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Inuuqatigiit

Centre for Inuit Children, Youth and Families

Strong Culture
Families
Communities



**ANNUAL
REPORT
2018-19**

“

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OICC helped me get back on my feet.

– Credit

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Inuuqatigiit Centre for Inuit Children, Youth and Families

ANNUAL REPORT 2018-19

Board of Directors (2018-2019)

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President



Executive Director

President/ Executive Director's Welcome

In July of 2019, Inuuqatigiit Centre for Inuit Children, Youth and Families Board of Directors announced the hiring of a new Executive Director: Stephanie (Mikki) Adams, an Inuk from Nunavut. For most of her life Mikki has lived in Rankin Inlet but moved to Ottawa in September of 2018. Mikki has over 15 years of Finance and Management skills and in 2009, she was one of the first Inuit to be designated a Certified Aboriginal Financial Manager by the AFOA Canada (Aboriginal Finance Officers Association). We would like to take this opportunity to welcome Mikki into the Inuit Community of Ottawa and to Inuuqatigiit.

Inuuqatigiit — “Coming Together”

Also in July, the rebranding process from Ottawa Inuit Children Centre to Inuuqatigiit Centre for Inuit Children, Youth and Families was completed. We received our Supplementary Letters Patent which formalizes this rebranding. The new name was chosen using a value based on Inuit Qaujimaqatigangit as a guiding principal — “Aajiiqatigiinni: decision making through discussion and consensus.” It was during the community consultations that our elders recommended a new name to the Board of Directors as a way to truly reveal who we are and what we do — coming together. The name Inuuqatigiit Centre for Inuit Children, Youth and Families better reflects the people and community to whom we strive to provide quality services.

Inuuqatigiit strives to be a strong part of the Inuit community as an advocate and provider

of exceptional services and benefits to urban Inuit children, youth and families. Guided by the Inuit value of “Pijitsirniq” — serving and providing for family and community — Inuuqatigiit will continue to promote the Inuit Way as we come together to help one another. The name change reflects the Inuit societal value of “Qanuqtuurniq” — being innovative and resourceful. Inuuqatigiit reflects the Inuit community's ongoing commitment to help one another, for the future and betterment of our children. The best way to serve our community is to come together as a team, as a family and as a community to support one another in ways that are uniquely Inuit. Working together towards a common cause is what builds a stronger family and community.

Inuuqatigiit has signed an agreement with the City of Ottawa for a Capital Expansion Project for Child Care and Community-Based Early Years. We have subsequently signed a lease with Ottawa-Carleton District School Board to have additional Childcare and Pre-School classes at the former Rideau High School to serve 10 infants, 15 toddlers, and 24 pre-school students. The new Childcare Centre will be opening in December of 2020. Please stay tuned for more information.

As proclaimed in 2016 by the United Nations General Assembly, 2019 is designated the International Year of Indigenous Languages. For this we can stand tall and be proud to celebrate our rich culture, heritage and language, and to celebrate the accomplishments which we achieved together alongside our partners, community members and our dedicated staff. Together as a team, we can envision a brighter future for our Inuit children, youth and families.

Stephanie (Mikki) Adams, CAFM
Executive Director

Alyssa Flaherty-Spence
President



Culturally Rich Children's Programs

Inuuqatigiit's programs are 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. Inuit view children as unique gifts to a community. Through a process called Inunnguig, which relies on interconnectedness and relationships, children develop their capacity to live a good life and contribute to their community.

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.

Our programs also are guided by our Parent Council which advises Inuuqatigiit on various program components including Year End Celebrations, the Back to School BBQ, parental and elder involvement and cultural needs. Acknowledging and celebrating our families is at the core of our work.

Thanks to a funding grant from the Public Health Agency of Canada we were able to update and purchase toys and equipment and add to our art and play therapy program for children. In addition, Inuuqatigiit has benefited from the Well Child Checks provided by the Akusivik Inuit Family Health Team, the regular dental screening offered by Ottawa Public Health, the volunteers from Heritage College and the popular storytelling visits offered by the Ottawa Public Library. Programming also has been enriched by the opportunity for staff to attend Seed of Empathy workshops and, along with parents, the opportunity to participate in regional on-the-land training with the Aboriginal Head Start Association.

Inuuqatigiit means a lot to me. It keeps me connected with Inuit Culture and I get to learn new things about my culture. Having my daughter in the centre is great because she gets to learn her culture from others. – Parent

Junior and Senior Kindergarten

In partnership with the Ottawa-Carleton District School Board, 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 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 capacity this year with 10 children graduating to 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, skin seal, wear traditional clothing and light the qulliq. These opportunities make this a unique and enjoyable program where young children can thrive in their culture. Sivummut successfully graduated 28 children during the 2018-2019 school year.

“When we returned to start our daughter's program the staff recognized our daughter and said hi. It really warmed my heart! You feel valued at Inuuqatigiit. – Parent”



Tumiralaat

Tumiralaat is Inuuqatigiit's full-day, year-round licensed childcare program where educators provide an enriched learning environment based on the principles of the Aboriginal Head Start Program 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, and visits from elders, as well as dental screening, well-child checks, music, play and art therapy and healthy meals that include traditional foods. The Tumiralaat Childcare Program ran at maximum enrolment all year long.

“

Inuuqatigiit has helped me in so many ways. I learned so much about being a better parent, better listener and have opened up my mind about passing on the knowledge of Inuit Traditions. Once I moved down here, I thought my children would not know much about Inuit Traditions because I didn't. Inuuqatigiit helped me get back on my feet. – 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. A total of 16 children participated in the School's Cool Program in the summer months of July and August 2019.



Culturally Rich Youth Programs

Tukimut Afterschool Program

The Tukimut Afterschool Program is a culturally safe space for Inuit children between the ages of 6 and 13 years. Over the past two years the program has expanded from a 3-day to a 5-day a week and now reaches over 65 children and youth. The program provides transportation and a nutritious snack and meal each night. At the afterschool program children are engaged in Inuktitut language lessons, sewing, beading, sports, art lessons and so much more. Tukimut is a place where a sense of community is built. Children and youth are encouraged to make lifelong friendships and are inspired to return to the program to volunteer or be a part of the staff once they have aged out of the program.

Some of the community partners involved with making Tukimut a success include community elders, young leaders and student volunteers from Algonquin College and the University of Ottawa. Over the past year, Tukimut has had over 500 volunteer hours contributed to the program.

Tukimut is further enriched by partners such as Let's Talk Science, ACTUA, the Ottawa School of Art, the Right to Play and Ottawa Public Health who provide program activities free of charge. Some of the programs offered include learning to code/work with robots, building and experimentation and opportunities to work with different art mediums like paint and clay.

This program is offered free of charge thanks to our amazing sponsors: The Ministry of Tourism, Culture and Sport, United Way, and The Ontario Trillium Foundation.

“ Thank you so much for taking my son in. He's super excited to be a part of Tukimut. He's interested in his Inuk culture side and wants to know more, and I know Tukimut will give him that. Much of our time is spent in transit bussing and this eliminates some of our limited activities outside of school. Tukimut allows him a sense of belonging and to be part of the Inuit community. I know this will teach him part of his identity and will have a long-lasting effect on his self-esteem. I'm looking forward to seeing the growth in my son. I definitely recommend all Inuit in the Urban Inuk community to access these services.

– Tukimut Parent ”

Mental Health Systems Navigation Program

Inuuqatigiit's System 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 they transition from one service to another. During this programming year, the Systems Navigator provided services ranging from advocacy, home visits, transportation support, referrals to other agencies and services, individual supports, case management support and support with court appearances. The Systems Navigator also continued to be engaged as the Community Researcher associated with the Evaluation to Action research project. This enabled the agency to continue to gain knowledge of both the internal and external operations of Inuuqatigiit along with some of its partners. 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.

“ Terrific Support!! Thanks. – Youth's Guardian ”

Has made a big difference – very useful process, bringing stakeholders together. – Youth's Guardian ”

Akwe:go Urban Aboriginal Children's Program

Akwe:go is a self-development program for urban Indigenous, at-risk children aged 6-13 years. By accessing the services and supports offered by the Akwe:go Program, children learn goal setting and leadership skills, learn how to make healthy choices, and ultimately lead to healthier lifestyles and achieve personal success. Sessions include activities that are culturally relevant and directed to improve interpersonal skills, knowledge, attitudes and enhance values that promote personal well-being. Through this program, supports are provided to the individual according to the following five pillars: Institutional Interventions, Social Supports, Children in Care, Children with Disabilities and Health and Physical Development.

This year the Akwe:go Program supported 29 children. One-to-one support was provided in school, afterschool and in-house. The program also assisted in supporting the Tukimut Afterschool Program by providing one-to-one support for the clients who attend regularly. Each session has a cultural component, a snack and an activity focusing on the pillar/goals that each client has identified during the intake process and are working towards.

Best Moment:

One client whose goal was to attend a full day of school, started off the school year by attending for only an hour a day. Through facilitated regular sessions, the client was provided opportunities to build relationships with his classmates and to build on his school engagement. The client was able to begin full-day sessions in June, completing his goal and finding success in his perseverance.

We Belong Program

The We Belong Program offers an opportunity for Inuuqatigiit staff to meet Inuit youth where they need it the most. The program provides youth with access to education and employment opportunities and engages them in skills development activities and services. The program works with urban Inuit youth aged 13 years and over on developing life skills, leadership skills, setting short- and long-term goals and deepening their understanding of Inuit culture. In addition, the program provides an opportunity for youth to engage and receive support when applying to college and university. The program offers bi-weekly guest speakers, job readiness workshops, and sport and recreation sessions.

Twenty-five youth registered in the program though attendance varied between sessions. Some started volunteering for our Tukimut and Summer Camp programs and some have ended up working in part-time leader positions within our programs.

Getting Inuit youth active within the community and within Inuuqatigiit's programs is a measure of our success. Youth have found their strengths and the confidence to become positive and strong leaders within Ottawa's Inuit community.

I learned about a lot of new stuff, and also re-learned some stuff. – Youth

I learned about how fun it is to play with other people because I am half anti-social. – Youth



Wasa-Nabin Urban Aboriginal Program

Wasa-Nabin is a self-development program for at-risk urban Indigenous youth aged 13-18 years. Through the program's services and support, youth learn goal setting skills, develop leadership skills and learn how to make choices that support healthier lifestyles and personal success. Activities are culturally appropriate and are directed to improving interpersonal skills, knowledge, attitudes and enhance values that promote personal well-being.

The Wasa-Nabin Program works with various schools to provide social support and homework support. Program participants also visited two schools with First Nations, Métis, and Inuit students. The program includes elders and other guest speakers who attend and teach. The youth participated in our five-night and three-night March Break at Camp Smitty. During the summer the youth participated in a one-week OPP camp and supported, as volunteers, Inuuqatigiit's summer camp.

Wasa-Nabin also supports youth who are involved with Children's Aid Society or who have challenging relationships with their parents. Staff have worked with the Society to help youth return home from foster care and to help clients return to school. Youth also are supported in attending camps and in finding summer employment opportunities. Wasa-Nabin has 24 youth registered in the program.

Thanks to the program, I have learned to be proud of my culture, and learned to teach others about it. – Youth

Having you with me when I had to make the most difficult phone call, was helpful and your support meant a lot to me and my family. – Parent

My kids have always enjoyed the days you come and see them. Every time you visit them at the school, they come home excited and can't wait to tell me about the fun programming you had planned for them. Also, the healthy snacks you always bring for them. – Parent

Youth Life Promotion

The Youth Life Promotion Program is for Inuit youth aged 13-24 years to support staying in school, gaining employment and improving life skills. The program includes help with homework, employment readiness workshops, guest speakers, one-to-one counselling and opportunities to contribute volunteer hours. Guest speakers focus on options for post-secondary education and career choices. Speakers are from such fields as corrections and policing, security, culinary arts, northern relations, medicine and from local colleges and universities.

On average, approximately 15 youth participated in each of the program's activities. In total, 53 youth attended on-the-land excursions and cultural labs, 19 participated in the on-the-land excursions and 15 participated in each of the program's 88 cultural labs. In addition, 29 referrals were made to programs and supports available within and outside of Inuuqatigiit, 50 underwent Aboriginal Children's Health and Well Being Measure assessments and camps were organized for all the youth during the summer and March breaks.

The Youth Life Promotion Program offers clients a safe space based on the principles of Inuit Qaujimajatuqangit (Inuit Traditional Knowledge). Through culturally appropriate strength-based programming youth can build cultural and language skills and receive support for their educational, health and nutritional needs and support through social services. These opportunities promote self-growth, self-confidence and a high level of self-esteem.

“ YLP has helped my life greatly by being the safe space I need to grow and nurture my potential. This program is shaping me into the Inuk I want to be, providing me with food and great service. This program has the potential to give youth a life they can't buy themselves. I love Inuuqatigiit! – Youth



Right to Play Programs: Play for Prevention

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 6 to 24 years. Programming focuses on better health, positive relationships, youth employment, cultural revitalization and continuing education. Each session incorporates skill building activities that are organized by the following

themes: health, positive relationships, emotional wellbeing, cultural connections and concentration and leadership. Ongoing training and support for the staff is a key element of this program.

“ I love right to play because you can draw and play random games with other kids. – Participant

Silatunig Initiative

The Silatunig Inuit Youth Engagement initiative focuses on supporting Inuit youth aged 14-24 years living in Eastern Ontario. The overall goal is to break the cycle of poverty by supporting youth to complete high school, enroll in post-secondary education or gain meaningful employment. The Inuit-specific community-based initiative provides social, cultural and practical support that includes tutoring, mentorship, life skills, youth leadership, outreach, advocacy and case management. A three-year evaluation will provide new data on these strategies and will help improve the well-being and future success of Inuit youth.

Silatunig is on track with its aim of helping disengaged Inuit youth to reconnect with school or employment. Over the last year, program staff have assisted youth to develop the life skills and to resolve major life problems that often are barriers to success. Sometimes it is as simple as getting the proper identification to be eligible for employment or school. In other cases, it is help finding long-term housing, accessing income support programs or school bursaries, finding employment or receiving additional training. The goal is to empower youth to help themselves through resources, mentoring and programming.

This past year was the Silatunig's second year of implementation and it has continued its focus on Inuit youth living in the Eastern Ontario communities outside of Ottawa. In the year to come, the program will begin to engage Inuit youth in Ottawa who are street entrenched or vulnerable to living on the streets. Silatunig will work to provide options to reduce these outcomes and to improve their prospects in life. Overall, the program is helping vulnerable and disengaged youth move in a positive and productive direction and gain brighter futures.



Volunteer Program

The Volunteer Program linked participants with volunteer opportunities inside and outside of the Inuit community. The volunteer coordinator was responsible for reaching out to community members and to external organizations to create experiences for volunteers that built skill and contributed to a good resume. With the help of our great partners and amazing volunteers, we were able to bring about positive change in

the community. In total, 628 volunteers contributed to this initiative with a total of contribution of 1,717.5 hours.

Through various projects, we were able to support and build each individual's skill set and strengths to implement positive change. Some completed projects were (but not limited to) making cultural baby blankets for Inuit children in the Children's Hospital of Eastern Ontario and making over 600 winter/cultural/children's kits for the community that included Inuktitut children's books, beading supplies (beads, thread, needles, beading mats), winter hats/mitts/scarves and Inuit tea.

Some of the program's partners include: the Ottawa-Carleton District School Board, Volunteer Ottawa, Export Development Canada, Overbrook Community Centre,

Saint Paul University, YMCA Youth Exchange Canada, Children's Aid Society, Health Canada, Carleton University and the University of Ottawa.

Being a part of the Inuuqatigiit team is always a joy. – Volunteer

It made me happy to give back to the community. – Youth

Makkuktukvik – A Place for Youth

The Makkuktukvik Program provides support and services for youth aged 13 to 24 years. A variety of cultural programs are offered including weekly language classes. Throughout the week, 25 youth get together for cultural evenings, physical activities, homework and job readiness support and planning for youth-led excursions and events. Throughout this program, we provide the space where Inuit youth can develop skills in culture and language, leadership, social and emotional development, life-skills, mental health, and employment readiness through programming and services that meet their mental, physical, emotional and spiritual needs.

The Makkuktukvik Program connects youth with elders and community members on a weekly basis which increases the sense of connection and belonging between both. In addition to the programming, the youth organize an event called "Let Your Voices Be Heard" which makes the most of their strengths to showcase their talents to the Ottawa community. This event was implemented for the youth to raise awareness about current issues that they are facing and how using their strength can help them overcome these barriers.



FAMILY SUPPORTS

Family Well-Being

The Family Well-Being Program (FWB) offers a team approach. A variety of cultural programs are offered to support families 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.

When a parent connects with the Family Well-Being team they become family. We share their joys and celebrations but also work through their struggles together — from the heart — with a shared goal of family wellness. Everyone that walks through the door should feel that sense of connectedness — to the team, to each other and to their community. When a parent comes to a Family Well-Being Program they can depend on being greeted warmly, 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 that their children will be cared for by attentive and kind staff. In this very successful year, the Family Well-Being programs and services have provided 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. This was accomplished through land-based family camps, healing programs, fun family activities and an array of confidential individualized supports.

This past year the FWB provided focused individual supports to 42 people involved with Children's Aid Society and during criminal and/or family court proceedings. This included 125 home visits, 30 referrals to lawyers, attending court over 75 times, participating in 20 Circle of Care meetings and providing after hours guidance during approximately 100 moments of crisis for clients.

Additionally, the Family Support Workers assisted clients by removing barriers to success through advocacy during important medical appointments, helping to complete documents, and ensuring that 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, reconnect with one another and nature and the opportunity to reclaim culture by learning and practicing traditional skills.

Finally, the Christmas Sponsorship Program was very successful again this year; facilitating 32 sponsors who provided gifts and/or food to 53 families with an estimated total value of \$31,790 in donations.

“ The Women's Healing circle at The Ottawa Inuit Children's Center has been the biggest of help in my most darkest time of my life. It truly has been as important as my backbone for me and my children. Being a single mom of two at the age of 7 and 4, has really made a positive impact on how I parent my children, and how to better handle difficult situations in the future. – Parent

I am overwhelmed by your kindness this holiday season. I have never been sponsored before and did not expect to be so spoiled. This is my first year off work and a first Christmas with my daughter. – Parent

Thank you so much for your kindness and know that it is greatly appreciated. Next year I will be in a financially better place and hope to pay this kindness forward. Wishing you all a happy and safe holiday season.

– Christmas sponsor recipient's letter to their sponsor. ”



Inunnguiniq Parenting Program

The Inunnguiniq Program's support for Inuit parents raising their children in Ottawa came to a conclusion in December of 2018. The program used and adapted the well-established Inunnguiniq Parenting Program developed in Nunavut. The proven program utilized the strength of Inuit culture to engage and build parenting capacity. This wonderful twenty-week program was offered annually over a 3-year period. Continuing support for parents are offered through our parent mentoring program, women's healing circles, fathers' groups and home visits.

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 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 be 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.

Prior to funding coming to an end, the Inunnguiniq Parenting Program reached out to 45 individuals in 2018 through on-the-land family camps. Through the generous support of the Qaujigiartiit Health Research Centre, we had the sincere pleasure of welcoming Shirley Tagalik from Arviat in July 2018, to train 12 more Inuuqatigiit staff to deliver the program to parents. Shirley was one of the co-authors of the program and spent years researching with elders.

I just loved hearing from the elder. It was so calming, and I needed that connection in my life again. – Parent

I really like coming here. I learn from the parents too. It feels good here. – Elder

Nakurmiik for this much needed family time. It is very good to get away from the regular city and focus on experiencing the outdoors. :) – Camp Participant



Ilagiinut Kativvit EarlyON Program

Inuuqatigiit gained a new EarlyON provincial program this past year that offers programs and services to children 0-6 years of age and their families. The Ilagiinut Kativvik Program supports the bond between child and parent/caregiver by fostering cultural knowledge, pride and identity, supporting healthy pregnancies, enhancing child development and promoting early literacy skills.

Parents can enjoy exploring developmentally appropriate programming during pregnancy through to when their children reach school age. Culturally knowledgeable staff and the participation of elders provide cultural programming and such fun and engaging prevention activities as family drop-ins, a weekly breakfast program, and games/movie nights. Prenatal support and guidance include visits from a public health nurse and birth planning in conjunction with each client's health care provider. This past year the program has been in its developmental stage, including the renovation of a new building to house all Inuuqatigiit's family programming. Additionally, the program has hosted more than 800 access visits, where parents involved with the Children's Aid Society can visit with their children in a space that is culturally safe, welcoming, and supportive.

Katujjiqatigiit (Mental Wellness Program)

Katujjiqatigiit: Supporting Each Other addresses a gap in the mental health services available for Inuit families and youth living in Ottawa. It is important for Inuuqatigiit to have the capacity to deliver accessible, trauma-informed, culturally and linguistically relevant mental health counselling services to Inuit youth and families.

Support for mental wellness is provided through individual and crisis counselling, a trauma and addiction group for parents, and groups for youth. This support is available in Inuktitut and is tailored to the needs of Inuit. Internal referrals to counselling compliment the work of other programs so that families are engaged and receive a full range of healing supports. A Clinical Supervisor provides guidance for all aspects of the program with a focus on maintaining ethical standards and quality assurance.

This year, 212 clients, including parents, families and youth, received counselling services. This included crisis counselling, individual counselling and the participation of 109 people in group activities. Overall, 411 individual and group counselling sessions were provided by the Inuit Mental Health and Youth Counsellors.

“ “
What I liked best was learning the steps involved, root causes to my stress, trauma, behaviour, choices. – Inuuqatigiit client

I liked that it was Inuit and culture-based healing practice made it empowering for me. – Inuuqatigiit client
” ”

Tasiuqatigiit Program

The Tasiuqatigiit Program works to support Inuit children, youth and their families who are receiving care at the Children's Hospital of Eastern Ontario or who are residing in group homes or foster homes for the medically fragile. The goal is to support, welcome and connect Inuit children and families to the Ottawa Inuit community. The Tasiuqatigiit Program ensures that partnering organizations are aware of — and will encourage referrals to — all existing agencies that deliver Inuit cultural programming to children. Tasiuqatigiit also supports parents and caregivers through the provision of culturally safe spaces and specialized on-site program delivery. The program is delivered in partnership with Children's Hospital of Eastern Ontario, Tungasuvvingat Inuit, Larga Baffin, Ottawa Health Services Network Inc., Government of Nunavut, Akasivik Inuit Family Health Team and Nunavut Tunngavik Inc.

Last year Tasiuqatigiit delivered over 40 programs and engaged a total of 1,031 clients. Work was also done to support 56 individual clients and their families or escorts.

“ “
It was wonderful to see children show increased pride and willingness to learn Inuktitut and more about our culture. Children who once lived in the north show excitement and instant connection when hearing Inuktitut being spoken to them. Traditional foods known as “country food” being provided was very important as many of the children hadn't experienced eating country food or tasted it in a very long time. Seeing so many smiles and so much happiness was incredibly rewarding.

– Joy Akavak – Former Cultural Advisor for Inuuqatigiit Systems Navigator team

The program allowed my foster children to thrive and continue learning about their culture. The Systems Navigator team worked hard to provide cultural programming at our home because the children who reside here are unable to access programs and services available to Inuit due to medical complexity. With the help of the Navigators a specialized medical stroller was purchased to aid in the ongoing transportation and medical needs of my child. – Current foster parent
” ”



SPECIAL PROJECTS

Inuit Well Being: Support for Inuit and their Families Affected by Gender-Based Violence

Inuuqatigiit submitted a proposal concept and received funding to develop a project implementation plan for *Inuit Well-Being: Support for Inuit and their Families Affected by Gender-Based Violence*. The aim of this 5-year 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 reduces barriers for individuals and families, builds capacity and contributes to better outcomes for Inuit women, men and youth affected by violence. Expected outcomes of this project include:

- Collaborative development of culturally appropriate data collection tools and a participatory evaluation that captures processes, outcomes and impacts;
- Evidence of the effectiveness of an Inuit-specific "wrap-around" model of care in reducing impacts of gender-based violence;
- Application of lessons learned in improving services and programs over the course of the project;
- Identification of promising practices for the gender-based violence sector in meeting the needs of Inuit; and
- Ongoing communications to share project results with Inuit and non-Inuit organizations.

The project will apply an Inuit Gender-Based Analysis Framework, drawn from the results of Sannginivut Strong Voices for Stronger Communities project and will work closely with Inuit women with lived experience, elders, advisory committee members and community partners.



Bridging the Gap Program

The Bridging the Gap Program (BTG) provides critical supports to Inuit students and increases 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 one-on-one and group support to 76 Inuit students in Ottawa area schools from kindergarten to grade 12. BTG presenters delivered a total of 872 presentations reaching approximately 22,975 students. The team also provided 13 cultural enrichment workshops for teachers and school administrators and support staff, reaching approximately 265 individuals.

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.

“ It was indeed a pleasure meeting you on Tuesday and I look forward to working with you in the fall. Our students and staff benefit greatly from these incredible programs offered in our schools and we are extremely grateful for the support you all continue to provide over the years. Many thanks to you for all you do to help our students achieve and thrive. We are indeed blessed in this area to have these supports in place. – School Administrator

The individual supports are a necessity and have worked wonders as well as the Culture Club's impact on students' pride and sense of belonging. Please, more hours, you are making a difference!! – Teacher

The presentation to our kindergarten and primary students was exceptional with rich and authentic contact and materials. The students and staff were highly engaged. – Teacher

”



Ontario Strategy for Indigenous Children

Inuuqatigiit is continuously engaged at the provincial level with the Ministry of Children, Community and Social Services (formerly the Ministry of Children and Youth Services) to implement special projects throughout the province as part of the Strategy for Indigenous Children. The collective projects completed by partnering agencies repeatedly demonstrate that they can make differences in the lives of Inuit children, youth and families as well as in the greater community. The project and initiative reinforce the commitment by Inuuqatigiit and Ontario to serve and support Inuit across the province. Specific advocacy initiatives include:

- **Technical Tables:** Inuuqatigiit continues to actively participate in technical tables at the provincial level as an advocate for the priorities of urban Inuit by offering guidance, advice and recommendations that support initiatives arising from the Ontario Indigenous Children and Youth Strategy. For example, Inuuqatigiit completed an assessment of Ontario's Fetal Alcohol Spectrum Disorder services in partnership with Tungasuvvingat Inuit. The purpose is to build culturally relevant foundational FASD supports for Inuit communities.

“ Such a systematic re-work would allow for a provincial standard of care for all community members, no matter their location in the province. This would avoid re-location, and lengthy wait lists and being sent from one service to the next due to a lack of awareness and communication between service providers. – Ontario Service Provider ”

- **Child Youth and Family Services Act:** Inuuqatigiit has participated in ministry consultations to amend the Child Youth and Family Services Act by advocating for stronger culturally appropriate supports and services, the protection of children's rights, privacy rights and residential licensing standards. The effort is to improve child protection and family support services for all First Nations, Métis and Inuit children and youth. Our Executive Director also sat at the Minister's Family Well-Being table where stakeholders from across the province are working collaboratively on legislative changes.
- **Provincial Engagement Work:** Inuuqatigiit has developed communication and strategic plans to advance its work throughout the province over the next three years and beyond. The effort is to ensure all urban Inuit children, youth and families in the province have more opportunities for culturally safe programs and that decisions are made that reflect their needs as Inuit.
- **Inuit Child Protection Report:** Inuuqatigiit completed a report that identified best practices for Inuit children and youth in care. Many stakeholders and partners were consulted during this process including elders, youth, frontline staff and protection workers. This report was shared with the Ministry, provincial

partners and the community in the Fall of 2018. The effort is to promote greater awareness and to offer recommendations on how to improve the systems and processes involving Inuit children and youth, and to strengthen the relationships between Inuit and provincial child welfare agencies.

- **Building Capacity for Inuit Early Childhood Educators:** Inuuqatigiit, in partnership with Algonquin College, is developing an Inuit Specific Early Childhood Education diploma. This 3-year initiative (now in year two) is grounded in Inuit culture, inclusive of traditional ways and knowledge, incorporates promising practices and innovative approaches drawn from the Inuit community, learners, employers and the early learning and child-care sector.
- **Inuuqatigiit Service Delivery Evaluation:** An evaluation of Inuuqatigiit's service delivery model was completed in the form of documentary-type video. It highlights the organization's full range of programs and services and identifies the benefits of offering a continuum of services for Inuit children, youth and their families through the delivery of comprehensive "wrap around services" that are culturally and family-based.
- **Rebranding:** The OICC had grown well beyond its "placeholder" name as a children's centre and needed a rebranding to better reflect its broader service and provincial scope. To this end, seven facilitated "mind mapping" sessions were held between November 2017 and March 2018. Elders, youth, OICC staff, and parents participated in a review of OICC's name, logo, imagery and overall look and feel. The outcome is a new name — Inuuqatigiit: Centre for Inuit Children, Youth and Families. The name translates to "coming together" and perfectly captures the work of the Centre.

The name change is supported by a rebranding that includes a new logo and colours that embody the Inuit culture and welcoming spirit of the Centre. The new name and logo were developed following an extensive process that invited Inuit youth, parents, elders, and employees to participate in a re-imagining of the Centre and identity that would appeal to all members of the Inuit community. A final decision on the name and logo was made by Inuit elders.

“Pride of tradition and culture were always top of mind. Language preservation, Inuit symbols and tools. I started with a circle, I really find round logos to be friendly, no sharp edges. It's a pleasing shape and I think a perfect metaphor for Inuuqatigiit — Inuit coming together under one roof. The igloo, many of the Elders spoke about being born in an igloo on the land. Many of the youth mentioned that symbol as being important. The igloo is seen from the front of the entrance, inviting the viewer in. The person is welcoming all to gather here. The person is clearly wearing Inuit traditional clothing. There is almost a three-dimensional feel to it. Seeing in and out through the Inuit lens, there is almost a subtle central eye shape. Finally, I added the drum edging to the upper two thirds. This is to honour the current logo as many really liked the spirit of the original logo. I feel this logo is strong and reflects and respects Inuit tradition and resilience. There is a circle of life and culture. There is also warmth, welcoming and comfort within the person's embrace. – Vision for the logo from the perspective of the graphic designer”

- **Educational Opportunities:** The Seeing the Light Program provides cultural education to frontline service providers in Ottawa and across the province. The program coordinates twice-yearly conferences, in-house agency training and cultural performances. The effort is to encourage cultural safety within mainstream agencies and to promote Inuit knowledge within pan-Indigenous agencies. In the first year, Inuuqatigiit has worked to create, maintain and expand relationships with multiple service agencies. To date, the initiative has delivered culturally relevant programming to over 8,300 people across the province. Agencies and partners include: the Ottawa Children's Aid Society, Ottawa School Boards, Museum of Nature, Children's Hospital of Eastern Ontario, Royal Canadian Mounted Police, the Toronto District School Board and several governmental agencies. The results are greater knowledge and awareness of Inuit culture, lifestyle, traditions and skills and stronger relationships and new partnerships.

“ My heartfelt gratitude for organizing this conference for those of us in the GTA to garner greater understanding for Inuit historical perspectives, language and culture. From the moment the conference started to handing in our evaluation feedback at the end of the day, I was immersed in humility, appreciation and a curiosity to continue my learning path towards celebrating the richness of Inuit culture, language and its people.

– Conference participant ”



**I'm
So Proud
of Me!**

"I'm so Proud of Me" Initiative

In 2018, Inuuqatigiit produced a 12 minute "I'm So Proud of Me" video and a facilitators' guide with the goal of providing educational and promotional products and materials to schools and other institutions in the order to promote positive changes for Inuit children and their families. Due to unexpected delays, it was not distributed to schools across Ontario in the Fall of 2018 as planned, but will be made available this Fall.

The video portrays positive role models and highlights Inuit who are strong, proud, connected and living a good life. The video honours the sense of pride and strength that Inuit have of their culture.

The Indigenous Centre of Excellence for Early Years and Child Care Centres

In 2018, OICC was chosen to be an Indigenous Centre of Excellence for indigenous early childhood education in the province of Ontario. The Ontario Indigenous Centre of Excellence has a mandate to provide professional learning supports across the province and to support culturally relevant programming and the delivery of high-quality Indigenous child care and early years programs in Indigenous communities.

Bea Alvarez, a long time early childhood educator at Inuuqatigiit, has been appointed as an educational liaison between the Inuit community here in Ottawa and the rest of the province of Ontario. Bea's job as Inuit Liaison will be to develop, support and celebrate the inclusion of Inuit-content in early years and child-care programs in support of Inuit children, youth and families. She will be using the framework of the Early Years' curriculum *How Does Learning Happen?* and its four foundations of: Belonging, Well-Being, Expression and Engagement. She will support educators working in these programs in their continuous professional development journey, developing culturally relevant professional learning resources. And she will create learning videos, web presentations and cultural education opportunities for Ontario early childhood educators to develop an understanding of their practice through an Inuit cultural lens.



COMMUNITY SUPPORT

Community Events

Every year the Inuuqatigiit staff host community events that are widely popular within the community — especially for our families. At the Annual General Meeting, members heard the President's report of activities and accomplishments from the previous year, approved the new and returning Board of Directors and enjoyed cultural activities, traditional country food and door prizes. Highlights were the announcement of the new name for the agency chosen by the Board after extensive consultation with the community and elders and the purchase of the new building at 352 Crete which will be the location of aEarlyON, Mental Health, counselling and Family Well-being programs.

At Christmas, an estimated 500 community members gathered together to share in the festivities at the annual Christmas Party where children enjoy a visit from their friend from the North Pole. Thanks to all of our friends and partners who helped with donations and contributions to make this year's party such a wonderful event.

The annual Inuit Day celebration and community feast is a chance for Inuit living in the south to gather together and enjoy a day of cultural activities, eat traditional food and spend time listening to stories from elders. A tent is erected on the grounds, where bannock and tea is served throughout the day. Children and adults alike play games and take part in such activities as tattoo face painting, bannock-making and a scavenger hunt.

We also celebrated the end of the school year with a Year End Celebration to acknowledge the children enrolled in our Early Years Programs. Families of children enrolled in Sivummut, Tumiralaat and the Kindergarten programs attended and were treated to performances from the children, speeches, country food and a feast, and a ceremony for the children graduating from Kindergarten who will be heading off to “big school” in September.

Indigenous Language Revitalization Strategy

As part of a planned provincial strategy to revitalize Indigenous languages, Inuuqatigiit conducted an extensive research and engagement project to better understand the challenges of learning and retaining Inuktitut in Ontario. The project team conducted nine engagement sessions with Inuuqatigiit staff, parents, elders, youth and key informants. The team also collaborated with Tungasuvvingat Inuit to convene a larger session with Ottawa's Inuit community. In total, the outreach engaged 43 staff members, 58 community members, and five key informants for a total of 104 persons. Sessions were conducted in English and/or Inuktitut.

“ The language provides the children with... a sense of who they are; self discovery and where they come from — greater self-identity and self-discovery. – Inuuqatigiit Early Years Staff Session ”

The project also included an environmental scan of existing resources for learning and teaching Inuktitut. In total, 360 resources and tools were catalogued, including 142 resources developed and used in Inuuqatigiit programs. The scan presents a detailed profile of existing language resources and offers the province a baseline for future curriculum development.

The project's engagement report details the challenges and barriers of learning and retaining Inuktitut and identifies promising practices. The report presents 14 strategic priorities and recommendations in support of an Inuktitut revitalization strategy.

“ Many Inuit in group homes did not choose to move down south, and it is unfair that they are directly affected because they are losing their language and culture connections as a result. – English Public Engagement Session ”

As a result of the project, Inuuqatigiit has implemented a program of labelling all items and fixtures in the facilities used for the Tukimut After School Program (for students aged 6-12 years) and in the youth building (for students aged 13-24 years). These

labels are in English, syllabics and Roman orthography and include phonetically broken-down words and phrases. The Centre also began administering an Inuktitut self-assessment tool among staff members that will help guide future language training and support language use within the Centre. The project's environmental scan also presented the opportunity to use a customized online data entry template to systematically identify the storage location of in-house language tools in order to better facilitate their use, to facilitate lesson planning and to facilitate future product development.

“ My younger sister's daughter [...] spoke Inuktitut [at home] and when she entered the public school, she lost her Inuktitut language. Yes, they do lose their Inuktitut language in a very quick time. – Inuktitut Public Engagement Session ”



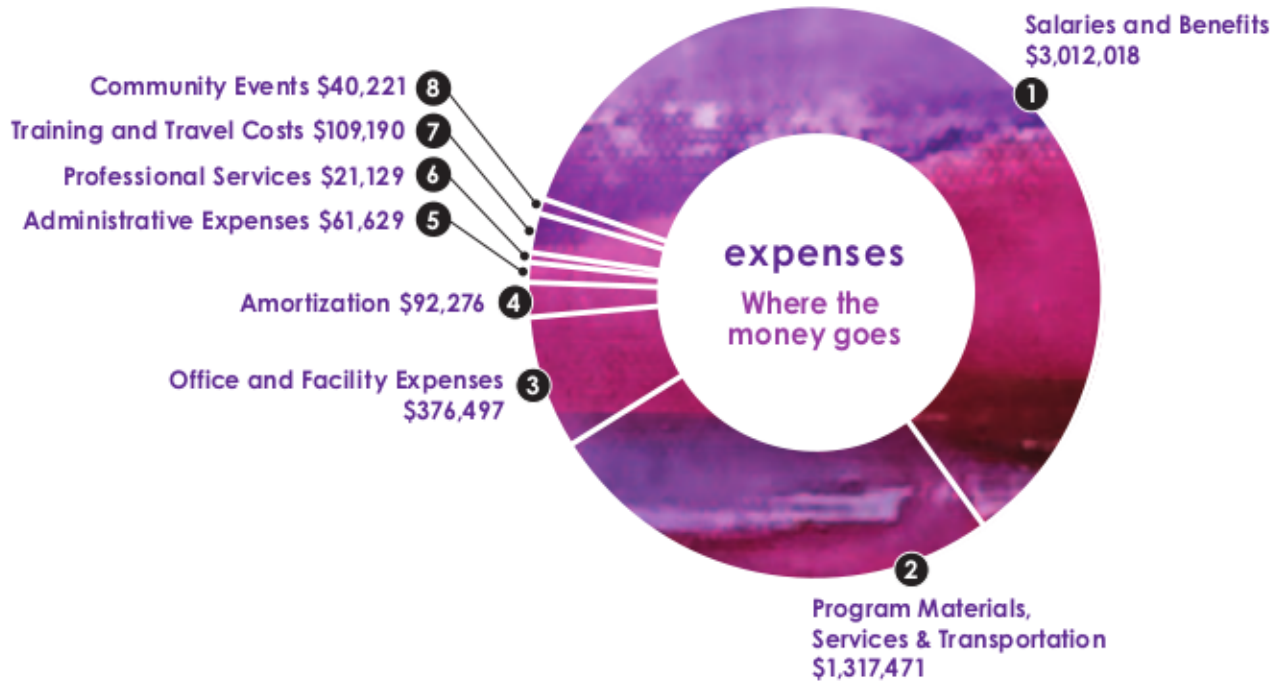
Summary Statement of Revenues and Expenses

Where the Money Comes From	2019	2018
1. Federal Government	1,135,436	877,525
2. Municipal Government	1,278,125	711,067
3. Provincial Government	1,166,353	1,082,536
4. Non-Governmental Organizations	1,080,162	663,341
5. Other Donations and Funding	287,005	294,849
6. Contributed Services	44,928	31,208
7. Amortization of Deferred Capital Contributions	59,519	62,054
Total Revenues	5,051,528	3,722,580



Where the Money Goes

	2019	2018
1. Salaries and Benefits	3,012,018	2,211,371
2. Program Materials, Services & Transportation	1,317,471	918,120
3. Office and Facility Expenses	376,497	217,130
4. Amortization	92,276	77,781
5. Administrative Expenses	61,629	21,717
6. Professional Services	21,129	21,652
7. Training and Travel Costs	109,190	122,090
8. Community Events	40,221	29,283
Total Expenses	5,030,431	3,619,144
Excess of Revenues Over Expenses	21,097	103,436



Audited Financial Statements

March 31, 2019

Summary Balance Sheet

Assets	2019	2018
Current Assets		
Cash	1,415,037	1,492,472
Accounts Receivable	468,036	241,547
Prepaid Expenses	21,162	69,853
	1,904,235	1,803,872
Capital Assets	2,603,067	1,524,430
	4,507,302	3,328,302
Liabilities and Net Assets		
Current Liabilities		
Accounts Payable and Accrued Liabilities	448,253	393,043
Loan Payable	885,617	–
Deferred Revenue	1,072,838	1,011,806
	2,406,708	1,404,849
Deferred Contributions relating to Capital Assets	1,247,833	1,091,789
	3,654,541	2,496,638
Net Assets		
Invested in Capital Assets	469,617	432,641
Internally Restricted — Contingency Reserve	60,000	60,000
Unrestricted	323,144	339,023
	852,761	831,664
	4,507,302	3,328,302

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, 2019 and the summary statement of revenues and expenses for the year then ended, are derived from the audited financial statements of The Ottawa Inuit Children's Centre for the year ended March 31, 2019.

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 July 31, 2019.

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
August 14, 2019

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



Funders

Akausivik Inuit Family Health Team (ISC)

City of Ottawa

Department for Women and Gender Equality

Department of Canadian Heritage

Employment and Social Development
Canada

Health Canada

Indigenous Services Canada

Kagita Mikam

Laidlaw Foundation

Laurentian University

Madawan Management and Development Inc

Ministry of Children, Community and Social
Services

Ministry of Education

Ministry of Tourism, Culture and Sport

Ontario Aboriginal Head Start Association

Ontario Arts Council

Ontario Federation of Indigenous Friendship
Centres

Ontario Trillium Foundation

Ottawa Carleton District School Board

Ottawa Children's Aid Society

Pinecrest Queensway Community Health Centre

Play for Prevention

Public Health Agency of Canada

Qaujigiartiit Health Research Centre

St Lawrence College

Telus Canada

United Way Ottawa





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