



# JANUARY 2025

ᓃᓂᓗᓂ / JANVIER

## MENTAL HEALTH & ADDICTION

ᐃᓕᓂᓗᓂ ᐃᓂᓕᓂᓗᓂ ᐃᓂᓗᓂ / SANTÉ MENTALE ET DÉPENDANCES

SUNDAY ᐃᓕᓂᓗᓂ / Dimanche	MONDAY ᐃᓕᓂᓗᓂ / Lundi	TUESDAY ᐃᓕᓂᓗᓂ / Mardi	WEDNESDAY ᐃᓕᓂᓗᓂ / Mercredi	THURSDAY ᐃᓕᓂᓗᓂ / Jeudi	FRIDAY ᐃᓕᓂᓗᓂ / Vendredi	SATURDAY ᐃᓕᓂᓗᓂ / Samedi
			1 New Year's Day ᐃᓂᓗᓂ ᐃᓂᓗᓂ Nouvel An	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
<p><b>National Non-Smoking Week &amp; Quit to Win Challenge</b>  <i>baᐅᓂ ᓂᓗᓂᓗᓂ ᐃᓂᓗᓂ ᐃᓂᓗᓂ ᐃᓂᓗᓂ ᐃᓂᓗᓂ ᐃᓂᓗᓂ / Semaine nationale sans fumée et défi j'arrête j'y gagne</i></p>						
26	27	28	29	30	31	

For more information / ᐃᓂᓗᓂ ᐃᓂᓗᓂ / Pour plus d'informations

### Project Support

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# FEBRUARY 2025

ᐃᑭᑦᓴᓂ / FÉVRIER

# HEALTHY RELATIONSHIPS

ᐅᑦᑲᓂᑦᓴᓂᑦ / RELATIONS SAINES

SUNDAY ᐅᑦᑲᑦᓴᓂ / Dimanche	MONDAY ᐅᑦᑲᑦᓴᓂᑦ / Lundi	TUESDAY ᐅᑦᑲᑦᓴᓂ / Mardi	WEDNESDAY ᐅᑦᑲᑦᓴᓂ / Mercredi	THURSDAY ᐅᑦᑲᑦᓴᓂ / Jeudi	FRIDAY ᐅᑦᑲᑦᓴᓂ / Vendredi	SATURDAY ᐅᑦᑲᑦᓴᓂ / Samedi
<b>Isuarsivik Pingngupaa Challenge – Month of February</b> ᐃᑭᑦᓴᓂ ᐅᑦᑲᑦᓴᓂ - ᑕᑦᓴᑦᓴᓂ ᐃᑭᑦᓴᓂ Isuarsivik, Défi Pingngupaa – Mois de février						1
2	3	4	5	6	7	8
<b>Suicide Prevention and Embrace Life Week</b> ᐃᑭᑦᓴᓂ ᑭᓴᓂᑦᓴᓂᑦ ᐅᑦᑲᑦᓴᓂᑦ ᐅᑦᑲᑦᓴᓂᑦ ᐅᑦᑲᑦᓴᓂᑦ / Semaine de la prévention du suicide et d'appréciation de la vie						
9	10	11	12	13	14	15
<b>Sexual and Reproductive Health Awareness Week</b> ᐅᑦᑲᓂᑦᓴᓂᑦ ᐅᑦᑲᓂᑦᓴᓂᑦ ᐅᑦᑲᓂᑦᓴᓂᑦ ᐅᑦᑲᓂᑦᓴᓂᑦ ᐅᑦᑲᓂᑦᓴᓂᑦ / Semaine de sensibilisation à la santé sexuelle et reproductive						
16	17	18	19	20	21	22
23	24	25	26	27	28	

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ᑭᓴᓂᑦᓴᓂᑦ ᐅᑦᑲᓂᑦᓴᓂᑦ ᑕᓂᓴᓂᑦ  
 RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX DU NUNAVIK  
 NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES

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# MARCH 2025

## ᐱᑦᐸ / MARS

# NUTRITION

## ᑭᑭᑦᐸᐸᐸᐸᐸᐸ / NUTRITION

SUNDAY ᐸᑦᑕᑕᑦ / Dimanche	MONDAY ᐸᑦᑕᑦᐸᑕᑦ / Lundi	TUESDAY ᑖᑦᑕᑦᑕᑦ / Mardi	WEDNESDAY ᐱᑦᑕᑦᑕᑦ / Mercredi	THURSDAY ᑭᑕᑦᑕᑦᑕᑦ / Jeudi	FRIDAY ᑭᑦᑕᑦᑕᑦ / Vendredi	SATURDAY ᐸᑦᑕᑦᑕᑦᑕᑦ / Samedi
<b>National Nutrition Month</b> ᑭᑦᐸᐸᐸᐸᐸᐸᐸᐸᐸᐸ Mois national de la nutrition						1
2	3	4	5 <b>Nunavut Inuit Association's            Nunavik Wellness Day</b> ᑭᑦᐸᐸᐸᐸᐸᐸᐸᐸᐸᐸᐸ ᐸᑦᑕᑦᑕᑦᑕᑦ Journée du bien-être - Nunavik	6	7	8 <b>International Women's Day</b> ᑭᑦᑕᑦᑕᑦᑕᑦ ᐸᑦᑕᑦᑕᑦᑕᑦ Journée internationale des femmes
9	10	11	12	13	14	15
16	17	18	19	20	21	22 <b>World Water Day</b> ᑭᑦᑕᑦᑕᑦᑕᑦ ᐸᑦᑕᑦᑕᑦᑕᑦ ᐸᑦᑕᑦᑕᑦᑕᑦ Journée mondiale de l'eau
23	24 <b>World Tuberculosis Day</b> ᑭᑦᑕᑦᑕᑦᑕᑦ ᐸᑦᑕᑦᑕᑦᑕᑦ ᐸᑦᑕᑦᑕᑦᑕᑦ Journée mondiale de lutte contre la tuberculose	25	26	27	28 <b>Nunavik Traditional Food Day</b> ᑭᑦᑕᑦᑕᑦᑕᑦ ᑭᑦᑕᑦᑕᑦᑕᑦ ᐸᑦᑕᑦᑕᑦᑕᑦ Journée de la nourriture traditionnelle	29
30	31					

For more information / ᑕᑭᑦᐸᐸᐸᐸᐸᐸᐸᐸ / Pour plus d'informations

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# APRIL 2025

## ᐅᐃᐱ / AVRIL

# HEALTHY LIFESTYLE

ᐃᓗᓯᓗᓯᐅᓕᓄᓂᐱ ᐃᓗᓯᓗᓯᐅᓕᓂᐱ / MODE DE VIE SAIN

SUNDAY ᐅᓕᓄᓂᐱ / Dimanche	MONDAY ᐅᓕᓗᓄᓂᐱ / Lundi	TUESDAY ᐅᓕᐱᓗᓂᐱ / Mardi	WEDNESDAY ᐱᓗᓗᓂᐱ / Mercredi	THURSDAY ᓯᐱᓗᓂᐱ / Jeudi	FRIDAY ᓂᓯᓯᓄᓂᐱ / Vendredi	SATURDAY ᐅᓕᓗᓯᓗᓂᐱ / Samedi
		1	2	3	4	5
<p><b>Oral Health Month</b> ᓕᓂᐅᓂᐱ ᓕᓂᐅᓄᓗᓂᓂᐱ / ᓕᓂᓯᓄᓗ Mois de la santé buccodentaire</p>						
6	7	8	9	10	11	12
13	14	15	16	17	18	19
					<p><b>Good Friday</b> ᓄᓗᓂᓄᓂᐱ Vendredi saint</p>	
20	21	22	23	24	25	26
<p><b>Easter</b> ᐱᓯᓄᓂᐱ Pâques</p>	<p><b>Easter Monday</b> ᐱᓯᓄᓂᐱ Lundi de Pâques</p>		<p><b>National Immunization Awareness Week</b> ᓂᐱᐱᓂᓄᓂᐱ ᓕᓂᓯᓄᓂᐱ ᓕᓂᓯᓄᓗ ᓄᓂᓯᓄᓂᐱ ᓄᓂᓯᓄᓗ / Semaine nationale de promotion de la vaccination</p>			
27	28	29	30			

For more information / ᓄᓯᓯᓄᓂᐱ / Pour plus d'informations

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# MAY 2025

## 1 / MAI

# HEALTHY LIFESTYLE

Δαῖρῆ ἰσθῆρῶν ἰσθῆρῶν / MODE DE VIE SAIN

SUNDAY ἰσθῆρῶν / Dimanche	MONDAY ἰσθῆρῶν / Lundi	TUESDAY ἰσθῆρῶν / Mardi	WEDNESDAY ἰσθῆρῶν / Mercredi	THURSDAY ἰσθῆρῶν / Jeudi	FRIDAY ἰσθῆρῶν / Vendredi	SATURDAY ἰσθῆρῶν / Samedi
				1	2	3
4	5	6	7	8	9	10
<b>National Mental Health Week</b> <i>ἰσθῆρῶν ἰσθῆρῶν ἰσθῆρῶν ἰσθῆρῶν ἰσθῆρῶν ἰσθῆρῶν ἰσθῆρῶν / Semaine nationale de la santé mentale</i>						
11 Mother's Day ἰσθῆρῶν ἰσθῆρῶν Fête des mères	12	13	14	15 International Day of Families ἰσθῆρῶν ἰσθῆρῶν Journée internationale de la famille	16	17 International Day Against Homophobia ἰσθῆρῶν ἰσθῆρῶν ἰσθῆρῶν Journée internationale contre l'homophobie
18	19	20	21	22	23	24
25	26	27	28	29	30	31 World No Tobacco Day ἰσθῆρῶν ἰσθῆρῶν ἰσθῆρῶν Journée mondiale sans tabac

For more information / ἰσθῆρῶν ἰσθῆρῶν / Pour plus d'informations

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# JULY 2025

ᐱᐅᐅ / JUILLET

CULTURE

ᐃᐅᐅᐅᐅ / CULTURE

SUNDAY ᐱᐅᐅᐅ / Dimanche	MONDAY ᐱᐅᐅᐅᐅ / Lundi	TUESDAY ᐅᐅᐅᐅᐅ / Mardi	WEDNESDAY ᐱᐅᐅᐅᐅᐅ / Mercredi	THURSDAY ᐅᐅᐅᐅᐅᐅ / Jeudi	FRIDAY ᐅᐅᐅᐅᐅᐅ / Vendredi	SATURDAY ᐱᐅᐅᐅᐅᐅᐅ / Samedi
		1 Canada Day ᐅᐅᐅᐅᐅᐅᐅᐅ Fête du Canada	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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SOCIAUX DU NUNAVIK AND SOCIAL SERVICES

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# OCTOBER 2025

## ᐅᑦᐅᐱᓂ / OCTOBRE



SUNDAY ᐱᑦᑦᐅᑦ / Dimanche	MONDAY ᐱᑦᑦᐱᐅᑦ / Lundi	TUESDAY ᐅᑦᐱᑦᓂᑦ / Mardi	WEDNESDAY ᐱᑦᓂᑦᐱᑦᐅᑦ / Mercredi	THURSDAY ᑦᐱᑦᓂᑦᓂᑦ / Jeudi	FRIDAY ᐅᑦᐅᑦᑦᐱᑦ / Vendredi	SATURDAY ᐱᑦᑦᑦᑦᑦᓂᑦ / Samedi
			1 International Elders Day ᑦᐱᑦᓂᑦᐱᑦᐅᑦ ᐃᓂᐅᑦᑏᑦ ᐅᑦᐅᑦᑏᑦ Journée internationale des aînés	2	3	4
Breastfeeding and Child Nutrition Week ᐱᑦᓂᑦᐱᑦᐅᑦ ᐱᑦᐱᑦᐅᑦ ᓂᓂᑦᑦᐱᑦᐱᑦᐅᑦᓂᑦᓂᑦᓂᑦᓂᑦ ᐱᑦᐱᑦᐅᑦᑏᑦ / Semaine de l'allaitement et de l'alimentation de l'enfant						
5	6	7	8	9	10	11
12	13 Thanksgiving ᐱᑦᐱᑦᐅᑦ ᐅᑦᐅᑦᑏᑦ Action de grâce	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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# DECEMBER 2025

ᑎᕐᕐᕐᕐ / DÉCEMBRE

# CHILD, YOUTH, AND FAMILY

ᐱᐸᕐᕐ, ᐃᐸᕐᕐᕐᕐ ᐃᐸᕐᕐᕐ / ENFANCE, JEUNESSE, FAMILLE

SUNDAY ᐸᐸᐸᐸ / Dimanche	MONDAY ᐸᐸᐸᐸᐸ / Lundi	TUESDAY ᐸᐸᐸᐸᐸᐸ / Mardi	WEDNESDAY ᐸᐸᐸᐸᐸᐸᐸ / Mercredi	THURSDAY ᐸᐸᐸᐸᐸᐸᐸ / Jeudi	FRIDAY ᐸᐸᐸᐸᐸᐸᐸᐸ / Vendredi	SATURDAY ᐸᐸᐸᐸᐸᐸᐸᐸᐸ / Samedi
	1	2	3	4	5	6
<p><b>Nunavik 16 Days to End Violence</b>                      ᐃᐸᐸᐸᐸᐸ 16ᐸᐸ ᐸᐸᐸᐸᐸᐸᐸᐸ ᐸᐸᐸᐸᐸᐸᐸᐸᐸᐸ ᐸᐸᐸᐸᐸᐸᐸᐸᐸᐸ / 16 jours pour mettre fin à la violence - Nunavik</p>						
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25 Christmas Day ᐸᐸᐸᐸᐸᐸᐸᐸᐸ Noël	26	27
28	29	30	31			

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