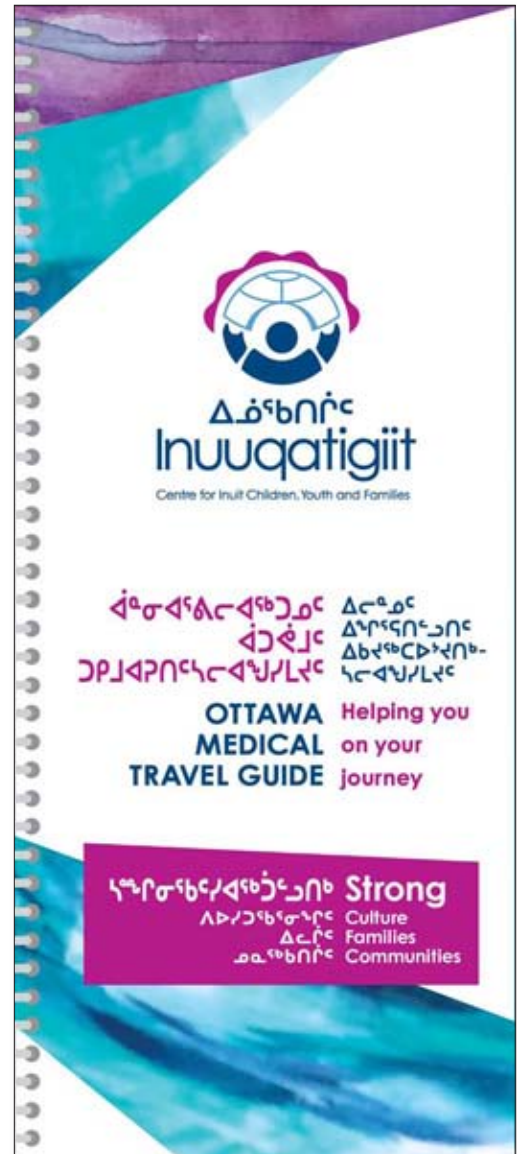
With the COVID-19 pandemic restrictions the Social-Cultural Navigation team has continued to adapt and reassess what client support should look like and have pivoted from in-person support and activities to virtual and remote services when needed that focussed on helping to alleviate financial difficulties, transportation or food insecurity, and to provide tailored resources for Inuit families, children and youth that helped promote social and emotional well being. These services were most often provided to clients at Larga-Baffin medical boarding home, CHEO and isolation hotels where families were required to stay for 2-weeks prior to returning to Nunavut. Services included the delivery of hundreds of cultural packages and resource kits developed for families staying in Ottawa for medical care.

The team continued its partnership endeavours in order to provide wrap-around services for clients. Ongoing referrals and collaborations with partnering agencies continued to be essential to ensure that families received support every step of the way. The past year was another year unlike any other, but the program was still highly successful in helping to support families from Nunavut during their medical travel journey.

Overall, the program provided over 400 specialized packages this year and delivered ongoing successful in person programs at Larga for children, youth and families.

**Sivumut Alluqatigiit**

The Sivumut Alluqatigiit program was created in September 2020 to support the wellness of Inuit youth and families living in Ottawa. The team



consists of three people: a Counsellor, a Cultural Coordinator/counsellor and a Peer Outreach Worker. The program serves youth from the ages of 12-24 and is guided by the IQ principles.

Despite interruptions produced by the Covid-19 pandemic, the program supported 82 youth from April 2021 to March 2022. Services provided by the Sivumut Alluqatigiit staff range from the following:

- Individual, group, or family counselling
- Substance use counselling
- Grief counselling
- Referrals to treatment centres
- Case management services
- Education services about substance use/substances
- Transportation
- Housing support
- Legal support
- Home visits
- Community outreach
- Contest for community education
- Support for parents with children in counselling

One of the main initiatives of the Sivumut Alluqatigiit program is providing harm reduction education and supplies, such as Naloxone kits, to the Inuit community and staff. The team held two Naloxone training sessions for Inuqatigiit staff and provided 52 naloxone kits to the community in the last year. Staff also worked with youth to educate them on substance use and harm reduction strategies through presentations, surveys, and street engagement. In addition, staff created partnerships with Period Packs and Ottawa Public Health for increased access to feminine hygiene products and condoms.

The Sivumut Alluqatigiit staff introduced numerous initiatives throughout the last year in efforts to engage with youth during the pandemic. Below are the following programs and a brief description of how the Sivumut Alluqatigiit staff have contributed to the project.

**Partnership outreach:** Staff had weekly visits at Tewegan Housing for young women where they would engage with Inuit youth through activities

such as baking, cooking, beading, drawing, etc. If the young women requested support, then the staff were also able to provide counselling and cultural support.

**Sharing Circle and Activities:** The Sivumut Alluqatigiit program provided a weekly sharing circle for Inuit youth at the Inuuqatigiit mental health office. Despite covid-19 protocols the group was able to continue through the various lockdowns and provide opportunities for youth to share their concerns and gain support. Information was also provided on substance use education and youth engaged in cultural activities. Staff also partnered with the Youth Life Promotion team to take youth weekly to a local gym to teach them about the importance of physical exercise and healthy living. These activities supported on average 13-17 youth per session.

**Street Outreach:** The Sivumut Alluqatigiit program continued to provide support, assistance with locating housing, connection to services and culture as well as food, water, condoms, and naloxone kits to street entrenched Inuit youth on an outreach basis. The service is provided every week and has been crucial throughout the pandemic. Partnerships were made through staff with local shelters such as Young Men's Shelter (YSB), Shepherds of Good Hope, The Mission and continues to grow.

**On the Land Programming:** In March 2022 the Sivumut Alluqatigiit staff partnered with the Youth Justice Program to take 13 youth out on the land over a span of two days. Youth were able to engage with Elders and cultural activities such as soap stone carving, lighting the qulliq and beading. The Sivumut Alluqatigiit staff recognize the importance of allowing Inuit youth opportunities to connect with the land and hope to hold more outings in the future.

In the next year the Sivumut Alluqatigiit program hopes to engage in more opportunities to have youth connect with the land. The program is also looking to introduce a smoking cessation program that will assist the Inuit community with quitting smoking. The program was able to surpass all their targets for funders and is excited for the future of the Sivumut Alluqatigiit program.

## Nipilimaavut Youth Justice Program

The Nipilimaavut (All Our Voices) Youth Justice program started in the summer 2021 and provides culturally tailored system navigation and mental

health supports for urban Inuit youth (ages 12-17) in Ottawa who are looking for supports within the justice system. The program also focuses on justice prevention by supporting Inuit youth to engage in psycho-education workshops, healthy living groups, and one-on-one supports. Through this programming, the goal is for youth to explore and gain knowledge in areas that will promote positive self-esteem and self-advocacy skills. We have very appreciated the input of the Youth Justice Advisory committee that has supported us with program development, approach, and direction. This year 43 clients received support through the program.

### **Prevention Work:**

- Counselling supports and case management for youth ages 12-17.
- Facilitating healthy living groups focused on “knowing your rights,” healthy relationships, internet safety and land-based programming.
- Developing and strengthening partnerships with other Indigenous and Youth Justice organizations.
- Cultural presentations with Police (in collaboration with Bridging the Gap).
- Creating a “Know your Rights” card for interactions youth have with the police.

### **Judicial System Navigation**

- Supporting legal system navigation (finding a lawyer, attending court, advocacy, etc).
- Support in completion of probation orders and reintegration.

### **Advocacy**

- Supporting those who have been affected by the actions of others in ensuring that their voice is heard.

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#### Education

With the expansion of Inuuqatigiit Centre in recent years, the needs for educational supports in the community have continued to increase.

An Education Department was created to fill these gaps. The Centre hired an Education Manager to oversee the student support services team. The Education Department has grown from seven to fourteen staff members to ensure that our Centre can support the ever increasing needs with educational support.

The team comprises of a Manager, five Coordinators, four Student Support Services Workers, one Presenter, one Cultural Support Worker / Presenter, one Job Placement Officer and one Career Counsellor.

#### Student Support Services

Inuuqatigiit Centre's Inuit Student Support Services team has supported 293 clients over the course of the past year, providing a variety of wraparound supports each year, intended to:

- Increase student engagement
- Improve parental engagement in school communities
- Increase comfort and ability of parents to advocate for their children
- Increase the feeling of safety and/or comfort of parents and students attending educational planning meetings
- Expand access to community supports for Inuit students, families, caregivers, etc.
- Improve access to Authentic Student Learning Experiences with an Inuit focus
- Support the school board to follow the TRC when it comes to school recommendations

### Akwe:go Urban Aboriginal Children's Program

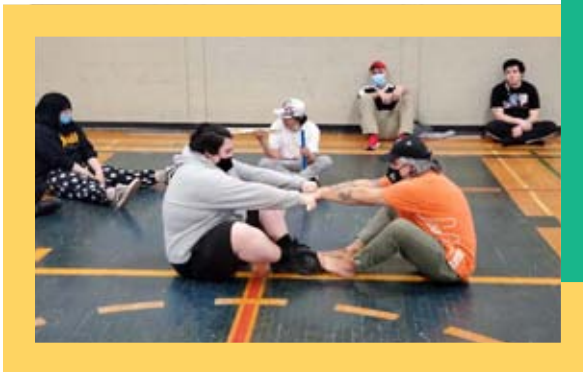
The Akwe:go Program supports urban Indigenous at-risk children aged 7-12 years. Currently, the Akwe:go program supported 20 children over the past year, with more than 200 one-to-one sessions provided for clients throughout the year. Each child and family in the program determine the path they would like to take, and the goals they would like to achieve.

The program coordinator and child work closely to achieve these goals, while maintaining a strong connection to Inuit culture and promoting positive successes in all areas of life. The role of the Akwe:go Coordinator includes supporting the process through institutional interventions, social supports, children in care, children with disabilities, and health and physical development. Akwe:go sessions generally take place at school, but home visits as well as visits at after-school programming are also typical at certain points of the year. The sessions always include a healthy snack, cultural programming and an activity geared toward a healthy body and mind.

A new feature of the Akwe:go Program over the last year was the implementation of a Culture Club at the Hardini Centre in partnership with the Bridging The Gap team. Clients would come to the centre monthly to spend time with our cultural advisor, eat together, and work together on various art projects and culturally relevant activities.

***“Thank you for all your support. These visits are having a big impact on [client], and we are noticing positive changes in the classroom.” – Teacher***

***I always feel better when we have our visits. – Client***



*Akwe:go helped me this year because I always smile. I get good advice and help me by being a very good friend. – Client*

*Always thankful for her teacher and [Akwe:go worker]. Thank you so much for what you do.” – Parent*

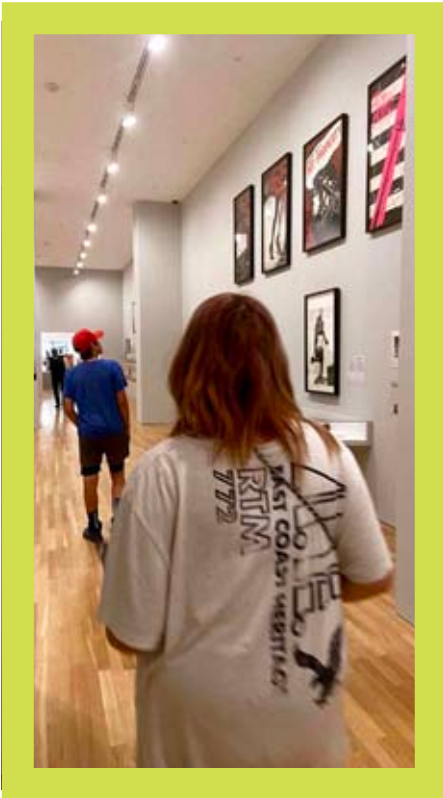
## **Bridging the Gap Program**

The Bridging the Gap Program (BTG) provides critical supports to Inuit students and works to increase the knowledge and awareness of all students around Inuit history, culture and values. The program also fosters parental engagement in schools and increases Inuit cultural literacy among Ottawa teachers.

Program components include one-on-one student support; advocacy; a school liaison; classroom presentations; parent support and education; cultural awareness; and educational workshops for teachers, administrators, and school support staff.

Even while adapting to the new normal of the pandemic, this program has been very successful in raising the profile of Inuit students by increasing awareness of Inuit cultural history and ancestry and the unique learning styles of Inuit students. The BTG Student Support Coordinator provided individual and group support to more than 183 Inuit students in Ottawa area schools from kindergarten through to Grade 12. BTG presenters delivered more than 534 virtual presentations reaching approximately **14,193** students. The Student Support Coordinator served 52 clients, while the Cultural Student Support Worker served 42 clients over the past year.

The team provided several cultural enrichment workshops for teachers, school administrators, and support staff, reaching 440 teachers and staff. This year, BTG was fortunate to gain a Cultural Student Support Worker position. The Cultural Student Support Worker (CSSW) met with 42 individual youth over the last year through 1-1 support, school visitations and Culture Clubs. The CSSW has also been an immense help to other Inuuqatigiit Centre staff who require cultural support and assistance while working with their own clients. This program, with all its components, creates pride in Inuit students, empowers parents, teachers, and students of all backgrounds about the importance of Indigenous communities in Canada.



*“It was wonderful learning about facts that we don’t learn about in books and videos. Having a guest speaker sharing their knowledge and experiences is the best kind of learning. Thank you.” – Teacher*

*“It has been so comforting to know that Inuuqatigiit can help our students make connections with the Inuit community in Ottawa outside of school as well. Having a student support worker following up with our students and their families has been so beneficial to ensure that our students do not miss out on any opportunities and have our students backs.” – Guidance Counsellor*

### Silatuniq Program

The Silatuniq Program serves Inuit students aged 12-17. The main goals are to break cycles of poverty and achieve meaningful employment and education. The program is client-specific and is tailored to individuals needs. It is Inuit-specific, with many cultural resources available to students. Close to 300 individuals have been served through this program this year.

A key goal is to re-engage students in school if they are having difficulty attending school or having difficulty with their schoolwork. We are there to help coordinate meetings with clients, parents, teachers, community partners etc. We are the voice of our client, and we advocate on their behalf to ensure their needs are heard.

The Silatuniq Program offers case management, life skills development, mentoring and youth programs in the community. We can help provide transportation for students as well, to appointments, meetings and school if needed. Building relationships with students is key to giving them the best opportunity to succeed.





***“They are night and day better than last year”***

– A client’s Guardian on helping their niece.

***“This is my whole world right here”***

– A student pointing at me and their family.

***“This is one of the best day’s of my life and something I will***

***remember forever”*** – A client on an outing we did together to a music store.

***“Thank you so much for getting my kids into this school”***

– A parent on enrolling their children in a specific high school.

## **Wasa-Nabin Urban Aboriginal Program**

The Wasa-Nabin Program is a self-development program for at-risk urban Indigenous youth aged 13 to 18 years. In 2020/2021, the Wasa-Nabin Program worked collaboratively with 22 youth, offering support through goal-oriented sessions. Each quarter, the client works with the coordinator to create and achieve goals they have set for themselves. These goals may be educational, personal, emotional, physical, and/ or for social needs.

The individualized goals guide each youth toward a positive path for success. The Coordinator ensures a safe and meaningful plan that includes cultural supports and works to introduce guest speakers, such as Elders, to help support the youth and their needs. The program works on developing a long-term plan with the youth, including providing opportunities for employment and extra-curricular programming that helps the youth build confidence and self-esteem.

During 2020/2021, workers ran programs biweekly to support youth who are living under CAS care. The program has allowed youth to reconnect with one another by creating a safe space in which to talk about issues they are facing with school, with staff and/or family. During the program youth learned about what it means to be financially independent and how to deal with mental health. During summer, the program took youth on weekly bike tours, which allowed youth to stay active and connected with each other.

Wasa-Nabin has continued to support families with monthly gift cards and has been making sure youth have all they need while they attended school.

*“Thank you for talking to my kids and showing them support. I know it wasn’t easy, but we appreciate your support.” – Parent*

*“Thanks for helping with my school. I was scared to go to a new school at first, but it was good to have you with me.” – Youth*

### Youth Employment and Skills Strategy (YESS) Pilot Project

The main goal of the YESS pilot project is to break barriers and to achieve meaningful employment opportunities for Inuit youth between the ages of 15 and 30 years. The project began in March 2021 and will operate (pending ongoing funding) over the next three years. The YESS program assists youth to navigate through the job sector of their choice and provides educational and training opportunities to enhance their knowledge and employability skills. So far, the pilot project has provided support to 27 youth in 2021/2022.

Youth are matched in a 60-hour quality employment opportunity (QEO) with an organization, industry or entrepreneur in the greater Ottawa community based on their strengths and career goals. They are supported by a Career Counselor, a Job Placement Officer, a Support Worker, and the YESS Coordinator throughout the process.

Other incentives, workshops, and networking opportunities are provided for the youth as well.

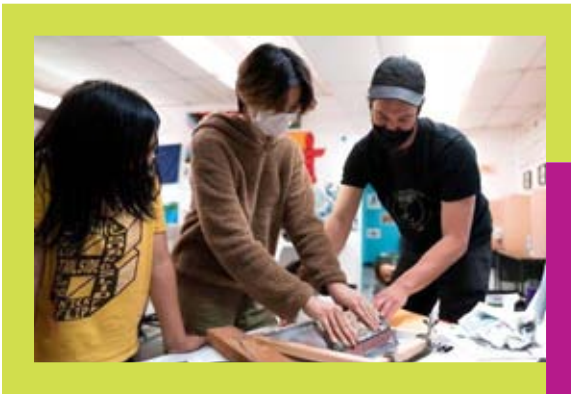
The following outlines some of what participants receive once joining the program:

- Renumerated for participation in strengths-based Career Counselling & Employment Training
- Funds for work-related items (such as clothes, equipment, hair cut)
- Workshops & Presentations - resume/interview skills, communication, leadership, time management, etc.
- Certifications – WHMIS, CPR & First Aid, Working @ Heights, Safe Food Handlers, etc.
- Job/Career Fair opportunities
- PAID QEO for up to 60 hours
- Networking opportunities and more!

Working in conjunction with the Silatuniq Program at Inuuqatigiit Centre, the YESS team provides support for academic re-engagement and assists in employment training and development. Additionally, client advocacy, case management, life skills development and opportunities for mentorship from youth who have successfully completed the program. Support from Elders and community partners is offered regularly.

***“Everything is very understandable and very detailed. I recommend other Inuit youth to participate in this program. It’s very welcoming and dedicated for Inuit youth - great people here! This program impacted my life because I got to know other youth. Staff are nice people providing very good information about a job or career.” – YESS Participant***

***“She was an amazing help in the classroom and brought not only joy but also her culture into the classroom. The children loved her, and she really made a difference in the short amount of time she was with us.” – YESS QEO employer***





**“I really enjoyed doing cultural things and learning more about Inuit culture and doing art and everyday activities with the class.” – Participant**

# FINANCIALS

## LEKADIR LLP

### Independent Auditor's Report

To the Members of Inuuqatigiit Centre for Inuit Children, Youth and Families,

#### Opinion

We have audited the financial statements of Inuuqatigiit Centre for Inuit Children, Youth and Families (Centre), which comprise the statement of financial position at March 31, 2022, the statements of changes in net assets, revenues and expenses, and cash flows for the year then ended, and notes to the financial statements including a summary of significant accounting policies.

In our opinion, the accompanying financial statements present fairly, in all material respects, the financial position of the Centre as at March 31, 2022, and its financial performance and its cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations.

#### Basis for Opinion

We have conducted our audit in accordance with Canadian generally accepted auditing standards. Our responsibilities under those standards are further described in the *Auditor's Responsibilities for the Audit of the Financial Statements* section of our report. We are independent of the Centre in accordance with the ethical requirements that are relevant to our audit of the financial statements in Canada, and we have fulfilled our other responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

#### Responsibilities of Management and Those Charged with Governance for the Financial Statements

Management is responsible for the preparation of the financial statements in accordance with Canadian accounting standards for not-for-profit organizations, and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, management is responsible for assessing the Centre's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Centre or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Centre's financial reporting process.

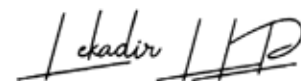
#### Auditor's Responsibilities for the Audit of the Financial Statements

Our objective is to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Canadian generally accepted auditing standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements. (See Appendix).

#### Other Matter

The comparative figures presented for 2021 were audited by van Berkom Professional Corporation of Ottawa, Ontario, prior to its merger with Lekadir LLP.

Ottawa, Ontario  
September 28, 2022



Lekadir LLP  
Chartered Professional Accountants  
Licensed Public Accountants

# FINANCIALS

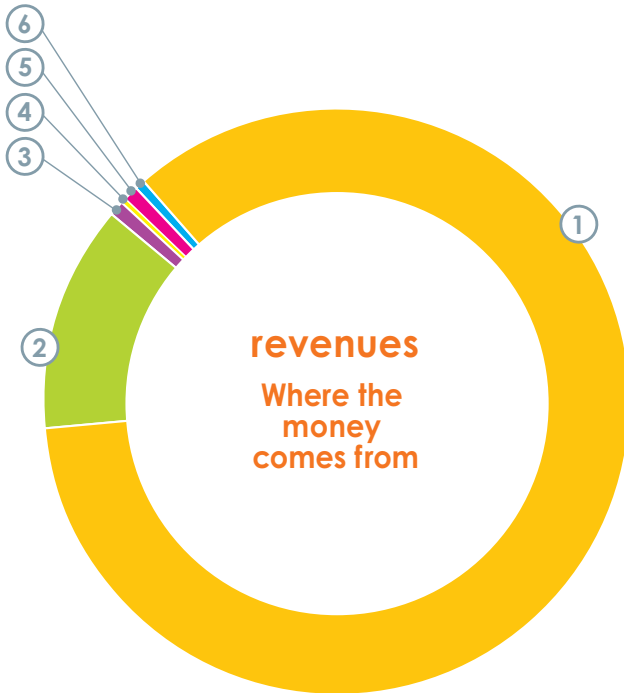
## STATEMENT OF REVENUES AND EXPENSES

### INUUQATIGIIT CENTRE FOR INUIT CHILDREN, YOUTH AND FAMILIES

	Year Ended March 31	
	2022	2021
<b>REVENUES</b>		
Governments and Public Sector Organizations (Schedule)	\$ 6,695,475	\$ 4,838,440
Non-Governmental Organizations and Registered Charities (Schedule)	987,833	1,037,350
Childcare service fees	69,592	18,078
Donations	25,252	45,841
Amortization of deferred capital contributions	69,152	70,023
Other	<u>24,082</u>	<u>13,785</u>
	<u>7,871,386</u>	<u>6,023,517</u>
<b>EXPENSES</b>		
Advertising and promotion	14,223	22,635
Amortization of capital assets	116,093	122,434
Bank, payroll and interest charges	30,916	17,560
Community events	11,394	14,535
Contracted services	423,458	459,461
Direct program costs	941,433	583,849
Insurance	39,927	27,684
Interest on loan payable	39,846	40,750
Office	99,860	140,047
Professional fees	61,058	20,027
Program transportation	509,064	398,461
Repairs and maintenance	171,247	202,617
Salaries and benefits	5,430,781	3,800,820
Training	52,591	44,322
Travel	104,972	21,932
Utilities and telephone	<u>68,054</u>	<u>80,118</u>
	<u>8,114,917</u>	<u>5,997,252</u>
<b>(DEFICIENCY) EXCESS OF REVENUES OVER EXPENSES BEFORE OTHER ITEM</b>	(243,531)	26,265
Canadian Emergency Wage Subsidy--Note J	<u>-</u>	<u>115,764</u>
<b>(DEFICIENCY) EXCESS OF REVENUES OVER EXPENSES</b>	<u>\$ (243,531)</u>	<u>\$ 142,029</u>

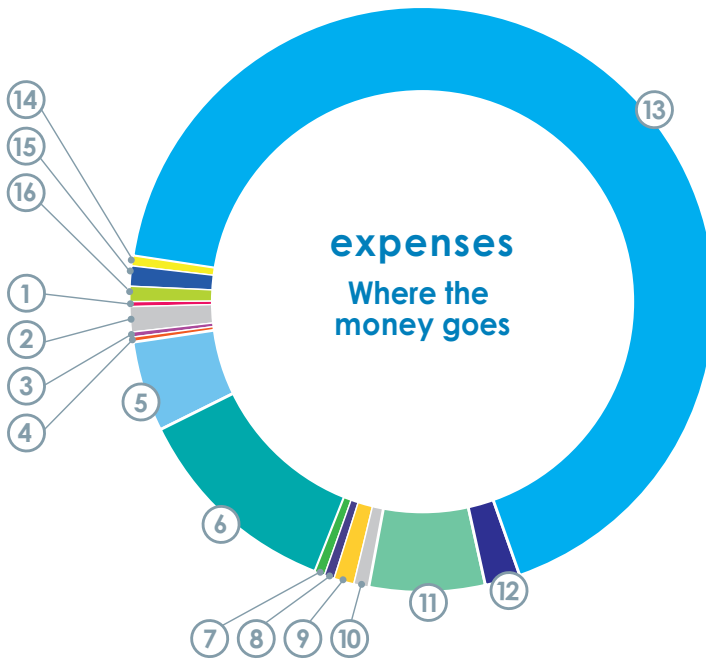
**PIJITSIRNIQ:** Serving and providing for family and/or community

ANNUAL REPORT 2021-2022



**REVENUES**

- ① Governments and Public Sector Organizations (Schedule) \$6,695,475
- ② Non-Governmental Organizations and Registered Charities (Schedule) \$987,833
- ③ Childcare service fees \$69,592
- ④ Donations \$25,252
- ⑤ Amortization of deferred capital contributions \$69,152
- ⑥ Other \$24,082



**EXPENSES**

- ① Advertising and promotion \$14,223
- ② Amortization of capital assets \$116,093
- ③ Bank, payroll and interest charges \$30,916
- ④ Community events \$11,394
- ⑤ Contracted services \$423,458
- ⑥ Direct program costs \$941,433
- ⑦ Insurance \$39,927
- ⑧ Interest on loan payable \$39,846
- ⑨ Office \$99,860
- ⑩ Professional fees \$61,058
- ⑪ Program transportation \$509,064
- ⑫ Repairs and maintenance \$171,247
- ⑬ Salaries and benefits \$5,430,781
- ⑭ Training \$52,591
- ⑮ Travel \$104,972
- ⑯ Utilities and telephone \$68,054

# FINANCIALS

## SCHEDULE - REVENUES

### INUUQATIGIIT CENTRE FOR INUIT CHILDREN, YOUTH AND FAMILIES

	Year Ended March 31	
	2022	2021
<b>GOVERNMENTS AND PUBLIC SECTOR ORGANIZATIONS</b>		
Indigenous Services Canada	\$ 2,047,470	\$ 1,391,318
City of Ottawa	1,587,280	1,149,205
Public Health Agency Canada	1,380,107	769,891
Employment and Skills Development Canada	364,754	63,400
Women and Gender Equality Canada	196,285	257,398
Canadian Heritage	59,715	139,391
Partnership Table (Akausivik Inuit FHT)	-	9,037
Ministry of Children, Community and Social Services	692,145	562,341
Ministry of Education	169,270	154,530
Ministry of Tourism, Culture and Sport	36,961	35,000
Ministry of Health	35,784	256,063
Ottawa-Carleton District School Board	69,820	29,869
Ontario Council for the Arts	55,884	20,497
Laurentian University	-	500
	<u>\$ 6,695,475</u>	<u>\$ 4,838,440</u>
<b>NON-GOVERNMENTAL ORGANIZATIONS AND REGISTERED CHARITIES</b>		
Ontario Trillium Foundation	\$ 331,863	\$ 521,976
Ontario Aboriginal Head Start Association	172,289	16,207
United Way/Centraide Ottawa	60,333	153,784
Ontario Federation of Indigenous Friendship Centres	95,917	162,002
Nunavut Tunngavik Incorporated (NTI)	32,600	39,665
Laidlaw Foundation	27,000	-
Play for Prevention	25,965	23,085
Children's Hospital of Eastern Ontario (LHIN)	21,250	85,000
Pinecrest Queensway Community Health Centre	-	17,683
Other	<u>220,616</u>	<u>17,948</u>
	<u>\$ 987,833</u>	<u>\$ 1,037,350</u>

**PIJITSIRNIQ:** Serving and providing for family and/or community

ANNUAL REPORT 2021-2022



# FUNDERS & PARTNERSHIPS

## Funders

Canadian Heritage  
 Champlain LHIN  
 Children's Aid Society  
 Children's Hospital of Eastern Ontario  
 City of Ottawa  
 Employment and Skills  
 Development Canada  
 Indigenous Services Canada  
 Laurentian University  
 Ministry of Children, Community and  
 Social Services  
 Ministry of Education  
 Ministry of Health  
 Ministry of Indigenous Affairs  
 Ministry of Tourism, Culture and Sport  
 Nike  
 Nunavut Tunngavik Incorporated  
 Ontario Association of Aboriginal  
 Head Start  
 Ontario Council for the Arts  
 Ontario Federation of Indigenous  
 Friendship Centres  
 Ontario Trillium Foundation  
 Ottawa Community Foundation  
 Pinecrest Queensway Community

Health Centre  
 Play for Prevention  
 Public Health Agency of Canada  
 Tungasuvvingat Inuit  
 United Way of Eastern Ontario  
 Women and Gender  
 Equality Canada

## Partnerships:

ACTUA  
 Akausivik Inuit Family Health Team  
 Algonquin College  
 Anglican Diocese of Ottawa  
 Beechwood Cemetery  
 CHEO (Children's Hospital of  
 Eastern Ontario)  
 DNT transportation  
 Gignul Non-Profit Housing  
 Corporation  
 Government of Nunavut  
 Indigenous Sport and  
 Wellness Ontario  
 Interval House of Ottawa  
 Inuit Non-Profit Housing Corporation  
 Inuit Tapiriit Kanatami  
 IODE Laurentian

**PIJITSIRNIQ:** *Serving and providing for family and/or community*

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Jays Care Foundation

Kagita Mikam

Kakivak Association

Kitikmeot Inuit Association

Laidlaw Foundation

Larga Baffin

Let's Talk Science

Makonsag Aboriginal Head Start

Minwaashin Lodge

Nunavut Sivuniksavut

Nunavut Tunngavik Incorporated

Odawa Native Friendship Centre

Ottawa Aboriginal Coalition

Ottawa-Carleton District

School Board

Ottawa Children's Aid Society

Ottawa Health Services Network

Ottawa Humane Society

Ottawa Police Services

Ottawa Public Health

Ottawa School of Art

Pauktuutit Inuit Women of Canada

Qikiqtani Inuit Association

Raised by Wolves clothing brand

SAW

Serenity Renewal for Families

Tewegan Housing for  
Aboriginal Youth

The Boundless School

Tungasuvvingat Inuit


Wabano Centre for Aboriginal Health

White Hatter

YSB

**“Just being there is good for (youth’s) social, emotional well-being. Having role models who are Inuit, having a fun time, being with other Inuit, learning cultural and physical activities. Just being at the program is good for their well-being.” – Parent**





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

**Strong** Culture  
Families  
Communities

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Ottawa, Ontario K1L 6P5  
t: 613-744-3133

230 McArthur Avenue  
Ottawa, Ontario K1L 6P5  
t: 613-744-3133

352 Crete Place  
Ottawa, Ontario K1L 7K7  
t: 613-744-3133

76 Queen Mary Street  
Ottawa, Ontario K1K 1X7  
t: 613-746-5400

Hardini Centre  
235 Donald Street,  
Ottawa, Ontario  
K1K 4B7

595 Montreal Road  
Suite 500 and 507  
Ottawa, Ontario  
K1K 4L2

815 St. Laurent Blvd.  
Unit 330, Ottawa  
Ontario K1K 3A7