Family Well-Being
CALENDAR





Tusaqtuut ᑐᓴᖅᑐᑦ
Katagaarivvik ᑲᑎᖃᕐᕕᒃ

November 2026

Mondays – Innarnut Katikvik: Elder's Gathering for all Inuit 55+
For more information please contact:
Rhonda Huneault Phone: 343-597-0274 or Email: fspsupervisor@inuuqatigiit.ca

Tuesdays: Women's and Men's Groups are a great way to get together with other men & women facing common challenges to support each other, practice self-care & learn new life skills.
Must be 18+ years old

Fridays: Walk-in Program: Open to all Inuit who need support with important or urgent matters such as missing ID, applying for income support, system navigation, etc. No appointment necessary – first-come-first-serve basis.

Questions about our family programs or to register?
Contact: Akulujuk Stephens
Phone: 343-573-5705
Email: fwbadminassistant@inuuqatigiit.ca
OR
Contact: Rhonda Huneault
Phone: 343-597-0274
Email: fspsupervisor@inuuqatigiit.ca

MEALS/SNACKS PROVIDED

Naattiinguja Sunday	Naggajjau Monday	Aippiq Tuesday	Pingatsiq Wednesday	Sitammiq Thursday	Tallirmiq Friday	Sivataarvik Saturday
1	2 Elder's Group 11:00 AM – 1:00 PM	3 Women's Group Men's Group 5:00PM - 7:00PM	4	5	6 Walk In 10:00AM – 12:00PM	7
8	9	10 Women's Group Men's Group 5:00PM - 7:00PM	11	12	13 Walk In 10:00AM – 12:00PM	14
15	16 Elder's Group 11:00 AM – 1:00 PM	17 Women's Group Men's Group 5:00PM - 7:00PM	18	19	20 Walk In 10:00AM – 12:00PM	21
22	23	24 Women's Group Men's Group 5:00PM - 7:00PM	25	26	27 Walk In 10:00AM – 12:00PM	28
29	30 Elder's Group 11:00 AM – 1:00 PM					

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www.inuuqatigiit.ca