

## Iqaluit's Youth Wellness Summer Camp

The Youth Wellness team in Iqaluit led Youth Wellness Summer Camps, which took place over a two week period and ran Monday through Friday, 10am – 5pm. The first camp that was held had 7 youth participants with ages ranging from 10 – 15 years old. The youth participants were engaged in many different activities, including sewing, ulu making, pitsi preparation, plant identification, storytelling with an Elder, seal skinning, going on a guided nature walk, a tour of archeological sites at Qaumarviit Territorial Park, arts and crafts, photography, and recreational activities and games.

The summer camp took place in a number of different locations including on the land, the wellness center, at the pavilion at Sylvia Grinnell Park, and the local curling rink.



Youth going on a guided nature walk and learning from an experienced hunter

This program aims to address mental health, suicide prevention, healthy lifestyle (physical and emotional), youth engagement and connection to culture. The camp has a mental health and wellness focus based upon the Qaujigiartiit Health Research Center's (QHRC) Makimautiksat curriculum, which was designed to empower youth. This was done through connecting the youth to their culture and community and teaching them about Inuit Societal Values.



Youth enjoying country food and learning about traditional lifestyle, plants and medicines with an Elder

Four full-time staff members, as well as elders and hunters in the community ran the camp. Each day had a different societal value as the theme. Activities would be facilitated by different locals who would teach the youth traditional skills. The Youth Wellness Staff would teach the youth some applicable coping skills and try to relate it to the societal value theme that day. For example, when the theme was “Body Movement and Nutrition” the group went to the river to collect water, had an Elder discuss the benefits of the country food they were eating together, and also practiced some yoga and breathing exercises. Traditional healthy lifestyles mixed with modern coping strategies and



## Embrace Life Council: Healing Support Facilitator Training

The Healing Support Facilitator (HSF) training is a three-day training that provides an opportunity for participants to heal, as well as an opportunity for participants to learn how to deliver healing support groups. Throughout the three-day training, participants engage in hands on activities and healing exercises including grounding and mindfulness, which are techniques that are therapeutic and support self-care.

Nunavummiut consistently identify healing as a significant community need. Mental health professionals provide important and much needed healing services in our communities. However, they may not have the capacity to meet the needs of a whole community, and/or the ability to provide traditional approaches to healing that reflect Inuit Societal Values. The main goal of the HSF training is to train paraprofessionals and community members to provide healing support groups that are tied to Inuit culture and language. This provides an opportunity for community members to contribute to the identified needs for healing and wellness in an additional or alternative way. Support groups can be run anywhere, including community buildings, on the land, and wellness centers.

The Embrace Life Council carries out this training with community members who feel ready to support their community by facilitating healing groups. Eight to twelve participants are the ideal number to carry out the healing support group training. This training is funded through a contribution agreement with the Department of Health. Support groups may also apply to *Inuusivut Anninaqtuq* for funding to support local healing groups.



Participants of the Healing Support Facilitator Training

### Embrace Life Council

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*The website includes many resources for individuals, community groups, and frontline workers.*

### About this Newsletter

*Inuusittiarngniq* means, “Living well together.” This newsletter presents stories about community wellness work across Nunavut and other information for community-based wellness leaders. Each issue profiles successful projects and new initiatives. We focus on practical details about what is working well so we can learn from each other’s experiences.

To suggest a story, please email us at [embracelife@inuusiq.com](mailto:embracelife@inuusiq.com).

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## Kimmirut Canada Prenatal Nutrition Program

The Canada Prenatal Nutrition Program (CPNP) is a community-based program that provides support to improve the health and well-being of pregnant women, new mothers, and babies. One of the main goals of Kimmirut’s CPNP was for new mothers and pregnant women to spend time outdoors and enjoy nature.

Another goal was to catch healthy food for pregnant women and their children. This program aims to address skill building for women, engaging in physical activities, and promoting mental health. In Kimmirut, the CPNP decided to use the CPNP enhancement funding to organize an on the land program where they went fishing, seal hunting, and goose hunting.

The CPNP coordinator and the Community Wellness Coordinator (CWC) worked together with the local hamlet and community members to organize the event. Experienced local guides with snowmobiles and qamutiks were hired for the day to take CPNP participants out on the land. The lake is about an hour and a half ride from Kimmirut.



Some of the nutritious and delicious Arctic Char that were caught during the CPNP fishing trip

“We talk, plan and help each other out if a challenge was ever to come up.” – Rita Kolola, CWC for Kimmirut

As a group, the CPNP participants caught between 25 to 30 fish from Iqaluit Iqalliaqvik, as well as two seals on their way down to the lake. The fish that the participants caught were shared with their families, and one of the guides caught a seal, which was shared amongst the participants.



CPNP participants and Community Wellness Coordinator, getting ready for the CPNP fishing trip in Kimmirut

Kimmirut’s CPNP is a great example of team work, bringing together many women and community members to learn from one another and support each other in their health and wellness.

### Kimmirut CPNP

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