

### HOW CAN THE NUNAMI TEAM COULD HELP?

1. Support local initiatives, by planning, funding and coordinating those projects.
2. Support the applicants in the delivery of the activities.
3. Be present during the activities and accompany the participants.



### HOW TO APPLY

#### Go to:

[nrbhss.ca/en/nunami](http://nrbhss.ca/en/nunami)  
and fill the application form.

#### Ask and send the application to:

[nunami\\_nrbhss@ssss.gouv.qc.ca](mailto:nunami_nrbhss@ssss.gouv.qc.ca)

#### Or call 819-964-2222

to reach a Nunami agent for a application.

You will receive the confirmation for funding and an agent for the NRBHSS will accompany you through all the steps to have your activity ready.

#### Department of Planning and Programming

P.O Box 900 Kuujuaq, Qc J0M 1C0 | Tel.: 819 964-2222

[nunami\\_nrbhss@ssss.gouv.qc.ca](mailto:nunami_nrbhss@ssss.gouv.qc.ca)

 NunamiNunavik | [nrbhss.ca/en/nunami](http://nrbhss.ca/en/nunami)



Nunami is a land-based mental wellness and prevention program developed by the NRBHSS. Through traditional activities, participants are invited to connect with the land as a way of learning and healing.

Through projects such as fishing, hunting, harvesting and preparing traditional food, cultural knowledge is shared based on the population's values and interests.

Anyone who has an idea for an on-the-land project is invited to submit it to Nunami to receive funding and support to organize it in their community.

#### EXAMPLES OF PROJECT IDEAS

- Family outings
- Berry picking
- Fishing & hunting
- Butchering and food preparation
- Day trips
- Healing workshops
- Tool making
- Sewing, tent making
- Setting nets for fish & seals
- Youth expedition
- Elder's day
- And much more

#### ELIGIBLE EXPENSES

- Human resources, for example: guides, elders, cooks
- Food: healthy store-bought or traditional food
- Vehicle rentals: snowmobiles, trucks, ATVs, boats and canoes
- Cabin and tent rentals
- Gas
- Materials for sewing projects, etc.

#### CRITERIA FOR FUNDING

- Project should take place on the land and/or be related to culture
- Strongly recommended to have local organizational support
- Project should involve passing on cultural knowledge
- Meet local needs and interests

#### NUNAMI'S MISSION

- Strengthen overall mental health
- Increase cultural identity, self-esteem and sense of belonging
- Support family and healthy relationships, parenting skills, and support networks
- Share healthy coping mechanisms, communication and problem-solving skills
- Help with healing from trauma and grief
- Adopt a harm-reduction approach to substance abuse
- Ensure physical health and overall wellness through an active lifestyle, moderation, and healthy nutrition

