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RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX DU NUNAVIK
NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES
1995 - 2025

# NEWS RELEASE

FOR IMMEDIATE DISTRIBUTION

**Inunnguiniq Booklets Now Available for Nunavik Families**

**Kuujjuaq, April 13, 2026** – The **Tasiurtigiit** program, in collaboration with the National Collaborating Centre for Indigenous Health (NCCIH) and the Aqqiumavvik Society, is announcing the availability of the ***Inunnguiniq* booklets** — a series of culturally grounded resources for Inuit families and caregivers of young children.

These booklets, developed in 2021, are **rooted in Inuit Qaujimajatuqangit** (IQ) and reflect traditional knowledge related to pregnancy, early childhood development, and parenting. They were more specifically inspired by *Inunnguiniq* — the process of raising capable human beings within IQ — and provide practical, accessible guidance to support children's growth and well-being.

In 2025, the Nunavik Regional Board of Health and Social Services (NRBHSS) partnered with the NCCIH to expand access by translating the booklets into Inuktitut (Hudson Bay and Ungava dialects).

The series includes **four titles**: *Family Connections*, *Fatherhood is Forever*, *Growing up Healthy*, and *Parents as First Teachers*. These resources address topics such as bonding and attachment, the role of fathers, healthy lifestyles, and learning through everyday experiences and play.

The booklets are now **available for download** in English, French, and Inuktitut directly from the Tasiurtigiit section of the NRBHSS website.

**Printed copies** are available free of charge through the NCCIH. Individuals who wish to receive printed versions can contact:

- NCCIH: nccih@unbc.ca | 250-960-5250
- Aqqiumavvik Society: arviatwellness@gmail.com | 1-866-913-0033

*The Nunavik Regional Board of Health and Social Services is a public agency created in 1978 under the* James Bay and Northern Quebec Agreement*. It is responsible for nearly the entire Quebec territory located north of the 55th parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.*

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**Source:** Nunavik Regional Board of Health and Social Services
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