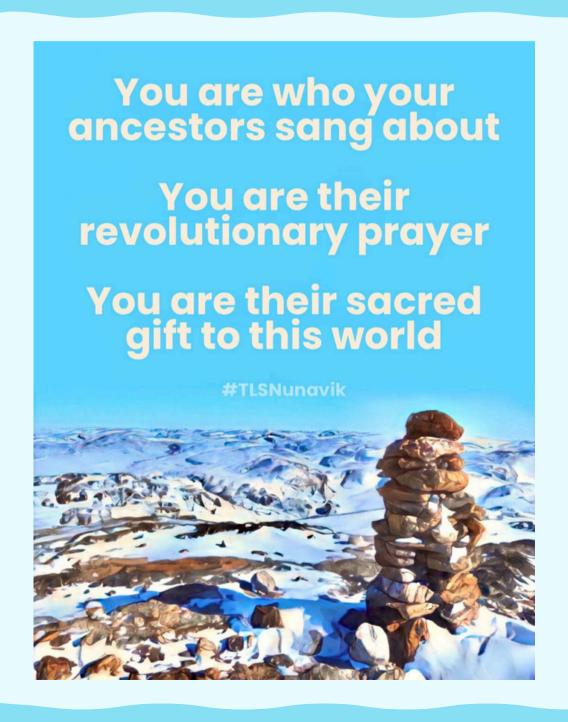
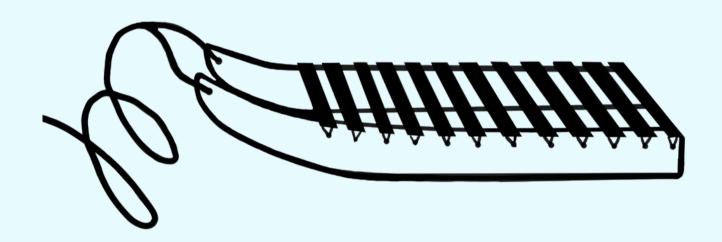
Section 9: REMEMBERING YOUR LOVED ONES



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SERVING AND PROVIDING FOR FAMILY AND/OR COMMUNITY

IQ PRINCIPLE REFLECTION

Pijitsirniq: Serving and providing for family and/or community.

Let's start with closing your eyes and take a few deep breaths, open them when you feel ready to begin this page.

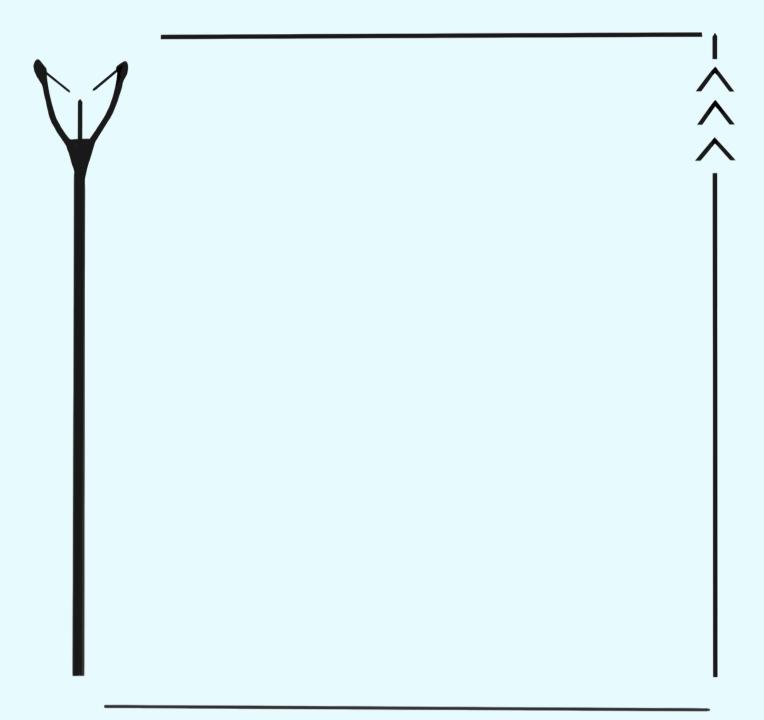
A common misunderstanding when it comes to providing and serving in community is that actions need to be grand and reach many people. Although it is important to make big efforts, we can't forget how the smallest gestures of consideration and kindness also ripple through communities. Consider what serving and providing in a community really means to you as an individual.

Think back to a time when you felt supported by fellow community members and it made your day better. Maybe it was someone holding the door open for you, sharing a meal with you or even just a gentle smile during a difficult time.

Peffect on what was important for you in these interactions below and I'll

also invite you to reflect on some ways you might practice Pijittirniq in your own day to day life. Or you can reflect on a time in your life when you were inspired by or admired someone who embodied this principle for their community.

Be the things you loved most about the people who are gone.



Place a picture or draw your loved one.



ELDERS AND GRIEF:

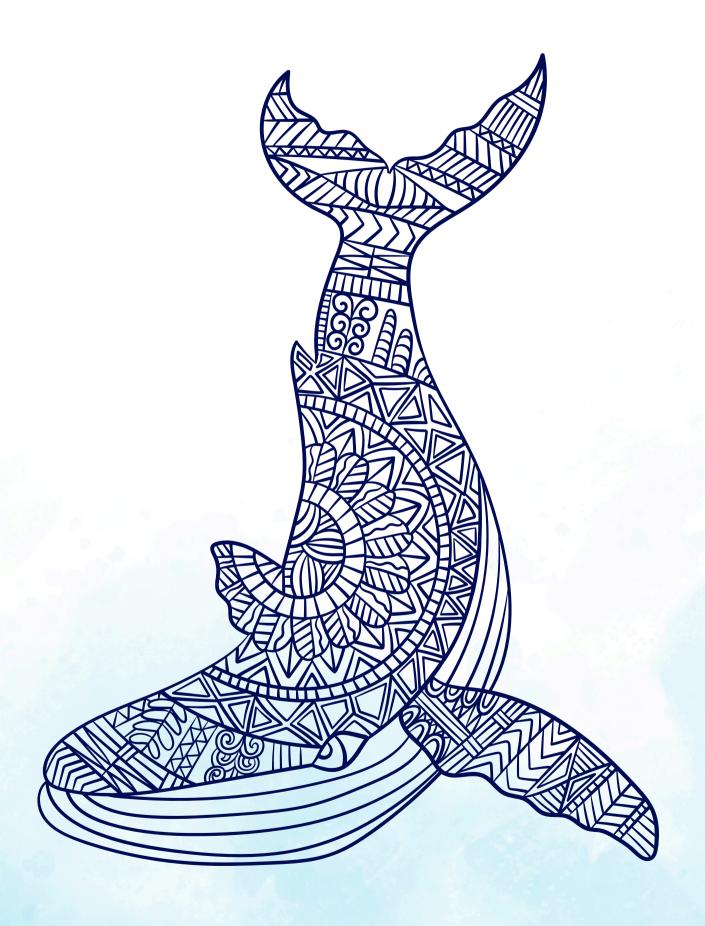
Wise Words

"My family and I have lost a lot. Our children went before us. It has now been a few years since you are taken to a better place, sometimes sadness comes. Knowing this, we are healing as we celebrate your lives on earth. We think about all of you every day. Every day you are in our hearts. You are never far away from our thoughts. We have much love, compassion, caring, respect for all of you. I know you know this but I just want to mention it again as we are healing. We as a family will live our lives to the fullest. And that is what you all want us to do. We love you all, always! My mother once said that sadness will come to pass.

When we die, we will see our loved ones again."

- Piita Irniq, Ottawa, ON

 YOU WISH YOU COULD SAY TO YOUR LOVED ONE	



WRITE	



ELDERS AND GRIEF:

Wise Words

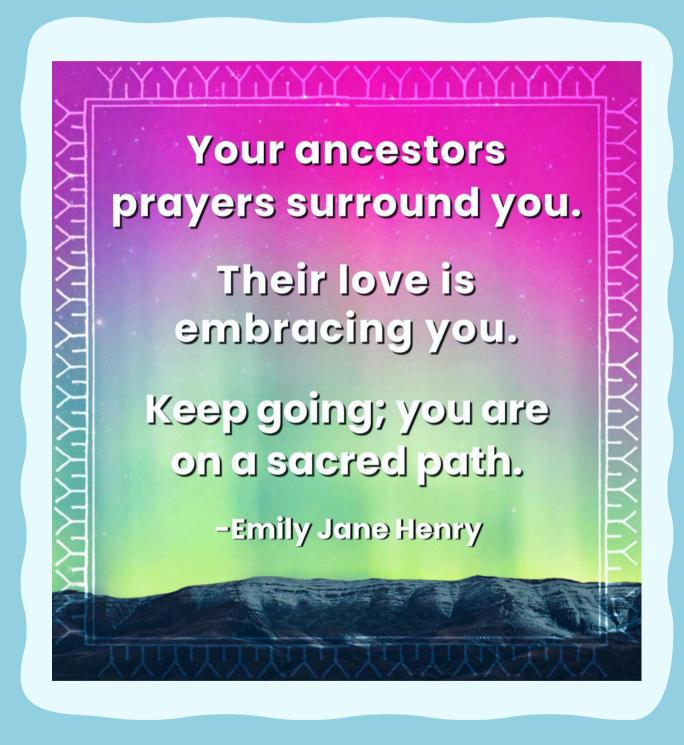
"No matter how hard it is, we have to come to term and accept admission, that we have to go through it, and to always keep in mind we all will leave the earth when our time comes.

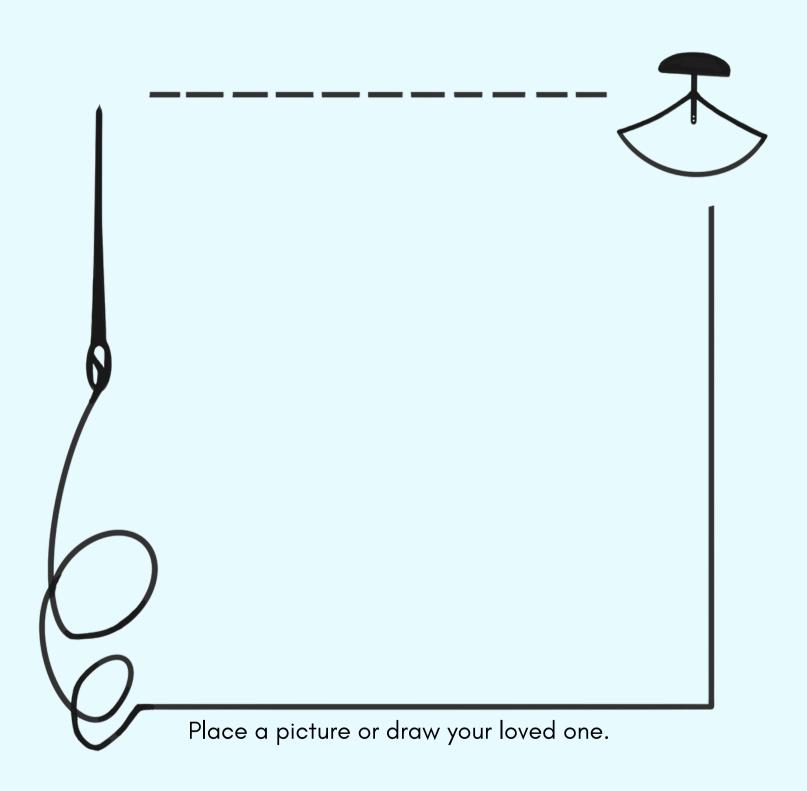
It's inevitable, a fact of life.

There's always the beginning and there's always an end."

- Levinia Brown, Rankin Inlet

REMEMBER...





WHAT ARE TIMES YOU ENJOYED WITH YOUR LOVED ONE?

Remember:

Traditionally we had specific ceremonies for grief and grieving. Honour your grief just as much as our ancestors did.

Do not allow colonialism and its systems to interfere with your grief and grieving process.

Because:

Grief is sacred.

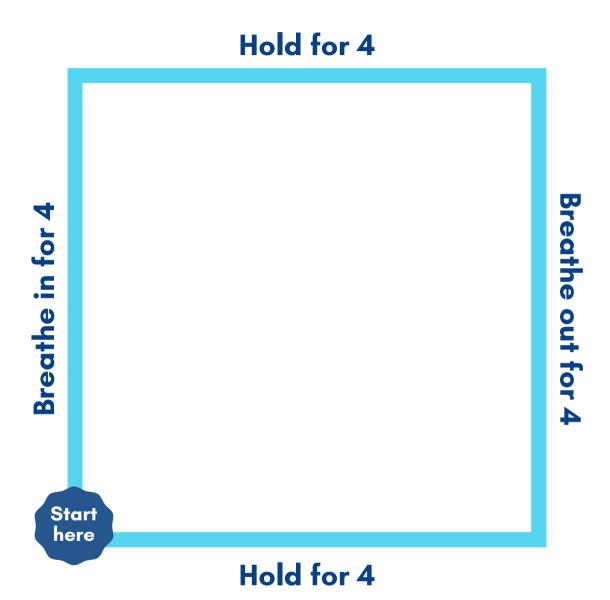
Treat is as such.

And show the children in your lives how to grieve in healthy ways.

- @indigenousmotherhood

SQUARE BREATHING

Brain Break

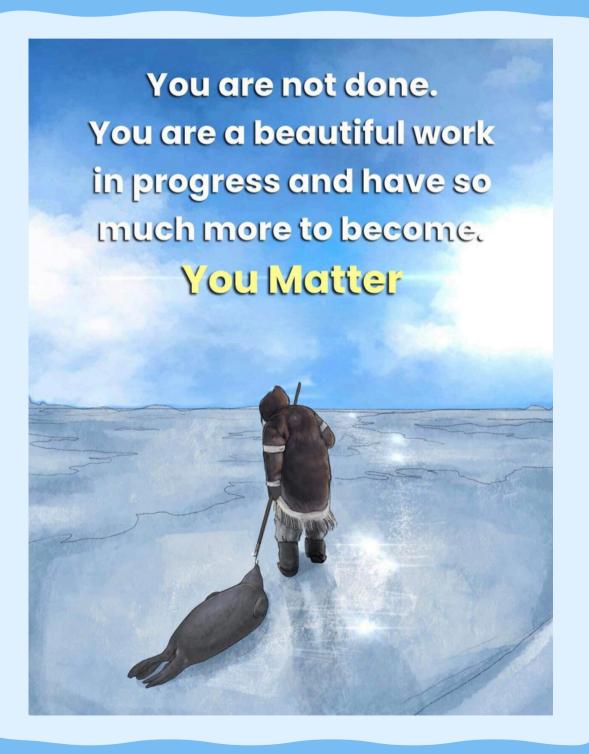


Start at the bottom left of the square. Trace your finger up the side, while you take a deep breath in. Hold your breath for four seconds as you trace the second side. Breathe out as you slide down the other side. Hold your breath for four seconds, as you trace the bottom of the square.

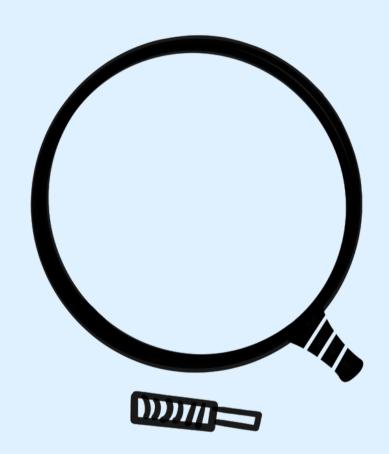
I CAN'T IMAGINE WHAT YOU ARE FEELING, IS THERE A WAY YOU COULD WRITE ABOUT IT HERE?

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3/2/	

Section 10: RESOURCES & SUPPORT



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DECISION MAKING THROUGH DISCUSSION AND CONSENSUS

IQ PRINCIPLE REFLECTION

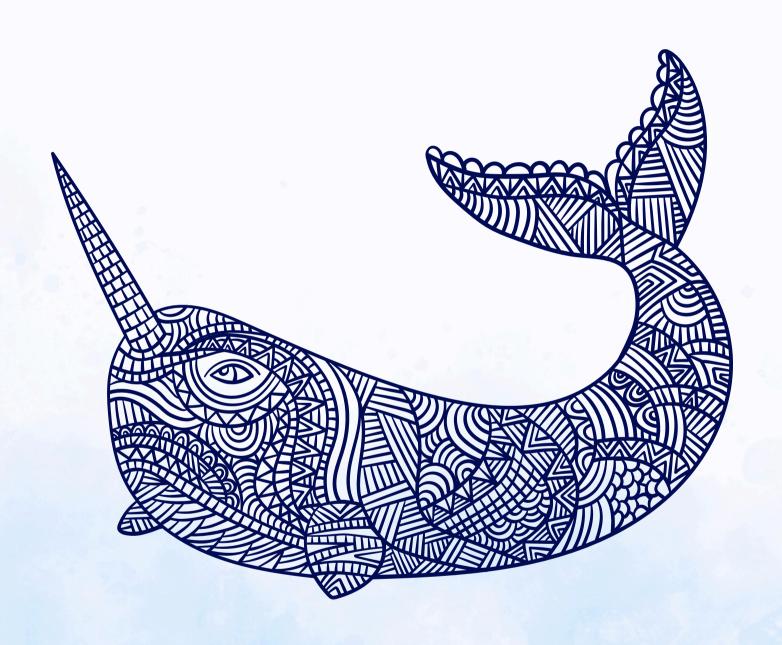
Aajiiqatigiinniq: Decision making through discussion and consensus

Check in with your body, does it want to stretch out a little bit? Or maybe it wants some deep breaths or even a yawn. Let's begin once you feel settled in.

Decision making through consensus and discussion usually benefits the collective most when all individuals try their best to support and consider others in the discussion of decision making.

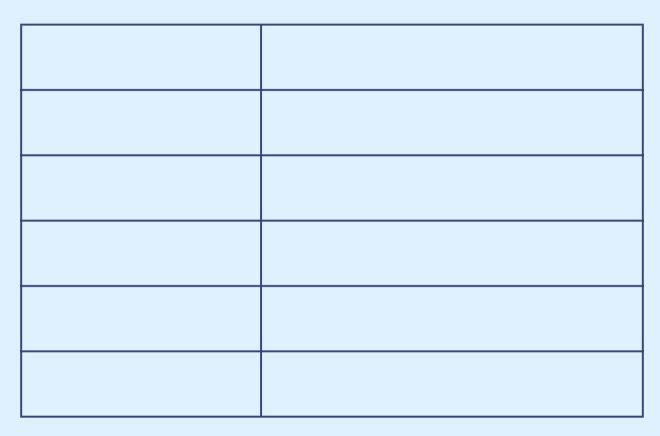
Consider where you commonly see this principle play out in day to day life. Maybe in places like work or schools. What might be some environments less thought of when it comes to fostering this principle today? For example, within our homes or close relationships to others.

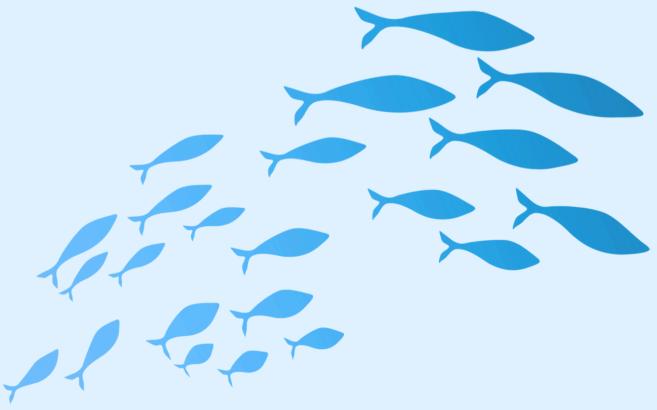
Why is mutual decision making important in supporting the community and its individuals? Reflect on how you see yourself practicing this principle in your life or a time when you observed this kind of teamwork before.
——————————————————————————————————————



MY SUPPORT NETWORK

Use the spaces below to write the names and numbers of people from your support network who you can call when you're struggling.





THOUGHTS...

		_
-		
-		





SURVIVORS ASSISTANCE

Crisis Response Team:

Mental Health Crisis Response Teams (MHCRT) provide services that support individuals, families and communities during and after critical events. These teams are mobilized through a centralized system to attend to the location of the critical event.

For more information, please contact your regional office at:

- Kitikmeot Region: 1-867-983-4670 (Department of Healthy Living Cambridge Bay)
- Kivalliq Region: 1-867-645-2600 (Pulaarvik Kablu Friendship Centre - Rankin Inlet)
- Qikiqtani Region: 1-888-331-4433 (Ilisaqsivik Clyde River)

What to say to others:

You might find it hard to tell others how your loved one died. It is your choice how to talk about your loved one's death. Acknowledging that a death was by suicide can be an important part of healing. However, only you will know when that feels right for you. You may want to reach out and talk to a trusted person or a professional, such as your doctor, Elder, spiritual advisor, a social worker, a mental health nurse/outreach worker, or another person who has gone through what you are going through now.

If you are in immediate need of communication, call or text the Canada Suicide Crisis helpline (9–8–8). Or, speak with a volunteer from the Kamatsiaqtut Helpline (1–867–979–3333 / 1–800–265–3333)

They may help you figure out which words to use and how you want to talk about what has happened. There is no need to go into details of the death, and it is okay to let people know what you can and cannot talk about. Employers, co-workers, school, landlords, social groups and friends outside your community may need to be told of your loved one's death. You can ask someone else to make these phone calls for you if you cannot do this yet.

CULTURAL WELLNESS AND HEALING IN NUNAVUT

Isaksimagit Inuusirmi Katujjiqatigiit Embrace Life Council

- Call 1-866-804-2782
- Email embracelife@inuusiq.com
- Visit the website www.inuusiq.com for more information and support

Department of Healthy Living in Cambridge Bay

1-867-983-4670

Kitikmeot Friendship Society in Cambridge Bay

• 1-867-983-3330

Ilisaqsivik Society in Clyde River Toll Free Counselling Line

• 1-888-331-4433

Pulaarvik Kablu Friendship Centre in Rankin Inlet

• 1-867-645-2600

Tukisigiarvik Society in Iqaluit

• 1-867-979-2400

Piruqatigiit Resource Centre in Iqaluit

1-867-877-4155

Aqqiumavvik Society in Arviat

• www.aqqiumavvik.com

Law Society of Nunavut

- Toll Free 1-844-979-2330
- Inuktitut Toll Free 1-888-990-4665
- In Iqaluit 975-2120
- Online: www.lawsociety.nu.ca

Nunavut Kamatsiaqtut Help Line

- Anonymous and confidential telephone support 24 hours a day, seven days a week.
- Toll Free 1-800-265-3333
- In Iqaluit 979-3333

Healing by Talking

- Free telephone counselling service provided by the GN's Department of Health
- Call 1-888-648-0070
- Email healing@gov.nu.ca

GENERAL HELP AND SUPPORT

Youthspace.ca

- Text 778-783-0177
- Online chat available at www.youthspace.ca
- Email counselling is available by calling 250-478-8357 or toll-free at 1-866-478-8357

Residential Schools Resolution Health Support Program

- Cultural and emotional support and counselling to all former residential school students and their families.
- Services available 8:30am to 5:00pm; Mon-Fri
- Call 1-866-509-1769 or 1-800-464-8106

Hope for Wellness Help Line

- Confidential counselling and crisis intervention to all Indigenous peoples across Canada, 24 hours a day, seven days a week.
- Toll Free 1-855-242-3310
- Live chat www.hopeforwellness.ca

Kids Help Phone

- No judgement counselling for young people. It's free, confidential, and available 24 hours a day, seven days a week.
- Toll Free 1-800-668-6868
- Text 'TALK' to 686868 (no data plan, internet connection, or app required)
- Live chat www.kidshelpphone.ca

Canada Suicide Crisis Helpline

• 9-8-8

Phone Hours: 24/7

Text Hours: 24/7

www.988.ca

OTHER COMMUNITY RESOURCES

Child First Initiative

1-855-572-4453

Resolution Health Support Program

- Referrals to a counselor, call 1-866-925-4419
- Transportation provided to see psychologists and other mental health professionals

Mental Health and Addictions

- To speak to a counselor, call your Community Health Centre
- Referrals and medical travel for addictions treatment, trauma care and specialized services

If you or someone you know is in crisis, call the RCMP, or go to your local health centre or hospital immediately.



Developed by: ISAKSIMAGIT INUUSIRMI KATUJJIQATIGIIT EMBRACE LIFE COUNCIL

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