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Inuuqatigiit

Centre for Inuit Children, Youth and Families

**Strong** Culture  
Families  
Communities

# PIRUKSAQ GROWTH



Annual  
Report  
2019 –  
2020

# Inuuqatigiit Centre for Inuit Children, Youth and Families

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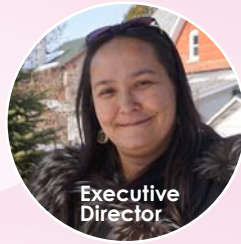
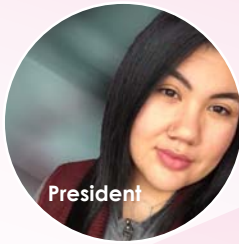
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## Executive Director and Presidents Welcome

Our community members envisioned a multi-service centre for Urban Inuit and in 2019 that vision was accomplished with the rebranding of the Ottawa Inuit Children's Centre to the Inuuqatigiit Centre for Inuit Children, Youth and Families. The Centre runs its programs from four locations (soon to be five locations) and has grown from strictly a child centre to a holistic wrap around service provider. In part, this was in response to the increasing number of Inuit moving to Ottawa for various reasons. This growth amplified the need for culturally specific programs and services for Urban Inuit who reside in the area.

Inuuqatigiit supports Inuit children, youth, and their families to be strong and healthy and to be proud community members. Connecting our youth with our elders encourages the teaching of Inuit knowledge, traditions, values, and beliefs that our culture has cultivated. Inuuqatigiit connects with the local Inuit community to offer equitable access to various services that support Inuit families. We do this through cultural strength-based programs and individualized services for the children, youth, and their families that will improve their ability to live a good life. All of our programs and advocacy work are rooted in the components of Head Start Program and are guided by the Inuit Qaujimajatuqangit principles.

It has been very gratifying to watch our children grow into young aspiring leaders with strong beliefs, values, and voices. Our youth have done this by supporting each other in the spirit of Inuuqatigiitsiarniq, the Inuit value of respecting others, relationships, and caring for people. Through the principle of pijariaqsarniq — the development of skills through observation, mentoring, practice, and effort — our youth have learned to work with community leaders and elders and to develop their skills as strong, resilient community members. Programs such as these offer opportunities to share history, culture, traditions, and new creative innovative ideas. Our youth have so much to offer and teach us and we look forward to watching them develop and grow.

Some highlights for 2019-2020 is the 'Strength in Numbers Program' which offer children and youth aged 10 to 17 years with an opportunity to participate in sport activities such as lacrosse, hockey, and basketball to name a few. Inuuqatigiit also delivered and implemented an 'Inuktitut Revitalization Project' with support from the federal Department of Heritage Canada.

We would like to acknowledge the valuable contributions of our partners and sponsors. Through their continued support and collaboration we are able to provide a safe space with quality programs and services.

Finally, we want to thank our board of director's, the management team, and our dedicated employees and volunteers for their devotion and time committed to improving the lives of Urban Inuit in Ottawa and surroundings. Together, united as a family and community, we can and will continue to be there for each other and support each other.

Tamara Takpannie – President

Stephanie (Mikki) Adams – Executive Director

# PIRUKSAQ Annual Report 2019–2020

## GROWTH



### Early Years Programs

#### Junior and senior kindergarten

In partnership with the Ottawa-Carleton District School Board's Robert E. Wilson Public School, the Inuuqatigiit Kindergarten Program allows children to attend school in a familiar environment that celebrates Inuit culture while meeting provincial curriculum guidelines. The program is staffed by two school board employees and a cultural educator from Inuuqatigiit. The program is unique in the province by offering instruction in English, French and Inuktitut as well as weekly access to country food, well-child checks, dental screening, art and play therapy, regular fieldtrips, and door-to-door transportation. The Kindergarten Program ran at full capacity in 2019-2020 with 10 Child Care children and eight Head Start children. We would like to congratulate the 12 graduating kindergarten children moving into grade 1.

#### Sivummut

The Sivummut Head Start Program is part of the national Aboriginal Head Start initiative. 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. Instruction is provided in Inuktitut and English along with opportunities to eat country food, sing Inuktitut songs, wear traditional clothing, light the qulliq and receive well-child checks, dental screenings, and monthly fieldtrips. As well, the program provides participants door-to-door transportation. Together these opportunities make Sivummut a unique and enjoyable program where young



*Inuuqatigiit has been a safe, welcoming, and friendly place for my family for the last 3 years. My now 4 year old daughter enjoyed her time at Head Start. She looked forward to going in the morning and spoke of having fun with her best friends. She loved her teachers. She would come home from Headstart saying things like 'I am a proud Inuk' and 'I love country food.' "*

— Parent

children can thrive in their culture. The program ran at full capacity with five toddlers in the morning, eight preschool children in the morning, and eight preschool children in the afternoon.

### Tumiralaat

Tumiralaat is Inuuqatigiit's full-day, year-round licensed childcare program. Educators provide an enriched learning environment based on the principles of the Aboriginal Head Start Program, Inuit Qaujimagatuqangit principles, and the provincial resource How Does Learning Happen. Instruction is in Inuktitut and English and Inuit culture is woven into play-based activities with furs, bones, ulus, amautis, and other cultural materials. Twenty-eight children aged 18 months to six years are provided free transportation, regular field trips, as well as dental screening, well-child checks, play and art therapy, and healthy meals that include traditional foods. The Tumiralaat Childcare Program ran at maximum enrolment all year long with 10 toddler children and 16 preschool children. This program ran with both the Head Start and the Preschool Childcare Children programs.



*"I have been involved with Inuuqatigiit for 5 years and I have been receiving good help since then and it is much appreciated so much! What it means to my family because Inuuqatigiit staff keeping our Inuit culture alive and passing it on to my child and other children. When we don't have country food Inuuqatigiit makes sure children taste, feel, and touch our food and our traditional clothes." — Parent*

### School's Cool

School's Cool is a summer program that has a tremendous impact on the school readiness of children. It is a six-week outcome-oriented program that uses a play-based curriculum to enhance children's skills in four areas: language, reasoning, socialization, and self-help. This is a registered program that is staffed by a Registered Early Childhood Educator and a cultural teacher for children aged 3 to 5 years. Fourteen children were enrolled in the summer of 2018.



## Youth Programs

### Tukimut Afterschool Program

The Tukimut Afterschool Program has grown significantly over the past three years. Once a program offered to 30 Inuit children ages 6-13 from across the Ottawa region, now operates five nights a week and

reaches 90 children. Thanks to wonderful sponsorships from Ontario's Ministry of Heritage, Sport, Tourism and Culture Industries and the Trillium Foundation, we are able to provide a culturally safe space for Inuit children to gather, connect with their peers, deepen their understanding of their culture, receive homework support, and be physically active. In addition, the program provides transportation and a nutritious snack and meal each night.

The program allows children to connect to their Inuit culture by participating in Inuktitut language lessons, sewing, beading, drumming, square dancing, and Inuit games. Our team connects with community members and Elders who have the knowledge and rapport with the children to deliver a positive learning experience for all who participate. Our team collaborates with partners such as Let's Talk Science, ACTUA, the Ottawa School of Art, Right to Play, and Ottawa Public Health to deliver insightful and creative free programming for our children. Some of the programming includes STEM sessions where children receive a more hands-on approach to Science, Technology, Engineering, and Math. The Ottawa School of Art allows children to participate in art projects and our Right to Play partners encourage physical activity. Over the past year, we have had over 600 volunteer hours contributed to the program.

*"My kids love going to the Tukimut Program. Not only are they able to learn about their own culture, but they get to build positive relationships with their peers. My kids are interested in learning more about their Inuit culture and I know that with the support from the Tukimut team they will continue to learn and be proud of their culture. I cannot express enough how amazing it has been to have my kids take part in the Tukimut program."* — Parent

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

Akwe:go Program is a self-development program for urban Indigenous at-risk children aged 6 to 13 years. Currently, the Akwe:go program is supporting 29 children. The program provides an opportunity for at-risk children to receive supports that will promote positive success. The coordinator and child work closely on developing goals for each quarter and then works on achieving them within the time frame. This includes supporting with institutional interventions, social supports, children in care, children with disabilities, and health and physical development. The coordinator connects with the youth in school and/or within our afterschool programs to best support their needs. Each session has a cultural component, a snack and an activity focusing on the pillar/goals that each client has identified during the quarter.



### Wasa-Nabin Urban Aboriginal Program

The Wasa-Nabin is a self-development program for at-risk urban Indigenous youth aged 13 to 18 years. In 2019-2020, the Wasa-Nabin Program worked collaboratively with 24 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 can be educational, personal, emotional, physical, and/or for social needs. The individualized goals guide each youth towards a positive path for success. The coordinator ensures a safe and meaningful plan which includes cultural supports. The program works to bringing in guest speakers such as Elders and community partners 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.



*Wasa-Nabin was able to help me connect better with my foster kids, by introducing me to country food, and also introducing us to Inuit games. We have been playing those games at home, and the kids have introduced them to their friends at school."*

— Foster parent

*"Thanks to Wasa-Nabin I was able to find other youth in my school who are also aboriginal." — Youth client*

*"I'm really happy with the Wasa-Nabin program, for supporting my son at school and after school." — Parent*

### Youth Life Promotion

The Youth Life Promotion Program supports Inuit youth aged 13-24 years from across the Ottawa region. Thanks to amazing support from the Ministry of Health, we are able to offer a meaningful program for our youth. The program provides young Inuit with academic and employment support, cultural programming, and physical activities as well as weekly workshops and guest speakers. In addition, the program organizes on-the-land excursions and cultural labs and camps during the March Break.

The Youth Life Promotion Program provides meals and transportation for youth to participate, to connect, and to find their strength. This past year we supported 65 youth with regular programming, with our Wednesday culture and sharing circle proving to be a weekly highlight. The program offers youth a safe space guided by the traditional principles of Inuit Qaujimaqatuqangit. Through culturally strength-based programming, we focus on youth and ensure that each session is based on their needs.

It is important to acknowledge that our youth guide us in the direction of the programs we deliver and this ensures we are meeting their needs. Monthly, our team holds youth focus groups to structure programming for the upcoming month. Part of the focus group is for





the youth to participate in our Aboriginal Children's Health and Well-Being Measure tool which provides us with a deeper understanding of what the youth needs. This past year, 50 youth took these assessments to help drive programming and connect with internal/external partners for referrals. Over the year, our team has referred 40 youth to internal/external services. These opportunities promote self-growth, confidence, and guide our youth in a positive direction for success.

*"The youth program has helped me make new friends and connect with my culture. Being able to come to a space where I can learn my culture and have positive conversations with my friends means the world to me. I love that the YLP team let us the youth help them with programming. This makes the program fun and enjoyable to be part of. My favourite part of the Youth program is when we sit down to have a meal together. I love how we are gathered around a table and having a meal. It's like we are one big family."*

— Participant, Youth Life Promotion Program

## Right to Play

The Right to Play Program has long been part of the Centre's youth initiatives. The program promotes physical activity, health and well-being, leadership, and cultural awareness among children and youth aged 6 to 24 years. This past year our community mentor focused on strength-based programming to help youth grow in the right direction using art, music, sport, and culture to help them find their strengths and to build on them. Connecting with the coordinators of the Tukimut and Youth Life Promotion programs, our community mentor provided exceptional sessions for children and youth. This past year our Right to Play Program supported 80 children and youth in both the Tukimut and Youth Life Promotion programs. The Right to Play mentor supported many youth-led events including: the planning of the Let Your Voices Be Heard event, paint-nights, music workshops, youth sharing circles, throat-singing workshops, art workshops, Inuktitut classes, and Inuit games sessions. All these sessions were youth-led and supported by the community mentor.



*“The important part of being the community mentor is to provide youth with a voice. Being able to put myself in the youth shoes I understand the importance of meeting them where they need it the most and provide strength-based programs/sessions to help guide the youth in the right direction. I want the youth to recognize their potential, create goals, and strive to be their best.” — Community Mentor, Right to Play Program*



## Makkuktukuvik – A Place for Youth

The Makkuktukuvik Program supports youth aged 13 to 24 years during critical hours of the week. The program has extended its youth hours to Saturdays so that cultural programming and support are now available weekends. The Makkuktukuvik Program delivers cultural programming, physical activities, assistance with homework and job readiness, and contributes to the planning of youth-led excursions and events. Throughout the weeks of 2019-2020, the program engaged 35 youth, with Saturdays being our busiest day of the week. Importantly, the coordinator and team provided a culturally safe space where the youth could develop skills in culture, language, leadership, social and emotional development, life-skills, mental health supports, and job readiness. Each evening the youth would receive transportation, snacks, and a meal.

On Saturdays, our team regularly engaged 25 youth in workshops, sharing circles, and in the planning sessions for upcoming events. One of the year's most successful was the Let Your Voices Be

Heard event planned by our youth — a youth-led occasion where they shared their work and skills in a positive way with the Ottawa community. This year we wanted to focus on expanding the performance skills on display. These included music, drumming, throat-singing, art, photography, square-dancing, Inuit games, and poetry. This event enabled youth to raise awareness about the issues they face in the community and offer a chance to share their talents with the audience.

*“Last year I went to the Let Your Voices Be Heard event but as a spectator. I knew from the moment I watched the event that I wanted to be part of the next event as a performer and as a youth in the program. On Saturdays I would run throat-singing workshops with other youth and help them find their strength to perform. I feel the sharing circle was the highlight of our Saturdays where youth were able to discuss their thoughts and feelings around different topics.”*

— Audience member

### **Making of Future Leaders**

The Making of Future Leaders Program offers leadership/mentorship sessions for Inuit youth aged 12 to 14 years old. Thanks to our amazing sponsors at United Way, we were able to develop and execute a successful leadership program. The program provides an opportunity for our team to create an environment that is positive, meaningful, active, and supportive of each other. Throughout the past year our team worked with 20 youth on building healthy relationships, creating goals, and learning how to develop programs for our Tukimut children. Weekly, the team attended the Tukimut session and ran cultural activities, games, and provided homework support for the children in the program. In addition, the group participated in our Saturday programs to help run workshops with our youth aged 13 to 24 years old. This included participating in the sharing circle, helping with throat-singing and Inuit games workshops.

*“The program provided me with a sense of belonging and togetherness. Being able to meet on a weekly basis to plan and discuss the upcoming program really helped me feel connected. Our team was focusing on doing some fundraisers in the community to raise funds for a parka-making project however with the pandemic it was hard to put together. Overall, I enjoyed going to Tukimut and being able to run games and activities with the younger kids in the program”.*

— Participant, Making of Future Leaders Program



### Summer Camps

Inuuqatigiit summer camps support Inuit children aged 6 to 12 years with an opportunity to engage in the fun of cultural and summer activities. This past year we were able to expand participation to 90 children over our seven-week summer program. Each week our team connected with community members and Elders in support of daily cultural programming. Each day the children participated in cultural programming, physical activity, art activities, and swimming as well as weekly fieldtrips. With our amazing community partners — Let's Talk Science, ACTUA, and the Ottawa School of Art — we were able to provide exceptional external programming. In addition, our team connected with the I Love to Play Soccer Program through the City of Ottawa to provide a 5-week session for our children.



### Strength in Numbers

The Strength in Numbers Program offers children and youth aged 10 to 17 years with an opportunity to participate in sport. Thanks to our amazing sponsors from the Canadian Heritage, we are able to provide a fun and active program for children and youth. We are in the early phases of developing a strong and engaging program for Inuit children and youth across the Ottawa region. Throughout the program, children and youth will be able to take part in a 6-8 week specialized sports block, a multi-sport night, and monthly tournaments where they can showcase their talents. Sessions focus on having fun and developing specific skills for each sport. In February 2021, we are planning to implement an Inuit Games event for children and youth across the Ottawa region. The sports team is excited to get started and are looking forward to the first sports block.





## Family Supports

### Family Well-Being

Now in its third year, the Family Well-Being Program (FWB) plans and delivers responsive and effective programs and services using a team approach to engage and assist Ottawa's Inuit families. A variety of culturally appropriate programs are offered including wellness programs, safe spaces, and programs specific to Inuit families and children. We envision a holistic approach where families and the community can access a variety of services that are specific to their particular needs.

*“Engaging with the FWB team is like connecting with family. We share in their joys and celebrations, empathize with their heartache and tragedies, but work through their struggles together — from the heart — with a shared goal of family wellness. Each person that walks through the door should feel that are “seen, felt, and heard” by staff and that they are connect to the team, to each other, and to their community.”*

— FWB Staff Member

Any parent that comes to a FWB Program can expect to be greeted with warmth and the knowledge that they will receive high quality programming, will be heard and understood, can speak their first language, will have their bodies and minds nourished, and know their children will be cared for by attentive and kind staff.

This year saw some changes in staff and programming, but the FWB programs and services have continued to provide participants a place to be honest and safe and have an opportunity to reconnect with a community that they might not have known was possible in a large city. We accomplished this through land-based family camps, healing programs, fun family activities, and an array of confidential individualized supports.

In 2019-2020, the FWB provided individual supports to 29 people involved with Children's Aid Society and those involved in criminal and/or family court proceedings. This support included 136 home visits, 23 referrals to lawyers, attendance in over 68 court hearings, participation in 23 Circle of Care meetings, and the provision of approximately 85 after-hours guidance sessions with clients in crisis and in need of support. A rewarding aspect of this work is supporting families so they can see their children when they are not at home. FWB has hosted 705 onsite visits and we are happy to report that all families but one receiving our assistance have been reunited with their children by the end of 2019.



Advocacy is also an ongoing aspect of the work undertaken by the FWB team. Family Support Workers remove barriers and support clients during important medical appointments, with completing documents, and by ensuring clients located far from the Centre receive the support they need. Weekly, the FWB welcomes between 13-30 men and women to a healing circle and every month a gathering is hosted for adoptive and foster parents of Inuit children. This latter event has developed into a dedicated group that attends regularly and shows a strong commitment to maintaining a connection to the Inuit community. On-the-land family camps are one of several preventative activities that the FWB facilitates, offering families the chance to get away from the city, to reconnect with one another and with nature, and the opportunity to reclaim culture by learning and practicing traditional skills.

Once again, the Annual Christmas Sponsorship Program was a great success. The FWB Program facilitated 23 sponsors who provided gifts and/or food to 56 families with an estimated total value of \$31,790 in donations.

Even as the Covid-19 pandemic became an unprecedented event at the end of this reporting period, the FWB team continued to connect weekly with all of their clients, immediately finding opportunities to offer the Healing Programs virtually, continuing with Children's Aid Society support, and providing gift cards or food hampers to 54 families. The team also began planning for the longer-term needs of the community as the pandemic continues to progress.

*"I can't imagine going through this whole thing without your help. Thank you for everything." — Parent*

*"I like that I can connect with the community and relieve some stress. Also avoids loneliness" — Healing Circle participant*

*"I feel like I can be myself without being judged or shamed and I can share in a confidential space." — Healing Circle participant*

*"Wow! We got so much stuff. Thank you! I am so much less stressed now." — Christmas sponsorship recipient*

### **Inunnguiniq Parenting Program**

Thanks to funding from the City of Ottawa, we were able to restart the Inunnguiniq Parenting Program (IPP) for parents raising their Inuit children in Ottawa. The program had come to an end in December 2018 but new funding allowed it to resume in the fall of 2019. The IPP



is a well-established program developed in Nunavut that utilizes the strength of Inuit culture to engage and build parenting capacity and it is one of the FWB's most successful initiatives.

Unique to this year's program, the final on-the-land family camp was undertaken in collaboration with Tungasuvvingat Inuit, which provided cultural activities, games, and wonderful family activities for 21 families. The program was adapted to offer the content in a shorter 12-week presentation.

Originally developed through five years of conversations with Elders about the knowledge they felt was important to impart on future generations, this amazing program allowed parents to learn more about the traditional Inuit values that ensure survival of the community and how individuals can develop to be capable and contributing members of a group.

By using stories, legends and quotes from Elders to guide self-reflection, parents were encouraged to consider how their lives are mirrored in these teachings and how they can use them to enhance their parenting. This manner of guidance is culturally safe and allows for rich and collaborative discussions as parents consider the changes they may want to make. The appeal of this program made it possible to reach many more individuals than originally planned.



## Initiatives and Mental Health

### Child First Initiative

Inuuqatigiit's Child First Initiative was first initiated in November 2019 and has since provided support to over 80 children and youth. The program provides a variety of services which aim to:

1. Provide Inuit families with assistance to understand and access the funding they are entitled to in order for their children to have needed health, social and educational products, services, and supports.
2. Address critical gaps in mental health and cultural support services for Inuit children and their families by providing access to Inuit-specific mental health services and cultural programs.

This program is new to Inuuqatigiit, and although services are still being implemented, it has had a great start. The following services are now underway, with an occupational therapy service to be added soon.

- **Service Coordination:** The CFI Coordinator works closely with families to help obtain the educational and health services and supports that their children require. This is done by assisting



*I have taken this once before, but I learned different things this time."*

— IPP participant



*I like it. It feels good to read these stories from back home."*

— IPP participant

families prepare and submit Child First Initiative applications to Indigenous Services Canada that request the necessary resources. Additionally, through an Integrated Plan of Care process, the Coordinator helps children and youth with complex needs to receive the community services that best meet their requirements.



*"I'm really happy with the Wasa-Nabin program, for supporting my son at school and after school"*

— Parent

- **Child and Youth Counselling:** The CFI Child and Youth Counsellor provides trauma informed counselling and support to children and youth. The services are provided in an accessible, safe, and timely manner. As well, the Counsellor connects clients with other Inuuqatigiit programs and services as needed, all part of the Centre's wrap-around service approach.
- **Art Therapy:** Art therapy sessions were offered weekly during this reporting period. It was delivered within a group setting through our Early Years Program. Twelve children regularly participated, allowing them to:
  - Explore their feelings;
  - Process emotional conflicts;
  - Build self-awareness and increase 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 and 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 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 provided assistance 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.



### Silatunig Inuit Youth Engagement Initiative

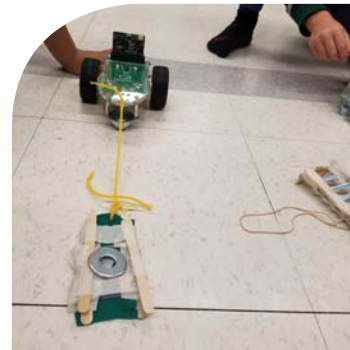
The main goals of the Silatunig Initiative are to break cycles of poverty and to achieve meaningful education and employment opportunities for Inuit youth between the ages of 14 and 24 years. This program is Inuit-specific, community-based, and holistic in nature. Clients can participate in a wide array of community-based programs at Inuuqatigiit, as well as have built-in culture-based supports to strengthen individuals, families, and communities. The team provides the means and support for academic re-engagement and assists in employment training and development.

In addition, the initiative provides a wide range of services and supports for clients through one-on-one peer support and counselling, client advocacy, case management, life skills development opportunities, tutoring, and Inuit youth mentorship from elders and other youth from the community. The program provided support to 174 youth in 2019-2020.

### Youth Mental Health Transition Initiative

The Youth Mental Health Transition Initiative is a new 12-month pilot program that started services in the fall of 2019. The primary objective is to deliver culturally specific support to Inuit youth aged 16 – 24 years who are facing mental health and/or addiction barriers. Services help them access the support they need to successfully transition to adult services as they age out of youth programs. Because clients often face a broad range of specific challenges (e.g. access to counselling, housing, legal support, and treatment), the Youth Mental Health Transition Worker collaborates extensively with other Inuuqatigiit programs and with a number of external partners.

With the goal of positively impacting the lives of 25 youth in the local Inuit community during the one year pilot, the Youth Mental Health Transition Initiative was well on its way to exceeding that milestone when the Covid-19 pandemic locked down Inuuqatigiit's operations in mid-March 2020. At that time, the Initiative had already referred 17 youth clients to adult services. Since then, services continues to be provided through remote and virtual means, despite the challenges it has posed for keeping these vulnerable youth engaged.



*“When I lost myself I started to do some stuff and started drinking and started hurting people I love and I started to hang out with the wrong people and I couldn’t even say I love myself or I’m proud of myself.” — Inuuqatigiit youth client*

*“I never thought I would say this but I’m really proud of myself and getting help. I’m so grateful for everyone who’s helping me.... And now I haven’t drink for 1 month and I started to stop hanging out with the wrong people.” — Inuuqatigiit youth client*

**Youth Mental Health Systems Navigation Program**

Inuuqatigiit'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 ranging from advocacy, home visits, school support, transportation support, referrals to other agencies and services, individual supportive counselling, case management support, and support with court appearances. Additionally, the YMHS Navigator provided support in completing and submitting Inuit-specific funding applications through Jordan's Principle (Child First Initiative), for individual children/youth under the age of 18 who are lacking a required service in social, health, or educational domains.

The Systems Navigator also continued to be engaged as a Community Advisor associated with Laurentian University's research project in developing the Aboriginal Children's Health and Wellbeing Measure. This tool is used to gain a deeper understanding of the needs of the children and youth our agency serves. 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.

*"Thank you so much from our family! This [support] really helps. I truly appreciate your help and concern." — Youth's parent*

*"Thank you for all you have done... this has been wonderfully resourceful and supportive!" — Youth's parent*

### **Inuutiarnirmut Katujjiqatigiit Program**

Inuutiarnirmut Katujjiqatigiit Program provides clinically supervised mental health and crisis support services for Inuit parents and youth. Funding from 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, 191 parents, family members, and youth received counselling services, crisis counselling, and/or individual counselling. These clients were either referrals from other Inuuqatigiit programs or were self-referrals. Counselling was offered in a culturally familiar setting where people were comfortable and used to attending, eliminating potential barriers related to transportation, cultural competency, and language.

The Inuit Mental Health Counsellor provided clients with regularly scheduled appointments as well as drop-in support and for crisis counselling. She also supported clients with Children's Aid Society meetings and Circles of Care, and made referrals when needed to such agencies such as the Akausivik Inuit Family Health Team, Tungasuvvat Inuit, treatment facilities, and other housing and legal support services.

A Youth Counsellor was engaged nine hours a week and provided individual counselling to 27 Inuit youth and children. Individual counselling was delivered at Inuuqatigiit as well as within schools in order to directly reach youth and reduce transportation barriers. The Ottawa school boards have been very supportive of our engagement within the schools.



*Thanks to  
Wasa-Nabin  
I was able  
to find other  
youth in my  
school who  
are also  
aboriginal"*

*— Youth Client*

An 8-week Trauma and Addiction Group was offered to parents struggling with related issues and who want to gain knowledge and support to make positive changes in their lives. The group was offered three times through the year. It provided therapeutic and psycho-educational information that explored the impacts of colonization, an understanding of the nature of trauma and PTSD and how substances are often used as a way to cope, and information about traditional knowledge as a way to lead a good life. Group discussion and information was shared on such topics as safety and healthy coping skills for trauma symptoms and substance use, and healthy coping skills for addiction, including craving management and self-care.

Client feedback on their experiences with the Inuit Mental Health Counsellor, the Youth Counsellor, and the group sessions has been good. Many reported that the counselling has been helpful and has taught new coping skills and how to better manage emotions and stress. Counselling sessions have focused on client strengths and on empowering them to make decisions based on their own experiences and needs.



### Tasiuqatigiit Program

Inuuqatigiit's 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 in Ottawa for medical services for their children and medically fragile Inuit children and youth in foster care and group home settings and those in adoptive families. The program provides Social-Cultural Navigators who help Inuit families through advocacy, information, and supports. The navigators also provide cultural education sessions to service providers who work with Inuit families. The program receives financial support from the First Nations and Inuit Health Branch and Indigenous Services Canada (ISC).

The Social-Cultural Navigators support children who were in-patients at the Children's Hospital of Eastern Ontario (CHEO) and to their families and deliver services on an outreach basis to Inuit staying at the Larga Baffin medical boarding home and other locations. The navigators teach Nunavut families to navigate urban settings and institutions and to cope with cultural and linguistic differences. The program is delivered in collaboration with Tungasuvvingat Inuit's navigator team and the Ottawa-Nunavut Partnership Table which works towards coordinated services that support the health of Inuit children and their families. Other partnering agencies include the Akausivik Inuit Family Health Team, Nunavut Health, Nunavut Tunngavik Inc., Ottawa Health Services Network Inc. (OHSNI), CHEO, and Larga Baffin.



This year the program developed and published an Ottawa guidebook to assist medical travellers. The Navigation Team launched the book at a party at Larga Baffin where approximately 70 clients attended along with representatives from Tungasuvvingat Inuit, CHEO, OHSNI, and ISC.

Through ongoing support provided by ISC's Urban Programming for Indigenous Peoples, Tasiuqatigiit works to improve its access and coordination for vulnerable Inuit children and youth living in group homes and their families. These clients are classified as at-risk, medically fragile, or in the care of the Children's Aid Society or Family Services. The Social-Cultural Navigators provide individual case management, respite, and referrals to other programs and services. The navigators also maintain connections to Ottawa's Inuit Community and local services providers and provide access to culturally rich arts and social programs and training opportunities.

Throughout the year, the Social-Cultural Navigator program delivered over 50 group arts and social programs that hosted to a total of 600 attendees, including Inuit children, youth, parents, guardians, and Elders. These programs were coordinated with CHEO's Child Life program, Bairncroft Residential Services, and Larga Baffin.

In November, the Social-Cultural Navigator Program was invited to the opening of CHEO's Aakuluk Clinic. It supports Inuit children and families from Nunavut whose children require special medical care outside of the territory. On Mondays the Social-Cultural Navigators joins with OHSNI and the physicians at CHEO to help ensure these children and families are receiving culturally appropriate care and support. Overall, the program provided services and supports to over 170 clients and their families or escorts this year.

The Navigators also provided cultural safety training to several groups at CHEO, including staff of the Child Life Program, The centres for mental health and for genetics, as well as to social workers. Additionally, training was delivered as part of the hospital's lunch and learn programs and at a panel discussion on at-risk populations. Similar training was delivered to other service providers and to new foster and adoptive parents about Inuit history and the needs of Inuit client and about the services offered by Inuuqatigiit.



### 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 about Inuit history, culture, and values. The program also fosters parental engagement in schools and increases Inuit cultural literacy among Ottawa teachers. 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.

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

Over the past year, the BTG Student Support Coordinator provided individual and group support to over 75 Inuit students in Ottawa area schools from kindergarten through to grade 12. BTG presenters delivered almost 600 presentations reaching approximately 22,000 students. The team also provided several cultural enrichment workshops for teachers, school administrators, and support staff reaching over 400 teachers and staff.

This program, with all of its components, creates pride in Inuit students, empowers parents, and educates teachers and students of all backgrounds about the importance of Indigenous communities in Canada.

*“The [BTG] team's drive and flexibility and ability to do whatever it takes make a huge difference for youth.” — Teacher*

*“The Individual Support program was INVALUABLE and INSTRUMENTAL in working with one of our highest needs students.” — Learning Resource/Support teacher*



*The presenter who came to visit my class of high-needs students was easygoing, friendly and very adaptable, which helped a great deal in making everyone feel at ease. The students loved him!”*

— Teacher



### Special Projects

#### Language Revitalization Project

Inuuqatigiit Centre for Inuit Children, Youth and Families delivered and implemented an Inuktitut Revitalization Project with support from the federal Department of Heritage Canada. The project allows the centre to further develop the language and cultural resources available for urban Inuit. The centre's team of Inuktitut Language and Cultural instructors developed a language kit with themed activities,

visual aids, audio resources, and syllabics labels as well as a language kit designed for the parents and guardians of children aged 18 months to 6 years who are at a beginner's level.

### **Building Capacity for Inuit Early Childhood Educators**

Inuuqatigiit, in partnership with Algonquin College, is developing an Inuit-Specific Early Childhood Education (ECE) diploma. This 3-year initiative is now in its third year. It is grounded in Inuit culture, inclusive of traditional ways and knowledge and incorporates promising practices and innovative approaches drawn from the Inuit community, learners, employers, and the early learning and child-care sector.

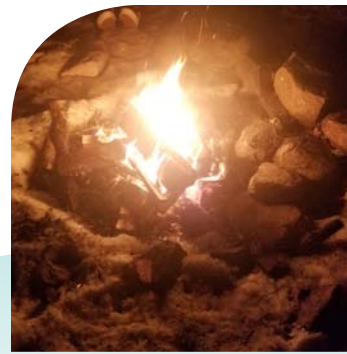
To date, under the guidance of cultural content advisors and a project advisory committee, we have completed a needs assessment for the project that presents: 1) a literature review of successful strategies and key issues relating to post-secondary training, 2) an employment market analysis along with key informant interviews and an assessment of learner needs, and 3) an environmental scan of Indigenous post-secondary institutions that offer ECE or related training. The major findings of the literature review include several suggestions for program delivery, learning environment, cultural content, and promotion and recruitment.

Inuuqatigiit plans to use the needs assessment, literature review, ECE environmental scan, and their recommendations to develop a set of principles and scope for the next phase of the project which will include a curriculum review, development and/or adaptation under the guidance of cultural content advisors, and a project advisory committee.

### **Seeing the Light**

The Seeing the Light Program continued to support Inuuqatigiit with internal event planning in addition to educational programming and performances. Inuuqatigiit worked with such external agencies as the Canadian Committee and Food Labeling, the Government of Canada Workplace Charitable Campaign, the City of Rockland, and the Somerset West Community Health Centre.

The Seeing the Light Conference, with its focus on Young Inuit Leadership, was planned for March 25, 2020. A group of Young Inuit Leaders were ready to present a variety of topics including Inuit Women in Business, Supporting Inuit Children/Youth within Education, Restorative Justice and Indigenous Policing, Using Artistic Expression to Heal Intergeneration Trauma, and many other topics. Unfortunately, the conference was cancelled due to the Covid-19 pandemic. We followed federal and provincial guidelines to keep everyone safe, and we are planning to host a virtual conference in the fall of 2020.



*[The BTG Student Support] has shared opportunities we never would have known otherwise; the stressors of navigating supports at school and navigating general services were greatly alleviated due to her dedication."*

— Parent

### Indigenous Centre of Excellence

Under the Secretariat for Early Years and Child Care, the Indigenous Centre of Excellence (ICOE) advanced the Ontario Early Years curriculum, *How Does Learning Happen?*, by promoting discussions in Ontario's early years communities. The ICOE explored pathways towards creating high quality, culturally safe spaces within child care and early years programs with emphasis on how Indigenous (First Nations, Métis and Inuit) worldviews intersect with current early years practices. Reflective articles, gatherings, and knowledge exchanges were an important feature of ICOE's work. As part of this process, Inuuqatigiit has worked to advance an understanding of early childhood education through an Inuit cultural lens. Using videos, the topics about Belonging, Well-being, Expression, and Engagement were explored by elders such as Ina Zakal and Reepa Evic-Carleton.

### Inuit Well Being: Support for Inuit Impacted by Gender-Based Violence and their Families Project

The aim of Inuuqatigiit's Inuit Well Being: Support for Inuit Impacted by Gender-Based Violence and their Families (GBV) Project is to test Inuuqatigiit's Inuit-specific wrap-around model of services which addresses family mental and physical health, childcare, housing, culture, and language. This strengths-based approach addresses barriers faced by individuals and families, builds capacity, and contributes to better outcomes for Inuit women, men and youth affected by violence

By including the diverse voices men, women, youth, elders, stakeholders, and pan-Indigenous and non-Indigenous organizations, Inuuqatigiit's GBV project can explore varying Inuit lived experiences, strengths, well-being needs, service gaps, and community challenges that arise in response to gender-based violence.

The priorities for the first year have been to establish the mechanisms to guide the work. The project has established a 12 member advisory committee, a community stakeholders' group (16 invited, 13 attended) and an Inuit stakeholders' group (26 invited, 14 attended, including Elders). In addition, the project has sought to engage Inuit clients with lived experience (6 participants registered as 'interested in the project') and Inuit youth (15 participants, mostly young women, young-single mothers, and boys) and referral partners (5 in total). The GBV team worked closely with these groups to begin validating and testing the model.

The team contributed to several panel discussions in the GBV sector during this reporting period and accessed training opportunities for Inuuqatigiit staff in order to expand their knowledge in such areas as





gender expression and sexual orientation, mental health, first aid, and vicarious trauma. Internal staff and external partners were informed of training opportunities and Inuit-specific cultural sensitivity training was provided to service providers and project partners.

An experienced third-party evaluator was also engaged to develop an Inuit-specific evaluation plan that will gather information from project participants in a culturally relevant manner. Many aspects of the project were placed on hold at the end of this reporting period due to the Covid-19 pandemic and team members are currently looking at working remotely to accommodate safety protocols.



## Community Events

### Inuit Day Celebration

Over 350 individuals joined Inuuqatigiit's Inuit Day Celebration on February 22, 2020. It was a beautiful winter day with temperatures above 0 degrees. Upon arrival, every participant was asked to sign in their family to receive a ballot to win door prizes. A family passport was also distributed to begin the Inuksuit scavenger hunt, just one of the day's activities.

Throughout the day, community members had the opportunity to play a variety of games including throwing pompoms into a basket on a family member's head and a language game where participants matched cultural pictures to Inuktitut words written in Roman orthography and syllabics. Other activities included storytelling in the Elders' tent, sales tables, an on-site palaugaq (bannock) competition, ice-sculpture carving, a performance by the students from Nunavut Sivuniksavut, and throat singers from the community who demonstrated their talents. Other highlights included temporary traditional facial tattoos, eating a delicious hot lunch of caribou stew, char chowder, and palaugaq.

The Inuit Day Celebrations offered plenty of inuksiutit (country food); including a whole seal that was harvested onsite, as well as frozen char and caribou and other delicious treats for Inuit in the south. This year's abundance of country food was reflected in the smiling faces of the participants.

### Christmas Party

The annual Inuuqatigiit's Christmas party hosted approximately 400 people. The community enjoyed a delicious, catered Christmas lunch, traditional frozen foods, arts and crafts, children's performances, community games, and even a visit from a special someone from the North Pole! The 2019 Christmas party was held at a new location, St. Anthony's Banquet Hall, and we received some great feedback and we hope to have it there again!





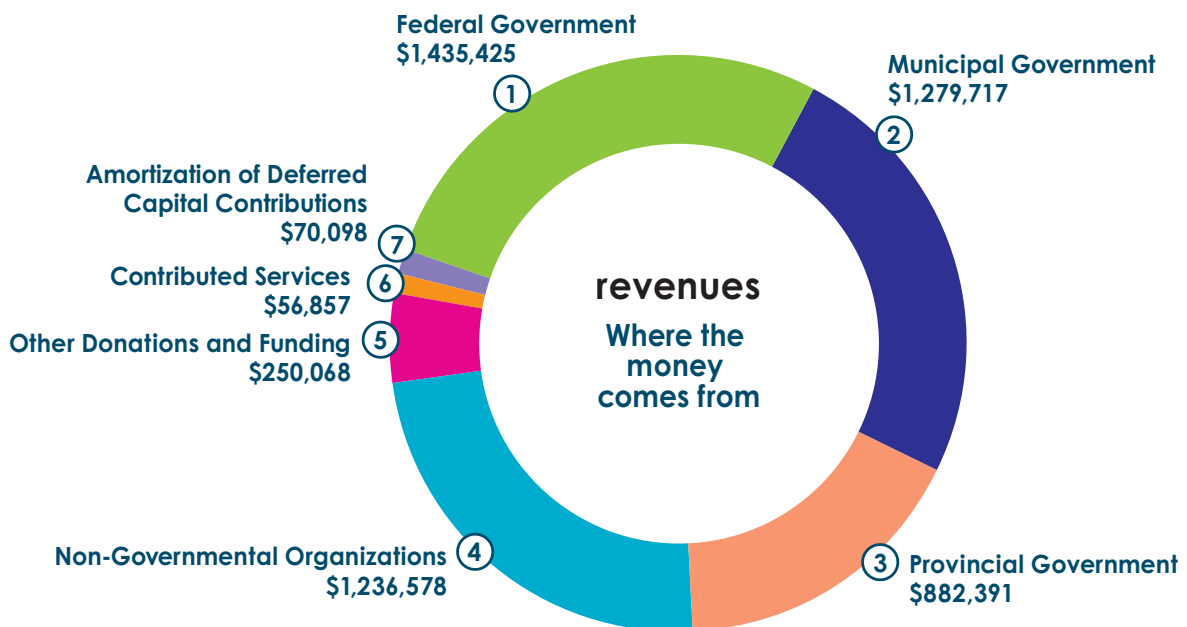
# Audited Financial Statements

March 31, 2020

## Summary Statement of Revenues and Expenses

### Where the Money Comes From

	2020	2019
1. Federal Government	1,435,425	1,135,436
2. Municipal Government	1,279,717	1,278,125
3. Provincial Government	882,391	1,166,353
4. Non-Governmental Organizations	1,236,578	1,080,162
5. Other Donations and Funding	250,068	287,005
6. Contributed Services	56,857	44,928
7. Amortization of Deferred Capital Contributions	70,098	59,519
<b>Total Revenues</b>	<b>5,211,134</b>	<b>5,051,528</b>

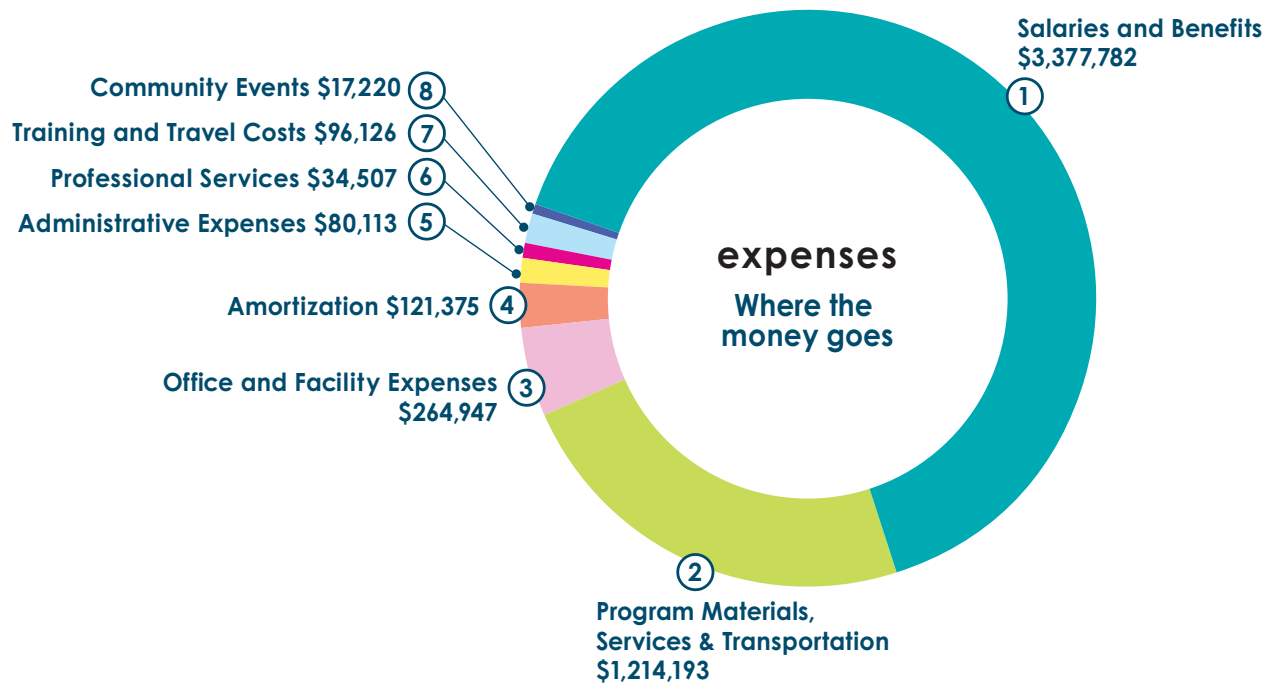


# PIRUKSAQ Annual Report 2019–2020

## GROWTH

### Where the Money Goes

	2020	2019
1. Salaries and Benefits	3,377,782	3,012,018
2. Program Materials, Services & Transportation	1,214,193	1,317,471
3. Office and Facility Expenses	264,947	376,497
4. Amortization	121,375	92,276
5. Administrative Expenses	80,113	61,629
6. Professional Services	34,507	21,129
7. Training and Travel Costs	96,126	109,190
8. Community Events	17,220	40,221
<b>Total Expenses</b>	<b>5,206,263</b>	<b>5,030,431</b>
<b>Excess of Revenues Over Expenses</b>	<b>4,871</b>	<b>21,097</b>



## Summary Balance Sheet

<b>Assets</b>	<b>2020</b>	<b>2019</b>
<b>Current Assets</b>		
Cash	1,763,734	1,415,037
Accounts Receivable	471,911	468,036
Prepaid Expenses	21,561	21,162
	<b>2,257,206</b>	1,904,235
<b>Capital Assets</b>	<b>2,623,503</b>	2,603,067
	<b>4,880,709</b>	4,507,302
<b>Liabilities and Net Assets</b>		
<b>Current Liabilities</b>		
Accounts Payable and Accrued Liabilities	355,424	448,253
Loan Payable	865,969	885,617
Deferred Revenue	1,488,246	1,072,838
	<b>2,709,639</b>	2,406,708
<b>Deferred Contributions relating to Capital Assets</b>	<b>1,313,438</b>	1,247,833
	<b>4,023,077</b>	3,654,541
<b>Net Assets</b>		
Invested in Capital Assets	444,096	469,617
Internally Restricted — Contingency Reserve	60,000	60,000
Unrestricted	353,536	323,144
	<b>857,632</b>	852,761
	<b>4,880,709</b>	4,507,302

## REPORT OF THE INDEPENDENT AUDITOR ON THE SUMMARY FINANCIAL STATEMENTS

### Opinion

The summary financial statements, which comprise the summary balance sheet as at March 31, 2020 and the summary statement of revenues and expenses for the year then ended, are derived from the audited financial statements of Inuuqatigiit Centre for Inuit Children, Youth and Families for the year ended March 31, 2020.

In my opinion, the accompanying summary financial statements are a fair summary of the audited financial statements in accordance with Canadian accounting standards for not-for-profit organizations.

### Summary Financial Statements

The summary financial statements do not contain all the disclosures required by Canadian accounting standards for not-for-profit organizations. Reading the summary financial statements and the auditor's report thereon, therefore, is not a substitute for reading the audited financial statements and the auditor's report thereon. The summary financial statements and the audited financial statements do not reflect the effects of events that occurred subsequent to the date of our report on the audited financial statements.

### The Audited Financial Statements and My report Thereon

I expressed an unmodified audit opinion on the audited financial statements in our report dated September 15, 2020.

### Management's Responsibility for the Summary Financial Statements

Management is responsible for the preparation of the summary financial statements in accordance with Canadian accounting standards for not-for-profit organizations.

### Auditor's Responsibility

My responsibility is to express an opinion on the summary financial statements based on our procedures, which were conducted in accordance with Canadian Auditing Standard (CAS) 810, *Engagements to Report on Summary Financial Statements*.

*vanBerkom Professional Corporation*

Ottawa, Ontario  
September 15, 2020

Chartered Professional Accountants  
(Authorized to practise public accounting by the  
Chartered Professional Accountants of Ontario)



## Funders

**Akausivik Inuit Family Health Team (Partnership Table)**

**Canadian Heritage**

**Children's Aid Society  
Ottawa**

**Children's Hospital of  
Eastern Ontario  
(Champlain LHIN)**

**City of Ottawa**

**Employment and Skills  
Development Canada**

**Indigenous Services Canada**

**Laidlaw Foundation**

**Laurentian University**

**Ministry of Children,  
Community and  
Social Services**

**Ministry of Education**

**Ministry of Heritage,  
Sport, Tourism and Culture  
Industries**

**Ministry of Indigenous  
Relations and Reconciliation**

**Ontario Association of  
Aboriginal Head Starts**

**Ontario Council for the Arts**

**Ontario Federation of  
Indigenous Friendship Centres**

**Ontario Trillium Foundation**

**Ottawa Community  
Foundation**

**Ottawa-Carleton District  
School Board**

**Pinecrest Queensway  
Community Health Centre**

**Play for Prevention**

**Public Health Agency of  
Canada (Schedule II)**

**Tungasuvvingat Inuit**

**United Way / Centraide  
Ottawa**

**Women and Gender Equality  
Canada**

*“I feel like I can be myself  
without being judged or  
shamed and I can share  
in a confidential space.”*

— Healing Circle participant





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