

Originally introduced in 2022 as *Caregiver Appreciation Week*, the initiative has since expanded into a month-long campaign, reflecting the importance of caregivers and the need to recognize their work in meaningful ways.

Highlights of the 2025 Campaign

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Why It Matters

There are an estimated 350 caregivers in Nunavik, many facing challenges such as stress, financial strain, and isolation. By highlighting their efforts, NRBHSS aims not only to show gratitude but also to raise awareness about the importance of caregiving and the supports available.

Caregiver Appreciation Month is an opportunity to say thank you to those who give their time, energy, and hearts to care for others.

For more information about the Caregiver Appreciation Month Campaign and to access tools and resources, please follow the NRBHSS on Facebook, visit our website, or contact:

 hyungu.kang.rr17@ssss.gouv.qc.ca

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
For information: Stephanie (M.) Jacques, Communication Advisor, NRBHSS
stephanie.jacques.rr17@ssss.gouv.qc.ca