



**Embrace Life Council**  
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**EMBRACE LIFE DAY**  
**SEPTEMBER 10, 2018**  
**Theme: UNITED FOR LIFE**

July 25, 2018

The Isaksimagit Inuusirmi Katujjiqatigiit Embrace Life Council is a non-profit charitable organization whose mission is to support and encourage Nunavummiut to value life.

Working together to address suicide in Nunavut is critical as we all have a role to play in creating happy and healthy communities. Building connections and working together is very important for suicide prevention, intervention, and postvention. These values, which include serving and providing for family and/or community (pijitsirniq), are values of Inuit Qaujimagatuqangit and are also vital to building healthy communities. On September 10<sup>th</sup>, Nunavummiut will gather in communities all across Nunavut to show their support for suicide prevention, to remember and celebrate the lives of those who have died, comfort those who grieve, and strengthen our connection with each other. During Embrace Life Day, we remember that we are all united with each other, through shared experiences, sorrow, hope, determination, commitment, and compassion.

Embrace Life Council has produced a number of resources and information that are available at no cost on our website at [www.inuusiq.com](http://www.inuusiq.com). You are welcome to use these resources as part of your Embrace Life Day activities or at any other time. We also have hard copies of a variety of resources available from the office. Please contact Adam at 867-975-3233 by August 15, 2018 if you would like to secure these resources and he will ship them to your community. ELC's resources include:

#### **Embrace Life Council Flag**

Many communities carry this large flag to lead their Embrace Life Day walk. Please post it in a prominent place for the remainder of the year in order to promote suicide prevention.

#### **Community Resource Cards and Pamphlets**

Wallet sized resource cards have been developed for each community and distributed to community health centres. Pamphlets were developed with the Canadian Red Cross on issues of suicide prevention, addictions, anger management, teen dating violence, family violence, child abuse, and bullying. The pamphlets are available in all four languages and are also on the website.

### **Reach Out Posters**

These posters were designed and developed to encourage Nunavummiut to reach out for help and to offer help to others. They are also available on our website.

### **"Stop Bullying Now" Video**

This video has an accompanying activity guide. Both resources are also available on our website at [www.inuusiq.com](http://www.inuusiq.com)

### **Training Opportunities**

Non-specific to Embrace Life Day, but relevant nonetheless, are the training opportunities Embrace Life Council offers. Please contact us if your group or community would like to discuss or secure training in the following:

- Applied Suicide Intervention Skills Training (ASIST), Nunavut version Uqaqatigiilluk! (Talk About It!) (2 days)
- safeTALK (Suicide Alertness for Everyone) (one half day)
- Youth Self Injury (one half day)
- Trauma Informed Practice (one half day)
- Inuit History (one half day)
- Inuusiq Pimmariujuq (2 days)
- Healing Support Group Facilitator Training (3 days)
- "Our Children, Our Responsibility" Child Sexual Abuse Prevention Training (one half day)

Embrace Life Council relies on the generous support it receives from the Government of Nunavut, Nunavut Tunngavik Incorporated, the Royal Canadian Mounted Police, the Regional Inuit Associations, and other Nunavut businesses and associations. We continue to evolve and provide increased programs, products, and services, but we still have a long way to go. We look forward to serving your needs as we move forward.

In Iqaluit our celebration will take place the afternoons of Sunday, September 9 and Monday, September 10. Events will include family oriented activities and a concert in partnership with Alianait. As always, we will host our Embrace Life Day walk. Everyone is invited to attend.

If you have any questions or comments, please don't hesitate to contact our office via telephone or email.

Yours truly,



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