

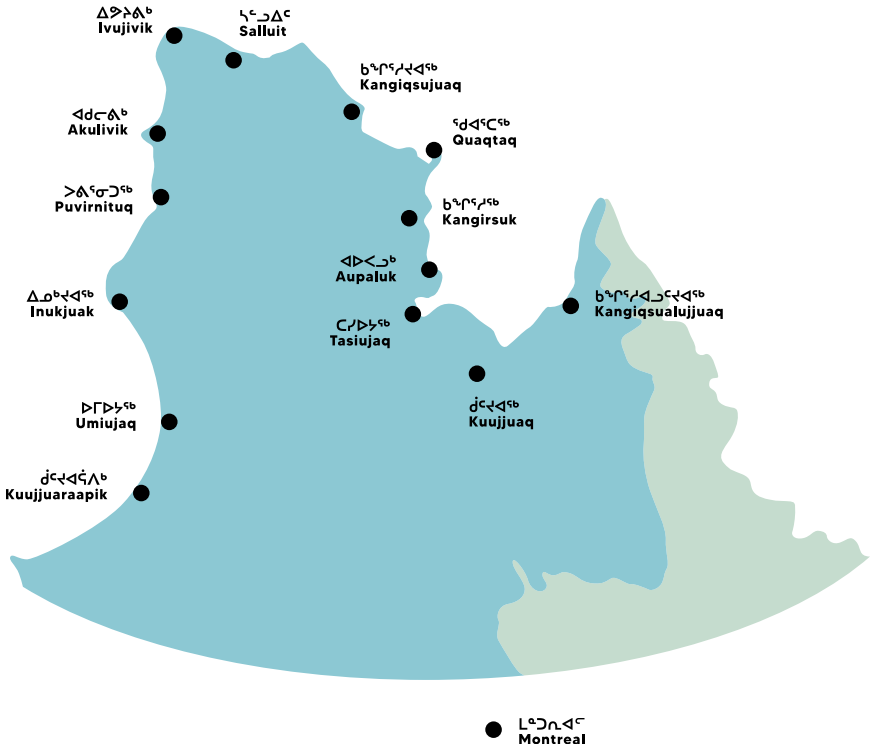


If you wish to add a resource in this directory,
modify information or make comments, please contact:
information_RRSSS17@ssss.gouv.qc.ca

Claudia Maltais-Tremblay, Mental Health planning
and programming agent, NRBHSS:
pp-secretary.nrbhss@ssss.gouv.qc.ca
819-964-2222 ext. 261

Resources Directory

Organizations offering social support to Nunavimmiut



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Emergency



Police 819-XXX-9111

Nursing station 819-XXX-9090

Youth Protection

Hudson Coast

Legal Aid 819-874-3202

Toll-free 1-866-624-9189

Ungava Coast

Legal Aid 819-964-2333

Toll-free 1-866-964-2333



Family services



LOCAL

Minnie's Hope Center

819-929-3311

Kuujuarapik

Monday-Friday 9:00 AM-8:00 PM

Activities held on Saturday afternoons.

✉ info@minnieshope.org

📘 [facebook.com/MinniesHopeSPC/?ref=page_internal](https://www.facebook.com/MinniesHopeSPC/?ref=page_internal)

The Mission of Minnie's Hope is to help each child of the community to reach their full potential regardless of any challenges they may be facing. Minnie's Hope Social Pediatric Centre is a non-profit, registered social pediatric centre offering a relationship-based, global approach that is well-aligned with traditional Cree and Inuit philosophies. Professionals include:

- Director/HRA
- Pediatricians • Clinical Assistants/Educators
- Support Staff
- Specialists from time to time, such as sand play therapists, social workers/HRAs, speech and language therapist, psychologists, and others.

Ilagiilluta

819-988-2130

Puvirnitug

Monday-Friday 9 AM-5 PM

✉ infirmiere.sante.communautaire.Puvirnitug@ssss.gouv.qc.ca

✉ caroline.tulugak.napartuk.csi@ssss.gouv.qc.ca

Cooking classes, men's breakfast, elder's gathering and meals, pregnant women and new mom's gathering.

Family services

Iqitsivik

819-255-8338

Salluit

Monday-Friday 9 AM-5 PM

✉ infirmiere.sante.communataire.csi@ssss.gouv.qc.ca

✉ iqitsivik@outlook.com

📍 Group [Iqitsivik Salluit Family House](#)

The mission of Iqitsivik Family House is to deliver a range of services guided by principles that focus on building supportive relationships, facilitations growth, respecting diversity and furthering community development. Working with children, families and caregivers to enhance strengths, to build capacities and to promote healthy development.

Sungirtuivik

819-254-8793

Inukjuak

Monday-Friday 9 AM-5 PM

✉ familyhouse.inukjuak@ssss.gouv.qc.ca

The mission of the family house is to work on physical and mental health through activities and projects. This Family house is under the prevention and promotion team of Inuulitsivik Health Center.

Tasiurvik

819-929-3277

Kuujuarapik

Monday-Friday 9 AM-5 PM

✉ tasiurvikfamilyhouse@gmail.com

Pituat

819-929-2323

Puvirnitug

Monday-Friday 9 AM-5 PM

✉ family.house.pituat@outlook.com

📍 Group [FamilyHousePituat](#)

Pituat Family House is a non-profit organization that opened on March 15th, 2022. It is for a healthier community. The building has 2 components: A family house (gathering room and kitchen) and a short-term safe house for families. Pituat does various activities based on healthier lifestyles (support groups for addiction, cooking courses, clothing donations, etc.) Pituat also has a small daycare for when parents participate in the activities.

Qarmaapik

819-337-5597
819-337-5307

Kangiqsualujuaq

Monday-Friday 9 AM-5 PM
4/7 Safe house - emergencies

 coordinator@qarmaapik.ca

 **Group** [Qarmaapik](#)

Qarmaapik Family House is a place where parents or guardians are supported to meet their children's needs better, to improve the bond within their family and to instill traditional Inuit family values in the community. The goal is to help families in need and strengthen connections between the youth, adults and the community with the assistance of our elders, who have traditional knowledge and Inuit values.

Mianirsivik

819-338-0653 / 819-338-0888
or **1138**

Kangiqsujuag

Monday-Friday 9 AM-5 PM
4/7 Safe house - emergencies

 aillimasaut@mianirsivik.ca

Mianirsivik Family House is a safe, welcoming, and healing place in Kangiqsujuag to promote individual wellness and community wellbeing. It also offers community kitchen activities and food program.

REGIONAL

Y.E.S. Nunavik

1-877-964-2961

Kuujuuaq

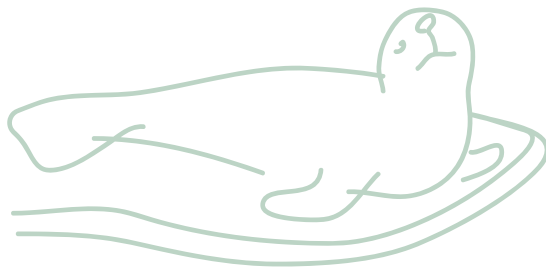
Monday-Friday 9 AM-5 PM

yesnunavik.com

 yesnunavik@krg.ca

 [Yesnunavik](#)

Youth Employment Service (YES) offer support for social-professional integration of youth aged between 16 and 25. YES Nunavik offers many services to help youth develop their personal skills, identify employment needs, further their education, as well as acquire entrepreneurial values.



Inuit Siginirmiut Quebecmi Ilaujut Southern Quebec Inuit Association Association des Inuit du Sud du Quebec

819-254-8793

Montreal

Monday-Friday 9 AM-5 PM

 sqiainfo@gmail.com

 [sqia2017](#)

To unite and work together as a strong southern Quebec Inuit community and empower ourselves as confident, capable, self-sufficient Inuit and contributors to our families and community.

Midwives

819-964-2905 # 201

Hungava

Monday-Friday 9 AM-5 PM

The Kuujjuaq-based midwifery service serves pregnant women from the 7 Ungava Bay communities. The maternity service is very important for the community, as it allows pregnant women to avoid travelling to Montreal to give birth. On average, around a hundred women give birth in Kuujjuaq every year. The centre provides pregnancy, childbirth and post-natal follow-up.

Hudson

Puvirnitug, Salluit and Inukjuaq have maternity with midwives services. For more information, please contact Brenda Epoo or Kimberly Mookhouse in Inukjuaq.



Elders



The Mistreatment Helpline

1-888-489-2287

7days / 8 am to 8 pm
English/French

 ignemaltraitance.ca/en

The Mistreatment Helpline is a provincial telephone line for listening, reference and support specializing in the mistreatment of older adults and all adults in vulnerable situations. Local

LOCAL

Ayagutaq

819-254-9999

Inukjuak

24h/7days

 ajagutaq2020@gmail.com

Elder's home, mid-long term care.

Quilangnguanaaq

819-338-3391

Kangiqsujuaq

24h/7days

 wakehameldershouse@nvkangirsujuaq.ca

Elder's home, mid-long term care.

Sailivik

819-988-2399

Puvirnituaq

Elder's home, mid-long term care.

REGIONAL

Tusaajiapik

819-964-2905 # 331

Kuujuuaq

Monday-Friday 9 AM-8 PM

The Tusaajiapik Elders' Home is a residence for people with a loss of functional or psychosocial autonomy. With a capacity of 12 beds, the residence offers users a magnificent view of the beach along the Koksoak River.

The home has a cultural adaptation component that is at the heart of the residents' activities, enabling them to eat in the traditional way and benefit from adapted cultural activities as part of the day centre.

A team of nurses, nursing assistants, northern residential care attendants, recreologists and support staff provide ongoing services to users.



Youth



Nunavik Youth house association **819-254-0281**

Inukjuak

Monday-Friday 9 AM-5 PM

Offer support and advice to the Nunavik Youth Centers in the management of their day-to-day affairs; Organize training sessions for the staff and coordinators of the Nunavik youth centers; Work in collaboration with other local regional and provincial organizations that can offer support and advice to the Association and to the youth centers of Nunavik.

Activities for youth from 6 to 19 years old. Opportunity of employment to the youth from 16 to 30 years old.

Akulivik **819-496-2610**
Variable schedule

Aupaluk **819-491-7110**
Variable schedule

Inukjuak **819-254-8633**
Variable schedule

Ivujivik **819-922-9994**
Variable schedule

Kangiqsujaq **819-338-1233**
Variable schedule

Puvirnituaq**819-988-2297***Variable schedule***Quaqtaq****819-492-9630***Variable schedule***Salluit****819-255-8065***Variable schedule***Kangiqsualujjuaq****819-337-5741***Variable schedule***Kuujjuarapik****819-929-3958***Variable schedule***Tasiujaq****819-633-5326***Variable schedule***Umiujaq****819-331-7115 / 7081***Variable schedule***Inukrock****Inukjuak**** info@inukrock.com**** [Inukrock](#)**

Inukrock's mission is to improve the accessibility of climbing (indoors and outdoors) in Nunavik through the growth of local youth leadership. The main objectives of Inukrock are to: promote an active lifestyle and network of healthy relationships, create a base of Nunavimmiut rock climbers who can gather to challenge themselves and support each other, develop indoor and outdoor climbing facilities in Nunavik, prevent substance use and increase self-esteem and foster self-confidence.

REGIONAL

Youth Fusion

514 657-7630

 youthfusion.org

 info@fusionjeunesse.org

Youth Fusion project coordinators organize engaging in-class and after school activities in various domains, upon the selection of the host school. Projects may be in Science of the land, Performing Arts, Leadership and Media, Leadership and Healthy Living, Fashion Design, Science and Robotics, etc. There are also cooking activities where students learn how to cook and can bring food back at home.

Pirutsaivik Group Home

819-929-3223

Kuujuarapik

24h/7days

 pirutsaivik@gmail.com

Pirutsaivik is a group home for 4 preadolescents, boys and/or girls, located in Kuujuarapik. It is staffed by educators, one of whom also acts as a team leader.

The Group homes are under direction of rehabilitation services of UTHC and receives children and youth (6-17 years old) under the Health and Social Services Act, the Youth protection Act, and the Youth Criminal Justice Act. The general population cannot contact us to place their child or ask for advice. If you are a parent willing to have help, you can always contact social services.

Qulliq Group home

819-254-0851

Inukjuak

24h/7days

 girlsrehab.inukjuak@ssss.gouv.qc.ca

Qulliq Centre is a treatment centre for 10 adolescent girls located in Inukjuak. It is staffed by a manager, educators and intervention agents. The Group homes are under direction of rehabilitation services of UTHC and receives children and youth (6-17 years old) under the Health and Social Services Act, the Youth protection Act, and the Youth Criminal Justice Act. The general population cannot contact us to place their child or ask for advice. If you are a parent willing to have help, you can always contact social services.

Qaumajuapik Group home

819-964-0308

819-964-2905 # 416

Kuujuaq

24h/7days

 kuujuaq612.cstu@ssss.gouv.qc.ca

Qaumajuapik is a group home for 4 preadolescents, boys and/or girls, located in Kuujuaq. It is staffed by educators. The Group homes are under direction of rehabilitation services of UTHC and receives children and youth (6-17 years old) under the Health and Social Services Act, the Youth protection Act, and the Youth Criminal Justice Act. The general population cannot contact us to place their child or ask for advice. If you are a parent willing to have help, you can always contact social services.

Saturvik Group Home

819-964-2785

819-272-5574

Kuujuaq

24h/7days

 grouphome.kuujuaq@ssss.gouv.qc.ca

Saturvik is a group home for 8 adolescents, boys and/or girls, located in Kuujuaq. It is staffed by a manager and educators. The Group homes are under direction of rehabilitation services of UTHC and receives children and youth (6-17 years old) under the Health and Social Services Act, the Youth protection Act, and the Youth Criminal Justice Act. The general population cannot contact us to place their child or ask for advice. If you are a parent willing to have help, you can always contact social services.

Ulluriaq - Boys Unit

514-488-4161

Montreal

24h/7days

✉ ulluriaq.boys.cstu@ssss.gouv.qc.ca

Ulluriaq - Boys Unit is a secure unit for 10 adolescent males, located in Montreal. It is staffed by a manager, a clinical activity specialist, a psychologist, a nurse, educators, and intervention agents. The Group homes are under direction of rehabilitation services of UTHC and receives children and youth (6-17 years old) under the Health and Social Services Act, the Youth protection Act, and the Youth Criminal Justice Act. The general population cannot contact us to place their child or ask for advice. If you are a parent willing to have help, you can always contact social services.

Ulluriaq - Girls Unit

514-989-4297

Montreal

24h/7days

✉ ulluriaq.girlsunit.cstu@ssss.gouv.qc.ca

Ulluriaq - Girls Unit is a secure unit for 8 adolescent females, located in Montreal. It is staffed by a manager, a clinical activity specialist, a psychologist, a nurse, educators, and intervention agents. The Group homes are under direction of rehabilitation services of UTHC and receives children and youth (6-17 years old) under the Health and Social Services Act, the Youth protection Act, and the Youth Criminal Justice Act.

The general population cannot contact us to place their child or ask for advice. If you are a parent willing to have help, you can always contact social services.

Atsanirq Group home

819-988-2534

Puvirnitug

24h/7days

✉ atsanirq.staff.puvi@ssss.gouv.qc.ca

Atsanirq is a group home for 8 adolescents, boys and/or girls. It is staffed by educators and social aids. The Group homes are under direction of rehabilitation services of UTHC and receives children and youth (6-17 years old) under the Health and Social Services Act, the Youth protection Act, and the Youth Criminal Justice Act. The general population cannot contact us to place their child or ask for advice. If you are a parent willing to have help, you can always contact social services.

Sapummivik Group home

819-255-1188

Kuujuuaq

24h/7days

✉ sapummivikrc@gmail.com

Sapummivik is a treatment centre for 8 adolescent boys located in Salluit. It is staffed by a manager, a clinical activity specialist, educators and intervention agents. The Group homes are under direction of rehabilitation services of UTHC and receives children and youth (6-17 years old) under the Health and Social Services Act, the Youth protection Act, and the Youth Criminal Justice Act.

The general population cannot contact us to place their child or ask for advice. If you are a parent willing to have help, you can always contact social services.

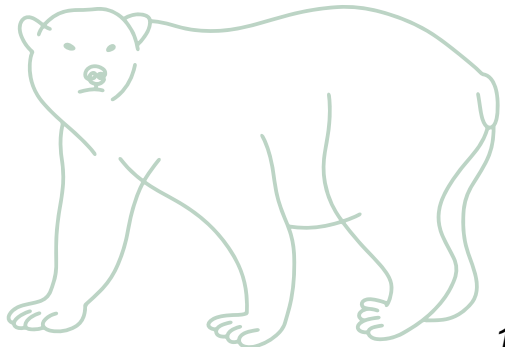
Direction of Youth Protection 819-964-2905 # 2874

Kuujuuaq & Puvirnituaq

24h/7days

Although parents have the primary responsibility for protecting their child, they may experience difficulties that prevent them from fulfilling their responsibilities. In some situations, the DYP is obliged to intervene to protect a child. This is the case when a child's security or development is in danger.

If you have reasons to believe that a child's security or development is or may be in danger, contact DYP.



On the land programs



LOCAL

Saqijuuq - On the land

✉ HUDSON@SAQIJUUQ.COM

✉ UNGAVA@SAQIJUUQ.COM

Kangirsuk, Akulivik, Kangiqsujuuq, Puvirmituq et Kuujuaq

Monday-Friday 9 AM-5 PM

📍 [SAQIJUUQ](#)

On the land component of Saqijuuq enables any community members to participate in cultural activities on the land and related activities (eg. construction of qamutiks, repair of hunting and fishing equipment). Saqijuuq aims to strengthen social regulation processes that are community based and culturally rooted. With its three components (On the land, Nitsiq+ and Mobile intervention team), Saqijuuq increases the diversity of sources of support available for Nunavimmiut.

Unaaq

819-254-8650

Inukjuak

Monday-Friday 9 AM-5 PM

✉ UNAAQMEN1@XPLORNET.CA

The association has the mission to support the youth and young men by actively promoting Inuit culture within the community, involving various generations of men. The supportive environment takes into account the needs of the young men, as well as the need for guidance. The association has set goals to assure that these young men are not forgotten, and that they will be supported as long as they need the support.

Qimutjuit Association

Kuujuarapik

Monday-Friday 9 AM-5 PM

 qimutjuit@gmail.com

819-929-9971

819-254-0114

Promote the Inuit culture and reduce the gaps between generation. The elders will play a major role in their activities by transmitting their knowledge and traditional skills, by giving advice and telling stories. The goal is to teach young men to hunt and survival skills, carpentry techniques and other personal skills.

REGIONAL

Qajaq

Hudson

Ungava

Kuujuuaq

Monday-Friday 9 AM-5 PM

 jrmay@qajaqnetwork.ca

1-877-350-0254

1-877-964-0770

Their goal is to help men and their families who are on a personal growth journey. They offer various counseling services to further enhance personal and collective wellbeing, favoring the development of healthier and safer communities, while advocating equality between men and women.

Nunami

(NRBHSS)

Monday-Friday 9 AM-5 PM

 nunami_nrbhss@ssss.gouv.qc.ca

 **Group** [NunamiNunavik](#)

819-964-2222

Through traditional activities, participants are invited to connect with the land as a way of learning and healing. Through projects such as fishing, hunting and traditional food preparing, cultural knowledge is shared. Funding available to support your project, contact us!

Nurrait Jeunes Karibus

819-964-0792

 nurraitjeuneskaribus.com

 [nurrait](#)

The mission of Nurrait is to promote personal and social development among Nunavik youth through outdoor intervention programs. To do this, we have developed a three-steps approach:

1. Through sport and outdoor projects, we offer an environment and the tools necessary for Nunavik youth to grow and reach their full potential.
2. We offer opportunities for professional development in the world of outdoor intervention. We support and value leadership.
3. Our programs are a return to the land and to intergenerational and intercommunity exchange.



Food support



LOCAL

Sirivik

819-254-0114

Inukjuak

Monday-Friday 9:00 AM-8:00 PM

✉ sirivik.inukjuak@gmail.com

Different services to ensure food security, accomplish through partnerships, outreach, and activities, including: Feeding the population in need (soup kitchen and emergency freezer); Providing teaching tools so the individual will gain skills and confidence; Community involvement and social reintegration.

Food coupons for pregnant women

All Communities

Distribution of food coupons to pregnant women and parents with children under one year old. The distribution of coupons is also an opportunity for pregnant women and parents to receive other form of support (e.g. wellness, healthy pregnancy and parental support).

Food programs in schools

All Communities

Breakfast and/or snacks distribution to school age children in all Nunavik schools. Food can be served in classroom or before school start (different approach according to each school). Few schools also have a lunch program.

REGIONAL

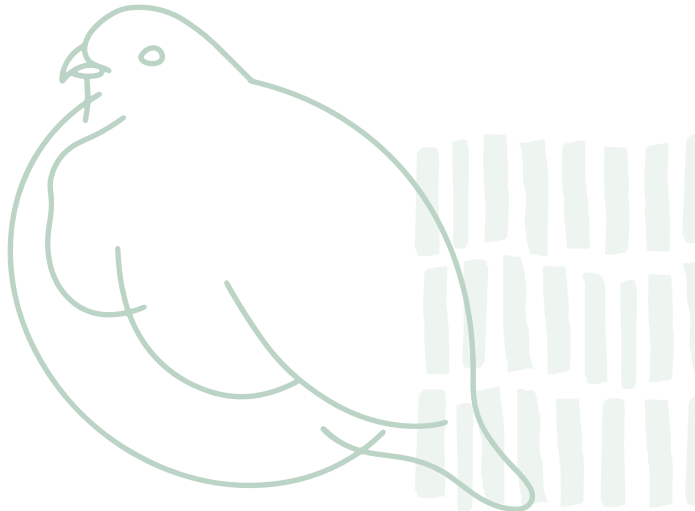
Food security initiative support

819-964-2222

All communities

 php.nrbhss@ssss.gouv.qc.ca

NRBHSS supports various community and regional initiatives, including community kitchens or activities involving shared knowledge on traditional foods. Contact us for more information on funding and support available



Safe houses & Shelters



LOCAL

Qarmaapik

819-337-5597 / 819-337-5307

Kangiqsualujuaq

Monday-Friday 9 AM-5 PM
24/7 Safe house - emergencies

 coordinator@qarmaapik.ca

 [Qarmaapik](#)

Qarmaapik Family House is a place where parents or guardians are supported to meet their children's needs better, to improve the bond within their family and to instill traditional Inuit family values in the community. The goal is to help families in need and strengthen connections between the youth, adults and the community with the assistance of our elders, who have traditional knowledge and Inuit values.

Mianirsivik

819-338-0653 / 819-338-0888

Kangiqsujuaq

or 1138

Monday-Friday 9 AM-5 PM
24/7 Safe house - emergencies

 aillimasaut@mianirsivik.ca

Mianirsivik Family House is a safe, welcoming, and healing place in Kangiqsujuaq to promote individual wellness and community wellbeing. It also offers community kitchen activities and food program.

REGIONAL

Initsiaq

819-255-8817

Salluit

Monday-Friday 9 AM-5 PM
24/7 Safe house - emergencies

 brenda@initsiaq.org

Initsiaq's main objective is to provide shelter and support to all Inuit women who are experiencing difficulties with violence or at risk of experiencing violence in Nunavik. Our clientele is either self-referred, Social Services and/or by the Police. Initsiaq seeks to provide a safe environment where women can focus on their various challenges and receive support and understanding. Offered is an in-house social worker that meets with clients to address and assess their immediate needs and issues. This is supported by Front Line workers who follow up on the referrals and assessment whereby the clients always have a worker who can assist them through attentive listening and support. Our long-term goal is to reduce violence and abuse by empowering Inuit women with the skills and understanding of the cycles of violence and recognizing abuse.

Ajapirvik

819-254-1414

Inukjuak

24/7

Emergency shelter for women and their children when needed. The women shelter also offers respite accommodation for elders to take a break from abusive or difficult living situations.

Tungasuvvik

819-964-0536

Kuujuuaq

24/7

Provide safety and shelter to women and their children experiencing violence and abuse. Provide basic needs, food clothing, safety and security. Offer support, counseling and alternatives to clients seeking assistance. Educate and raise awareness on violence, forms of control, effects of children witnessing violence. Provide parenting information to young mothers when needed.

Mental health lodging resources



REGIONAL

Reintegration center

819-254-0290

Inukjuak

24h/7 days

 reint.center.inukjuak@ssss.gouv.qc.ca

The mission of the Reintegration Centre is to provide quality services that allow adults with persistent mental health problems to develop the skills necessary to integrate successfully in their community. We believe that each person has the potential to improve and we make every effort to enhance the quality of life of the individual, the family and the community.

Aaniavituqarq Crisis Center

819-988-2314

Puvirnitug

24h/7 days

 crisis.center.csi@ssss.gouv.qc.ca

The Center is a highly structured, closed unit designed to ensure rehabilitation services to individuals who are in crisis or who are difficult to manage in an open residential unit. The primary goals of the Crisis Center are to: promote the optimal physical, intellectual, social and emotional well-being of adults who are experiencing mental health crisis; ensure the continuity of services for clients who are suffering from severe and persistent mental health problems.

Ippigusugiursavik

819-964-0270

Kuujuuaq

Monday-Friday 9 AM-5 PM

✉ maisonsupervisee@yahoo.ca

Ippigusugiursavik, also called Supervised House or Hébergement communautaire Ungava, is an intermediate residential resource assisting persons with severe mental health problems in the reintegration of their community. We believe that given a safe, supportive environment, individuals suffering with mental health difficulties will gain vital life skills on their journey to recovery.

We give opportunities for our residents and members of the community to participate actively in meaningful activities and to make a change in their community.

Uvattinut supervised apartments

819-988-2591 / 2524

Puvirnitug

Monday-Friday 9 AM-5 PM

✉ uvattinut365@gmail.com

Uvattinut is a non-profit community organization that provides independent living opportunities and community support services to Inuit who have mental health problems and are at risk of homelessness.

Uvattinut has six self-contained apartments (12 places) available to Nunavimmiut.

Social services



LOCAL

On a voluntary basis, social intervention professionals offer support to youth, adults and family members regarding various situations they want to address such as: mental health, substance use, violence, negligence issues, job loss, etc. These services include : psychosocial intervention, psychological care, crisis intervention.

Akulivik

Monday-Friday 9 AM-5 PM

819-496-2232

Aupaluk

Monday-Friday 9 AM-5 PM

819-491-9777

Inukjuak

Monday-Friday 9 AM-5 PM

819-254-9108

Ivujivik

Monday-Friday 9 AM-5 PM

819-922-3096 / 3556

Kangiqualujuaq

Monday-Friday 9 AM-5 PM

819-337-9777

Kangiqsujuaq

Monday-Friday 9 AM-5 PM

819-338-9777

Kangirsuk

Monday-Friday 9 AM-5 PM

819-335-9777

Kuujujaq

Monday-Friday 9 AM-5 PM

819-964-9777

Kuujjuarapik

Monday-Friday 9 AM-5 PM

819-929-3377

Puvirnitug

Monday-Friday 9 AM-5 PM

819-988-2718

Quaqtaq

Monday-Friday 9 AM-5 PM

819-492-9777

Salluit

24h/7days

819-255-8829

Tasiujaq

Monday-Friday 9 AM-5 PM

819-633-5022

Umiujaq

Monday-Friday 9 AM-5 PM

819-331-7019 / 7494

Mobile intervention Team

819-988-9111

Puvirnitug

Monday to Friday 4pm-2am.

Intervention in crisis situations with a strong psychosocial component and a high risk of violence. The team uses de-escalation and pacification techniques that allow the crisis to dissipate in order to avoid detentions and hospitalizations as much as possible. The mobile intervention team is composed of a police officer from Nunavik Police Service and a social worker from Inuulitsivik Health Center. This service is part of Saqijjuq.

Child, Family and Youth Services **819-337-9777**

Kangiqsualujuaq

Monday-Friday 9 AM-5 PM

A multidisciplinary team is assigned to the Integrated Perinatal and Early Childhood Services (SIPPE) to provide personalised support and follow-up based on a prevention and promotion approach. The team to support youth having difficulties is made up of psycho-educators, psychologists and social workers who work with 0-17 year olds with a range of psychosocial problems.

Child, Family and Youth Services **819-964-2905**

Kuujuuaq

Monday-Friday 9 AM-5 PM

252

A multidisciplinary team is assigned to the Integrated Perinatal and Early Childhood Services (SIPPE) to provide personalised support and follow-up based on a prevention and promotion approach. The team to support youth having difficulties is made up of psycho-educators, psychologists and social workers who work with 0-17 year olds with a range of psychosocial problems.

Child, Family and Youth Services **819-338-9777**

Kangiqsujuaq

Monday-Friday 9 AM-5 PM

A multidisciplinary team is assigned to the Integrated Perinatal and Early Childhood Services (SIPPE) to provide personalised support and follow-up based on a prevention and promotion approach. The team to support youth having difficulties is made up of psycho-educators, psychologists and social workers who work with 0-17 year olds with a range of psychosocial problems.



Substance use



Alcoholics/Narcotics Anonymous

Contact your CLSC to know if a group is active in your community.
Peer to peer support.

 aa.org

Isuarsivik

819-964-2592 / 1-866-964-9994

Kuujuaq

Monday-Friday 9 AM-5 PM

 isuarsivik.ca

 info@isuarsivik.ca

The Isuarsivik Regional Recovery Centre is a Kuujuaq-based non-profit community organization that provides a culturally focused 42-day healing program to help Nunavimmiut adopt a healthy and addiction-free lifestyle. We believe in the success of a holistic healing approach highlighting a great merge between Inuit traditional values and best modern practices in the field of addiction and trauma. Our priority is to offer our clients with a safe, non-judgemental and tolerant environment to grow and nurture lasting positive changes in their life.

Justice / Rights



REGIONAL

Sapummijiit Crime Victims Assistance Center

 sapummijiit@krg.ca

**Kuujuuaq, Kangiqsujaq, Tasiujaq, Aupaluk
Kangirsuk, Quaqaq, Kangiqsualujjuaq**

1-888-929-3742

Toll free: 1-866-778-0770

 [Sapummijiit - Ungava Coast](#)

Salluit, Ivujivik

819-255-8328

Toll free: 1-855-255-8328

 [Sapummijiit - Salluit / Ivujivik](#)

Puvirnituaq, Akulivik

819-988-2867

Toll free: 1-844-988-2867

 [Sapummijiit - Puvirnituaq / Akulivik](#)

Inukjuak

819-254-8170

Toll free: 1-888-254-8170

 [Sapummijiit - Inukjuak](#)

Kuujuaraapik, Umiujaq

819-929-3742

Toll free: 1-888-929-3742

 [Sapummijiit - Kuujuaraapik / Umiujaq](#)

Help victims of crime by accompanying them through the judicial process, Sapummijiit victims support agents, who are all Inuit, explain rights and legal remedies and refer clients to specialized and local resources Victims can request assistance even if the crime happened many years ago. Services are confidential, free of charge, and available in English and Inuktitut.

Local Employment Officers

1-877-964-2961

 info@krg.ca

There are Local Employment Officers (LEO) in each of the 14 Nunavik communities. The LEO's mission is to provide employment services as well as information about further education, trainings and job opportunities.

What they do:

- Résumé (CV) making
- Coaching for job interviews
- Information about trainings, job opportunities and KRG programs
- Support for filling-in various forms such as:
 - Raglan mine job applications
 - Employment insurance
 - Social insurance number
 - Birth certificates
 - Old age pension
 - Family allowance
 - Last resort financial

UTHC Services-Quality and complaints commissioner

1-833-964-2905

Ungava (Kuujjuaq)

Monday-Friday 9 AM-5 PM

 complaints.kuujjuaq@ssss.gouv.qc.ca

All users of the health and social services network who believe their rights have been infringed on or are dissatisfied with the services received may express their dissatisfaction or file a complaint. If you have a complaint concerning Ungava Tulattavik Health Center, contact the IHC Services-Quality and complaints commissioner.

IHC Services-Quality and complaints commissioner

1-888-988-2669

Puvirnitug

Monday-Friday 9 AM-5 PM

 complaints.kuujjuaq@ssss.gouv.qc.ca

All users of the health and social services network who believe their rights have been infringed on or are dissatisfied with the services received may express their dissatisfaction or file a complaint. If you have a complaint concerning Ungava Tulattavik Health Center, contact the IHC Services-Quality and complaints commissioner.

Regional complaints

Toll free: **1-833-428-4242**

 complaints.nrbhss@ssss.gouv.qc.ca

Legal Aid

1-819-964-2333

Toll free: **1-866-964-2333**

Monday-Friday 8:30 AM-4:30 PM

 csj.qc.ca/commission-des-services-juridiques

 bajvaldor@ccjat.qc.ca

You can contact one of our lawyers at any time free of charge, whether you are eligible for legal aid or not. The office is located in Val d'Or.

Loss of autonomy

LOCAL

Physical rehabilitation

819-XXX-9777

Home care:

Kuujuuaq

819-964-2905

All communities

252

Monday-Friday 9 AM-5 PM

✉ Sapummivikrc@gmail.com

The mission of this team is to enable vulnerable people with a loss of autonomy to remain in the comfort of their own homes and with their families, while benefiting from services to alleviate their situation. The team is made up of social workers, physiotherapists, physical rehabilitation therapists, occupational therapists, audiologists and respiratory therapists.

REGIONAL

Issurivik

819-964-0052

Kuujuuaq

24h/7 days

Issurivik is dedicated to providing a safe, welcoming, and compassionate living environment for adult residents experiencing a mild loss of autonomy. The facility supports self-determination and the preservation of individual abilities by encouraging residents to engage in household tasks, in accordance with their capacities.

The residence offers four beds for long-term placements and maintains two additional beds for short-term respite stays, providing essential support to caregivers of individuals living at home.

ISSURRIVIK is grounded in community values such as solidarity, mutual support, kindness, and respect. It is committed to fostering activities and programs that reflect and celebrate Inuit culture and traditions.

Health promotion & prevention



LOCAL

Community Liaison Wellness Workers :

They realise prevention and promotion work aiming to improve the wellness of Nunavimmiut with members of their community. If you have an idea or a project in mind aiming to improve wellbeing of people of your community, please share it with your local Community liaison wellness worker.

Puvirnitug

819-988-2191 # 228

Monday-Friday 9 AM-5 PM

✉ CWW.puvirnitug@ssss.gouv.qc.ca

Akulivik

819-496-2678

Monday-Friday 9 AM-5 PM

CWW.Akulivik@ssss.gouv.qc.ca

Inukjuak

819-254-0145

Monday-Friday 9 AM-5 PM

✉ CWW.Inukjuak@ssss.gouv.qc.ca

Kangiqsujuaq

819-338-1112

Monday-Friday 9 AM-5 PM

✉ CWW.Inukjuak@ssss.gouv.qc.ca

Kangirsuk

819-935-4388

Monday-Friday 9 AM-5 PM

✉ clwp.kangirsuk@ssss.gouv.qc.ca

Kuujuaq

819-964-2905 # 231

Monday-Friday 9 AM-5 PM

✉ clwp.kuujuaq@ssss.gouv.qc.ca

Kuujuarapik

819-929-3584

Monday-Friday 9 AM-5 PM

✉ cww.kuujuarapik@ssss.gouv.qc.ca

Salluit

819-255-8993

Monday-Friday 9 AM-5 PM

✉ CWW.Salluit@ssss.gouv.qc.ca

REGIONAL

Pivallianiq program

Monday-Friday 9 AM-5 PM

✉ pivallianiq@omhkativikmhb.qc.ca

📍 [pivallianiq](#)

Pivallianiq is a program from the NHB focused on creating positive change in communities across Nunavik. One part of the program includes home visits from Pivallianiq Agents, who support families in taking care of their homes. You can book a visit by calling your local housing office. Community workers also lead after-school activities that give youth a space to learn, grow, and connect. In schools, the Nanuk project offers activities that help children better understand themselves and their emotions.

Suicide Prevention Liaison Workers :

The main goal of the SPLW is to coordinate efforts in the region's communities, organize various suicide prevention initiatives and support the communities, partners and local actors in designing locally adapted projects. The region have now four full time positions of SPLW, two under Inuulitsivik health center and two under Ungava Tulattavik health center.

Ungava

819-964-2905

Monday-Friday 9 AM-5 PM

Valerie Lock: valerie.Lock@ssss.gouv.qc.ca

Hudson

819-964-2905 / 819-988-2191

Monday-Friday 9 AM-5 PM

Levina Kritik: levina.kritik.csi@ssss.gouv.qc.ca

Pivot intervener in addiction prevention

819-988-2191 # 287

Puvirnitug

Monday-Friday 9 AM-5 PM

✉ addictions.toxicomanie.csi@ssss.gouv.qc.ca

To promote healthy ways of drinking, the dangers of overconsumption of drugs and alcohol, as well as co-facilitate groups.

Nunalituqait Ikajuqatigiitut Inuit Association

819-254-8084

Puvirnitug

Monday-Friday 9 AM-5 PM

✉ programmanager@nunali.com

NIIA supports Nunavik communities to reduce substance abuse with information, training and activities.

Aaqitauvik Healing Center

Quaqtaq

 AAQITAUVIK.ca

 manager@aaqitauvik.ca

Aaqitauvik Healing Centre is located in beautiful Quaqtaq, Quebec and has been dedicated to the healing of the body, soul, and spirit since it's opening in 2008. At Aaqitauvik, our heart is to give hope and restoration to Inuit in Northern communities through healing and training workshops.

Sexual violence prevention

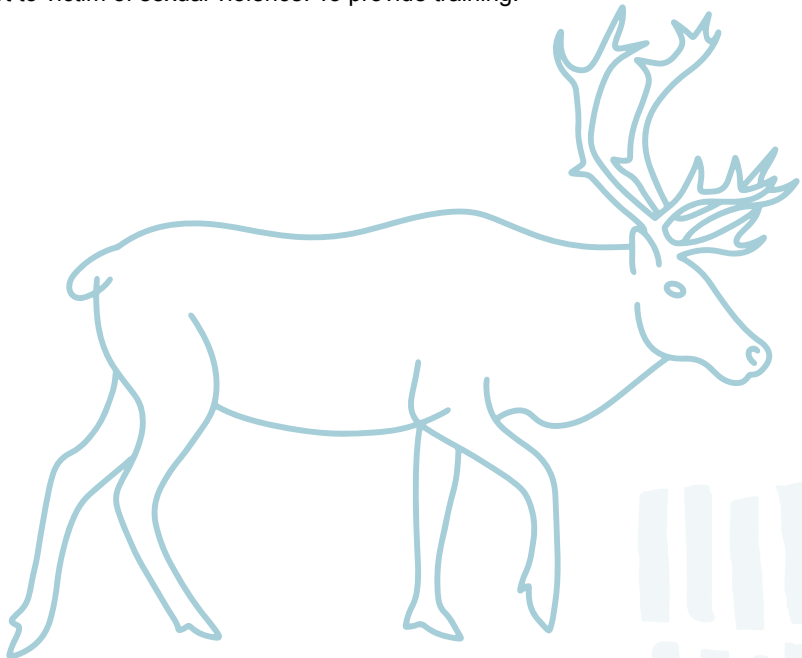
819-988-2191 # 277

Puvirnitug

Monday-Friday 9 AM-5 PM

 sexual.violence.prevention.csi@ssss.gouv.qc.ca

To work in collaboration with social services to provide one on one support to victim of sexual violence. To provide training.



Association



REGIONAL

Saturviit women association

1-866-955-5003

Montreal

Monday-Friday 9 AM-5 PM

 saturviit.ca

 executive@saturviit.ca

 executiveassistant@saturviit.ca

Saturviit Inuit Women's Association of Nunavik represents all Inuit women of Nunavik aged 16 and over. Saturviit strives to be the voice for Nunavik women and to represent their well-being and interests. We encourage women to take positive actions to improve their own social and economic well-being. We also advocate for programs and services that promote and support healthy women and families

Qarjuit Youth Council

819-964-1127

Kuujuuaq

Monday-Friday 9 AM-5 PM

 qarjuit.ca

 general.manager@qarjuit.ca

 president@qarjuit.ca

 [QarjuitYouthCouncil](https://www.facebook.com/QarjuitYouthCouncil)

Qarjuit Youth Council (QYC) strives to be part of the solution in improving the lives of the youth from the ages of 15 to 35 in Nunavik and Chisasibi. By providing information, support and programs specifically designed by and for them, QYC aims to give youth the voice they deserve, in our modern society, bringing forward our cultural values is the core of our mission.

NATIONAL

Pauktuutit Inuit Women Canada

613-238-3977

Toll free: 1-800-667-0749

Ottawa

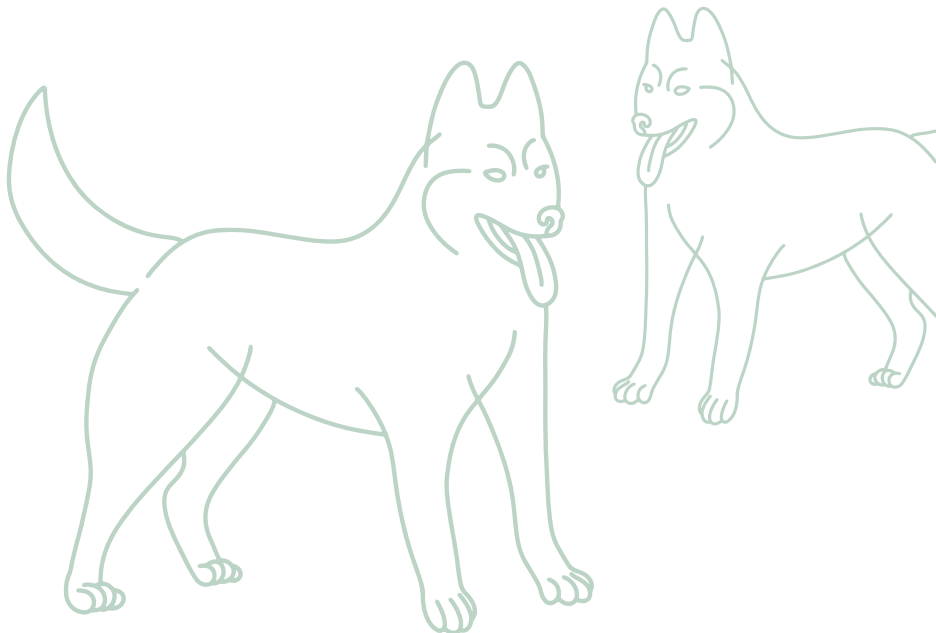
Monday-Friday 9 AM-5 PM

 pauktuutit.ca

 info@pauktuutit.ca

 [Paukuutit](https://www.facebook.com/Paukuutit)

The national representative organization of Inuit women in Canada, fosters greater awareness of the needs of Inuit women, advocate for equality and social improvements, and encourage Inuit women's full participation in the community, regional and national life.



Helpline



REGIONAL

Kids Help Phone

1-800-668-6868

24hours/7days, English and French

Text messages to 686868

 **Chat** kidshelpphone.ca

 **Messenger** m.me/CrisisTextLinepoweredbyKidsHelpPhone

 **@kidshelphone**

Start a confidential conversation with a real person you can trust. Kids Help Phone is always there for you. No matter what you want to talk about, we're here to listen. No judgment, totally private. For everyone.

First Nations and Inuit Hope for Wellness Helpline

1-855-242-3310

Canad

24hours/7days English and French

 hopeforwellness.ca

Provides immediate, culturally competent, telephone crisis intervention counselling support in English and French. Cree, Ojibway & Inuktitut upon request

Kamatsiaqtut Help Line

1-800-265-3333

Nunavut

24hours/7days

 nunavuthelpline.ca

 nunavuthelpline.ca/contact-form

 [Nunavut Kamatsiaqtut Helpline](#)

The help line is toll-free, anonymous, confidential and staffed by trained volunteers. People call for many different reasons. Whatever is affecting your day, your life, we are here to provide you with support. We have helped many people, just like you. If you're struggling, please call.

Phone line for victims of sexual assault

1-888-933-9007

Quebec

24hours/7days, English and French

 [Help and resources in the event of sexual assault | Gouvernement du Québec \(quebec.ca\)](#)

 cvasm.org

Phone line for victims of sexual assault of all ages, their close ones, and anyone working to help victims.

SOS Conjugal Violence

1-800-363-9010

Text messages to **1-438-601-1211**

Quebec

Monday to Friday, 2 PM-10 PM

 sosviolenceconjugale.ca/en

 Chat resourceconnect.com/sosvc/chat or on sosviolenceconjugale.ca

(Monday to Friday, 2 PM-10 PM)

Support victims of intimate partner violence (IPV) and that of their children throughout Quebec, by offering free, bilingual, anonymous and confidential referral services.

Residential schools survivors help line + Inuit Values and Practices

(NRBHSS)

1-877-NUNAVIK (686-2845)

Monday-Friday 9 AM-5 PM

Kuujuuq

If you are a survivor of residential schools or that you have been affected by residential schools, you can call this line to get mental and emotional support.

Drugs : Help and reference

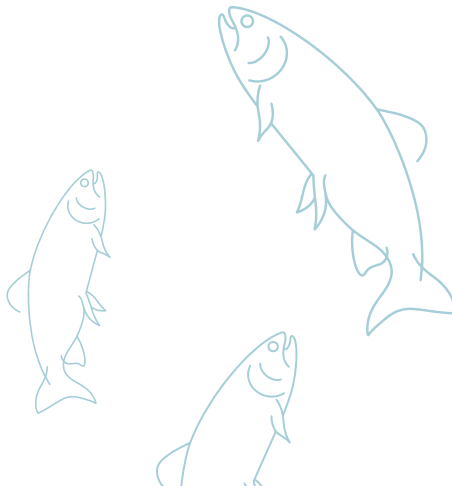
1-800-265-2626

Quebec

24hours/7days

 drogue-aidereference.qc.ca

This helpline provides support, information and referral to people coping with addiction throughout Québec. Our specialized helpline service is bilingual, free, anonymous and confidential.



Beneficiaries Services



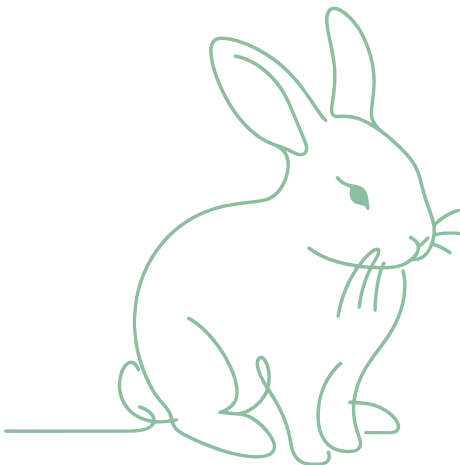
Child First Initiative (CFI)

833-405-1234

✉ cfi.nrbhss@ssss.gouv.qc.ca

🌐 nrbhss.ca/CFI

The mission of the Child First Initiative is to address the specific needs of Nunavik's Inuit child beneficiaries living on and off territory, by financing culturally appropriate services and products related to education, health and social services, particularly when these are not available or accessible to them within a reasonable time.



NUNAVIK'S NON-INSURED HEALT BENEFITS

 ssna.rrssn@ssss.gouv.qc.ca

 [nrbhss.ca/en/nrbhss/out-region-services/
non-insured-health-benefits-nihb-nunavik](http://nrbhss.ca/en/nrbhss/out-region-services/non-insured-health-benefits-nihb-nunavik)

 [Nunavik Regional Board of Health and Social Services](#)

Nunavik's Non-Insured Health Benefits NIHB-Nunavik program offers eligible beneficiaries coverage for a range of health benefits not covered by other social programs, private insurance plans, or Quebec health insurance plans as RAMQ, CNESST, OPHQ, SAAQ.

Here is a list of the main services covered by the NIHB-Nunavik*:

- Medication and pharmaceutical products
- Dental care
- Vision care
- Mental health counselling
- Medical equipment & supplies
- Ground ambulance transport
- Health-related transport & accommodation

**Important:*

Services are covered according to the program guidelines and criteria for each service, please contact us to obtain an authorization letter for the service requested.



PROFESSIONALS

BRUECKMANN, Gernand

514-531-2710

Montreal

Registered Psychologist

Teleconsultation : Yes

✉ gernand@gmx.net

CHARTRAND, Heloise

514-532-1465

Montreal

Registered Psychotherapist and Registered Sexologist

Teleconsultation : Yes

✉ heloise.chartrand@diapasonsante.com
heloise.chartrand@gmail.com

CHATEAUNEUF, Charles

819-818-7090

Drummondville

Registered Psychologist

Teleconsultation : Yes

✉ chachateauneuf@hotmail.com

DALE, Geneviève

647-564-0951

Registered Psychologist

Teleconsultation : Yes

✉ gboudreault.caba@gmail.com

DALZIEL, Barbara

514-217-6022

Montreal

Registered Psychotherapist

Teleconsultation : Yes

✉ barbaradl7@pm.me

DESHAYES, Flore

Montreal

Registered Social Worker

Teleconsultation : Yes

✉ flore.deshayes.ts@gmail.com

FOSTER, Carrie

514-616-0395

Montreal

Registered Psychotherapist, Registered Social Worker

Teleconsultation : Yes

 carrie.s.foster@gmail.com

FREYD, Louis

450-751-2233

Sainte-Melanie

Registered Psychotherapist, Registered Social Worker

Teleconsultation : Yes

 louisfreyd@gmail.com

GAGNON-COTE, Izabel

514-638-8204

Mont-Carmel

Registered Social Worker

 yzabelcote@gmail.com

HYBA, Naomi

514-292-8661

Montreal

Registered Social Worker

Teleconsultation : Yes

 nhyba@yahoo.ca

KIROUAC MASSICOTTE, Pierre

514-559-4352

Montreal

Registered Psychotherapist

Teleconsultation : Yes

 pierre296@videotron.ca

LAINESSE, Laurence

514-967-9862

Sept-Îles

Registered Social Worker

Teleconsultation : Yes

 laurence.lainesse@gmail.com

LEVY-POWELL, Robert

Puvirnitug/Montreal

Registered Psychotherapist

Teleconsultation : Yes

 rabupowell@gmail.com

NAUD, Christopher

Registered Psychologist

418-896-9086

Teleconsultation : Yes

 drchristophernaudpsy@gmail.com

O'SHAUGHNESSEY, Sophie

Montreal

Registered Sexologist

Teleconsultation : Yes

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O'SHAUGHNESSEY, Sophie

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Registered Sexologist

Teleconsultation : Yes

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Registered Psychotherapist

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Teleconsultation : Yes

 natmilard@hotmail.com

PATENAUDE, Cynthia

St-Hyacinthe

Registered Sexologist

450-278-7353

Teleconsultation : Yes

 cpsexologue@hotmail.com

PICARD, Stephane

514-712-7140

Dorval

Registered Psychotherapist, Registered Social Worker

Teleconsultation : Yes

 picardie1969@yahoo.fr

PHILIPPE, Robert

514-831-3167

Coaticook

Registered Psychologist

Teleconsultation : Yes

 robert.philippe@icloud.com

RAOPOPORT, Richard D.

514-378-1836

Registered Psychotherapist, Registered Social Worker

Teleconsultation : Yes

 shrinkrap.r@gmail.com

RIVARD BOULOS, Nancy Marielle

514-935-2099

Val David

Registered Psychologist

Teleconsultation : Yes

 nancymarielle.r.boulos@gmail.com

SCHNITZER, Dana

514-240-0224

Registered Psychotherapist and Art Therapist

Teleconsultation : Yes

 dschnitzer27@gmail.com

SCHWARTZ, Howard

514-344-0074

Montreal

Registered Psychologist

Teleconsultation : Yes

 howardschwartz@videotron.ca

SEGAL, Sheila

514-583-7660

Montreal

Registered Psychologist

Teleconsultation : Yes

✉ sheila.segal.psych@bell.net

SINGH, Abah

514-973-3134

Registered Psychotherapist

Teleconsultation : Yes

✉ abha_anika@hotmail.com

VERDON, Stéphanie

438-828-4355

Montreal

Registered Psychotherapist, Registered Social Worker

Teleconsultation : Yes

✉ stephanie.verdon@mail.mcgill.ca

VOSS, Kristen

514-903-6933

Montreal

Registered Psychologist

Teleconsultation : Yes

✉ kirsten@drkvoss.ca

YEBA, Virginie

514-588-1955

Montreal

Registered Social Worker

Teleconsultation : Yes

✉ virginieyeba@gmail.com



2024 RESOURCES DIRECTORY

Nunavik Regional Board of Health
and Social Services ©