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## May 2025 ᐅ

### Healthy Lifestyle ᐃᐅᐅᐅᐅᐅᐅᐅᐅ ᐃᐅᐅᐅᐅᐅᐅᐅᐅ

See April 2025

Date	Event	Activity Ideas	Resources	Facts
4-10	<b>National Mental Health Week</b>	<ul style="list-style-type: none"> <li>Photo contest: what gives you hope</li> <li>Self-care activities</li> <li>Relaxation activity (e.g. breathing, yoga - look up tutorials on YouTube or reach out to TLS Nunavik)</li> <li>Daily wellness action – smile at everyone, give compliments, try something new, tell someone you are grateful for them...</li> <li>Promote mental health resources</li> <li>Share facts and bust myths about mental health</li> <li>Men’s activity (e.g. game night, coffee break)</li> </ul>	<a href="https://facebook.com/reachoutnunavik">facebook.com/reachoutnunavik</a> <a href="http://www.mentalhealthweek.ca">www.mentalhealthweek.ca</a> <a href="http://nrbhss.ca/sites/default/files/documentations/tools/tool_ideas_dialog_mental_health_radio_show_en.pdf">nrbhss.ca/sites/default/files/documentations/tools/tool_ideas_dialog_mental_health_radio_show_en.pdf</a> <a href="http://nrbhss.ca/sites/default/files/documentations/tools/tool_student_journal_2018_en.pdf">nrbhss.ca/sites/default/files/documentations/tools/tool_student_journal_2018_en.pdf</a> <a href="http://tinyurl.com/atautsikutvideos">tinyurl.com/atautsikutvideos</a>	<ul style="list-style-type: none"> <li>8 in 10 say they are generally satisfied with their life</li> <li>4 in 10 experience clinically-significant depressive symptoms</li> <li>Nunavimmiut with strong cultural identity report being more satisfied with life and have higher self-esteem</li> <li>4 in 10 men say it is not easy to express their emotions</li> </ul> <p>More: <a href="http://tinyurl.com/inuitwellness">tinyurl.com/inuitwellness</a></p>
15	<b>International Day of Families</b>	<ul style="list-style-type: none"> <li>Ice fishing</li> <li>Games on the land</li> <li>Father/son or mother/daughter activities (e.g. cooking, fishing, games...)</li> </ul>	<a href="http://www.un.org/en/observances/international-day-of-families">www.un.org/en/observances/international-day-of-families</a>	<ul style="list-style-type: none"> <li>94% say they feel a strong sense of family togetherness</li> <li>People with higher family cohesion report greater feelings of well-being</li> </ul>
17	<b>International Day Against Homophobia</b>	<ul style="list-style-type: none"> <li>Reach out to the NRBHSS sexual health team for help organizing workshops or activities (<a href="mailto:maxime.lamoureux@ssss.gouv.qc.ca">maxime.lamoureux@ssss.gouv.qc.ca</a>)</li> </ul>	<a href="http://nrbhss.ca/en/nrbhss/public-health/prevention-and-health-promotion/sexual-and-gender-diversity">nrbhss.ca/en/nrbhss/public-health/prevention-and-health-promotion/sexual-and-gender-diversity</a> <a href="http://en.may17mai.com">en.may17mai.com</a> <a href="http://www.irespectmyself.ca/en/respect-yourself/healthy-sexuality/sexual-orientation">www.irespectmyself.ca/en/respect-yourself/healthy-sexuality/sexual-orientation</a> <a href="http://tinyurl.com/nunavikpridevideo">tinyurl.com/nunavikpridevideo</a>	
31	<b>World No Tobacco Day</b>	<ul style="list-style-type: none"> <li>Share the “Tobacco is Harming Nunavik” videos through Facebook (<a href="http://tinyurl.com/tobacconunavik">tinyurl.com/tobacconunavik</a>)</li> <li>Radio show with the public health nurse/community nurse</li> <li>Quiz on FM</li> </ul>	<a href="http://nrbhss.ca/en/nrbhss/public-health/prevention-and-health-promotion/tobacco-harming-nunavik">nrbhss.ca/en/nrbhss/public-health/prevention-and-health-promotion/tobacco-harming-nunavik</a> <a href="http://www.tobaccofreequebec.ca/iquitnow">www.tobaccofreequebec.ca/iquitnow</a>	<ul style="list-style-type: none"> <li>72% of Nunavimmiut smoke daily</li> <li>Daily smoking is the biggest factor for respiratory (lung/airway) health</li> <li>Nunavimmiut who smoke more cigarettes per day, or more</li> </ul>

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	<ul style="list-style-type: none"> <li>• Get people to call in to FM &amp; say their motivation(s) to quit smoking</li> </ul>	<a href="http://www.quitchallenge.ca">www.quitchallenge.ca</a>	cigarettes during their lifetime, are more likely to have respiratory problems More: <a href="http://tinyurl.com/smokehealth">tinyurl.com/smokehealth</a>
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## June 2025 ᐅᓂ

### Men's Health ᐱᓂᓄᓂ ᐅᓂᓂᓄᓂᓂᓄᓂ

<b>Organize activities:</b>	<ul style="list-style-type: none"> <li>• On-the-land trip</li> <li>• Mens' breakfasts</li> <li>• Haircuts for men</li> <li>• Fitness challenge</li> <li>• Building workshop (e.g. qajaq, qamutik)</li> <li>• Cooking class</li> </ul>	<ul style="list-style-type: none"> <li>• Wilderness first aid course</li> <li>• Men's healing group</li> <li>• Photo contest, "what makes me proud to be a man"</li> <li>• Sports tournament</li> <li>• Collaborate with a men's group, or get one started in your community</li> <li>• Father/son hunting trip</li> </ul>
<b>Share information:</b>	<ul style="list-style-type: none"> <li>• Talk about health topics during activities (e.g. breakfast, fishing trip)</li> <li>• Go on FM with nurse to talk about a men's health issue (e.g. prostate cancer, testicular cancer, suicide)</li> <li>• Share resources for men who might be thinking about suicide</li> <li>• Radio show with elders sharing the importance of men's role in Inuit culture</li> </ul>	

Date	Event	Activity Ideas	Resources	Facts
	<b>Men's Health Month</b>	<ul style="list-style-type: none"> <li>• See above</li> </ul>	<a href="http://menshealthfoundation.ca">menshealthfoundation.ca</a> <a href="http://tinyurl.com/unaaqfacebook">tinyurl.com/unaaqfacebook</a> <a href="https://facebook.com/qajaqnetwork">facebook.com/qajaqnetwork</a> <a href="http://www.buddyup.ca">www.buddyup.ca</a>	<ul style="list-style-type: none"> <li>• Fewer men compared to women report having social support in their community</li> <li>• The rate of suicide attempts in men in Nunavik is 13 times higher than men in the rest of Quebec</li> <li>• 6 in 10 men say it is easy to express their emotions, and elderly men are more likely to say it is easy</li> </ul> More: <a href="http://tinyurl.com/menshealthnunavik">tinyurl.com/menshealthnunavik</a>
	<b>Relay for Life Month</b>	<ul style="list-style-type: none"> <li>• Radio show on risk factors for cancer</li> <li>• Community walk/run</li> <li>• Walking or running club</li> <li>• Light candles to remember people who died from cancer</li> <li>• Healing circle for people who have cancer or are caring for someone with cancer</li> </ul>	<a href="http://www.relayforlife.ca">www.relayforlife.ca</a> <a href="http://pauktuutit.ca/health/cancer">pauktuutit.ca/health/cancer</a> <a href="http://pauktuutit.ca/project/cancer-healing-circle-guide-for-inuit">pauktuutit.ca/project/cancer-healing-circle-guide-for-inuit</a>	
<b>15</b>	<b>Nunavik Elders Safety Day</b>	<ul style="list-style-type: none"> <li>• Games and feast for elders</li> <li>• Care packages for elders</li> <li>• Radio show about importance of elders, respecting elders</li> <li>• Give out little flashing lights or vests to elders so they are visible if walking in the dark</li> </ul>	<a href="http://nrbhss.ca/en/nrbhss/planning-and-programming/well-being-elders">nrbhss.ca/en/nrbhss/planning-and-programming/well-being-elders</a> <a href="http://nrbhss.ca/sites/default/files/RRSSS_N_2201_Brochure_MieuxEtreAines_en.pdf">nrbhss.ca/sites/default/files/RRSSS_N_2201_Brochure_MieuxEtreAines_en.pdf</a> <a href="http://www.cnpea.ca">www.cnpea.ca</a>	<ul style="list-style-type: none"> <li>• 1 in 10 elders reported experiencing physical violence from a family member or person close to them</li> <li>• 34% of elders reported being financially exploited by family or other people close to them</li> </ul>

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21	<b>National Indigenous Peoples Day</b>	<ul style="list-style-type: none"> <li>• Community feast</li> <li>• Contest: “I am proud to be Inuk/Indigenous because...”</li> <li>• Read Inuit poems or stories to kids</li> </ul>	<a href="http://www.avataq.qc.ca">www.avataq.qc.ca</a> <a href="http://www.canada.ca/en/canadian-heritage/campaigns/celebrate-canada/indigenous-peoples-day.html">www.canada.ca/en/canadian-heritage/campaigns/celebrate-canada/indigenous-peoples-day.html</a>	
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## July 2025 ↶↷

### Culture ᐃᓃᑦᑭᑦᓴᑦ

<b>Organize activities:</b>	<ul style="list-style-type: none"> <li>• Reach out to Avataq to see if there are opportunities /funding to host a cultural activity in your community</li> <li>• Courses to teach tradition skills to women – e.g. sewing, beading, kamiik making, seal skin care, tupik making...</li> <li>• Courses to teach traditional skills to men – e.g. tool making, qajaq making, hunting skills...</li> <li>• Fashion show to celebrate handmade or traditional clothing</li> </ul>	<ul style="list-style-type: none"> <li>• Story-telling with elders</li> <li>• Inuit games competition (with recreation committee)</li> <li>• Traditional dance night (with recreation committee)</li> <li>• On-the-land retreat</li> <li>• Community feast or picnic on the land</li> <li>• Cultural skills week</li> </ul>
<b>Share information:</b>	<ul style="list-style-type: none"> <li>• Share information about safety on the land, on and off the road, boating (with a first responder or search &amp; rescue team)</li> <li>• Promote wearing life jackets and being safe on the water (especially for youth)</li> </ul>	

## August 2025 ◀▶ᐅᐅ

### Culture ᐃᓃᑦᑭᑦᓴᑦ

See July 2025

Date	Event	Activity Ideas	Resources	Facts
9	<b>International Day of World's Indigenous Peoples</b>	<ul style="list-style-type: none"> <li>• Community feast or picnic</li> <li>• On the land activity – e.g. berry-picking, fishing</li> </ul>	<a href="http://www.un.org/en/observances/indigenous-day">www.un.org/en/observances/indigenous-day</a>	
31	<b>International Overdose Awareness Day</b>	<ul style="list-style-type: none"> <li>• Promote where to get naloxone kits in your community</li> <li>• Collaborate with addiction worker, nurse, or health board to organize a workshop on preventing overdose and using naloxone</li> </ul>	<a href="http://www.overdoseday.com">www.overdoseday.com</a>	

## September 2025 ᑭᑦᑎᑦᐱᑎ

### Culture ᐃᓃᑦᑭᑦᓴᑦ

See July 2025

Date	Event	Activity Ideas	Resources	Facts
	<b>FASD Awareness Month</b>	<ul style="list-style-type: none"> <li>• Radio show: bust myths about FASD, share how we can support people with FASD</li> <li>• Information booth</li> <li>• Sober events</li> <li>• Sewing and share information</li> </ul>	<a href="http://www.pauktuutit.ca/project/fasd-toolkit">www.pauktuutit.ca/project/fasd-toolkit</a> <a href="http://www.canfasd.ca">www.canfasd.ca</a> <a href="http://www.ccsa.ca">www.ccsa.ca</a>	<ul style="list-style-type: none"> <li>• Nearly 8 in 10 women were alcohol-free during their most recent pregnancy</li> </ul>

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		<ul style="list-style-type: none"> <li>• Make or share recipes for mocktails (available from NRBHSS or at <a href="http://tinyurl.com/mocktailcards">tinyurl.com/mocktailcards</a> under “Simple recipe cards”)</li> </ul>		
7-13	<b>Suicide Prevention and Embrace Life Week</b>	<ul style="list-style-type: none"> <li>• Celebrate life community walk (students could make posters)</li> <li>• Share reasons to stay alive</li> <li>• Reach Out suicide prevention workshop (contact the suicide prevention worker/SPLW)</li> <li>• School presentations on how to support one another</li> <li>• Get people to call and say positive things about themselves</li> <li>• Ask people to share how they cope during hard times</li> <li>• Healing circle (with social worker/natural helpers)</li> </ul>	<a href="http://nrbhss.ca/en/suicide-prevention-week">nrbhss.ca/en/suicide-prevention-week</a> <a href="http://www.aqps.info/semaine/">www.aqps.info/semaine/</a> (French) <a href="http://www.suicideinfo.ca">www.suicideinfo.ca</a> <a href="http://www.suicideactionmontreal.org/en">www.suicideactionmontreal.org/en</a> <a href="https://facebook.com/reachoutnunavik">facebook.com/reachoutnunavik</a> <a href="http://www.itk.ca/risk-and-protective-factors-associated-with-suicide-for-inuit-in-canada">www.itk.ca/risk-and-protective-factors-associated-with-suicide-for-inuit-in-canada</a> <a href="http://www.itk.ca/projects/national-inuit-suicide-prevention-strategy">www.itk.ca/projects/national-inuit-suicide-prevention-strategy</a>	<ul style="list-style-type: none"> <li>• Nunavimmiut aged 16 to 30 were the most likely to report thinking about and attempting suicide</li> <li>• People with higher social and emotional support, family and community cohesion, and involvement in community activities report greater feelings of well-being</li> </ul> <p>More: <a href="http://tinyurl.com/inuitwellness">tinyurl.com/inuitwellness</a></p>
9	<b>International FASD Awareness Day</b>	<ul style="list-style-type: none"> <li>• See FASD Awareness Month</li> </ul>	See FASD Awareness Month	<ul style="list-style-type: none"> <li>• See FASD Awareness Month</li> </ul>
10	<b>World Suicide Prevention Day</b>	<ul style="list-style-type: none"> <li>• See Suicide Prevention and Life Promotion Week</li> <li>• Light candles/lanterns</li> </ul>	See Suicide Prevention and Life Promotion Week <a href="http://www.iasp.info/wspd">www.iasp.info/wspd</a>	<ul style="list-style-type: none"> <li>• See Suicide Prevention and Life Promotion Week</li> </ul>
30	<b>National Day for Truth &amp; Reconciliation</b>	<ul style="list-style-type: none"> <li>• Community feast</li> <li>• Community walk</li> <li>• Orange shirt pins</li> <li>• Storytelling by elders</li> <li>• Light candles to remember the kids lost and the survivors</li> </ul>	<a href="http://www.orangeshirtday.org">www.orangeshirtday.org</a> <a href="http://www.nctr.ca">www.nctr.ca</a>	

## October 2025 ᐅᑦᑕᑕᑕᑕ

### Elders ᐃᐅᑕᑕᑕᑕ

#### Organize activities:

- Games and feast for elders
- Care packages for elders
- Bingo at community centre
- Take elders out on the land
- Encourage youth to help elders (shoveling stairs, carrying groceries, etc.)

#### Share information:

- Have elders go on FM to share traditions and tell stories
- Radio show about importance of elders, respecting elders

Date	Event	Activity Ideas	Resources	Facts
1	<b>International Elders Day</b>	<ul style="list-style-type: none"> <li>• See above</li> </ul>	<a href="http://nrbhss.ca/en/nrbhss/planning-and-programming/well-being-elders">nrbhss.ca/en/nrbhss/planning-and-programming/well-being-elders</a> <a href="http://nrbhss.ca/sites/default/files/RRSSSN_2201_Brochure_MieuxEtreAines_en.pdf">nrbhss.ca/sites/default/files/RRSSSN_2201_Brochure_MieuxEtreAines_en.pdf</a>	

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1-7	<b>Breastfeeding &amp; Child Nutrition Week</b>	<ul style="list-style-type: none"> <li>• Amauti making for new mothers, talk about breastfeeding and child nutrition</li> <li>• Collaborate with SIPPE or family house</li> <li>• Radio show with nurse</li> <li>• Share info about resources for people who struggle to pay for healthy food</li> <li>• Breastfeeding photoshoot</li> <li>• Share how family and community can support breastfeeding mothers</li> <li>• Self-care night for breastfeeding moms, exchange experiences &amp; tips</li> <li>• Crochet breast pins or hats</li> </ul>	<a href="http://www.worldbreastfeedingweek.org">www.worldbreastfeedingweek.org</a> <a href="http://www.lllc.ca/information-parents-padlet.com/foodsecuritynrbhss">www.lllc.ca/information-parents-padlet.com/foodsecuritynrbhss</a> (-> recipes, information) <a href="http://nrbhss.ca/sites/default/files/BABYFIRSTFOODS_EN.pdf">nrbhss.ca/sites/default/files/BABYFIRSTFOODS_EN.pdf</a> <a href="http://nrbhss.ca/sites/default/files/3.4.1.1_Building%20Healthy%20Babies_ENG.PDF">nrbhss.ca/sites/default/files/3.4.1.1_Building%20Healthy%20Babies_ENG.PDF</a> <a href="http://livehealthy.gov.nu.ca/en/resource-category/pregnancy-and-babies">livehealthy.gov.nu.ca/en/resource-category/pregnancy-and-babies</a>	<ul style="list-style-type: none"> <li>• 2 in 3 women breastfed their most recent child</li> <li>• 92% of women of childbearing age (16 to 49) have insufficient concentrations of folate, which is necessary for healthy child development</li> </ul> <p>More: <a href="http://tinyurl.com/countryfood">tinyurl.com/countryfood</a></p>
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## November 2025 ᐅᐃᐱᐅ

### Child, Youth, and Family ᐱᐱᐅᐅ, ᐃᐅᐅᐅᐅᐅᐅᐅ ᐃᐅᐅᐅᐅᐅ

<b>Organize activities:</b>	<ul style="list-style-type: none"> <li>• Christmas cookie baking for families</li> <li>• Gift donation for low income families</li> <li>• Christmas food baskets for low income families</li> <li>• Christmas activities for families</li> <li>• Family reading activities</li> <li>• Christmas card making with kids</li> <li>• Card making for community members who live alone or have lost a loved one</li> <li>• Christmas visits for people who are alone</li> <li>• Babysitting to give parents time for themselves</li> </ul>
<b>Share information:</b>	<ul style="list-style-type: none"> <li>• Share information about the Child First Initiative (<a href="http://www.nrbhss.ca/en/nrbhss/out-region-services/child-first-initiative">www.nrbhss.ca/en/nrbhss/out-region-services/child-first-initiative</a>)</li> <li>• Organize a radio show with youth to talk about topics important to them</li> </ul>

Date	Event	Activity Ideas	Resources	Facts
	<b>Family Violence Prevention Month</b>	<ul style="list-style-type: none"> <li>• Activities for couples, or for mother/daughter or father/son</li> <li>• Elders talk about importance of a healthy and caring family</li> </ul>	<a href="http://saturviit.ca/program/violence">saturviit.ca/program/violence</a> <a href="http://pauktuutit.ca/abuse-prevention-justice/children-and-youth">pauktuutit.ca/abuse-prevention-justice/children-and-youth</a>	<ul style="list-style-type: none"> <li>• People who reported higher family support and togetherness were less likely to report experiencing violence</li> <li>• Less childhood sexual violence was reported in 2017 than in 2004</li> <li>• 1 in 4 reported experiencing sexual abuse before age 18</li> </ul> <p>More: <a href="http://tinyurl.com/violencesafety">tinyurl.com/violencesafety</a></p>
	<b>Caregivers Appreciation Month</b>	<ul style="list-style-type: none"> <li>• Go on FM, get people to call in to thank caregivers</li> <li>• Nominate “Star Caregivers”</li> </ul>	<a href="http://nrbhss.ca/en/nrbhss/planning-and-programming/caregiver-support">nrbhss.ca/en/nrbhss/planning-and-programming/caregiver-support</a>	
7	<b>International Inuit Day</b>	<ul style="list-style-type: none"> <li>• Community feast</li> <li>• Show-and-tell traditional items at the community centre or school</li> <li>• “Fashion show” of handmade or traditional clothing</li> <li>• Elders share stories on FM</li> <li>• Movie/short films screening</li> <li>• Read Inuit poems/stories to kids</li> </ul>	<a href="http://www.itk.ca/projects/taimannaganit/">www.itk.ca/projects/taimannaganit/</a> <a href="http://www.avataq.qc.ca">www.avataq.qc.ca</a> <a href="http://www.inuitartfoundation.org/inuit-art-quarterly">www.inuitartfoundation.org/inuit-art-quarterly</a> <a href="http://www.nfb.ca/subjects/indigenous-peoples-in-canada-inuit">www.nfb.ca/subjects/indigenous-peoples-in-canada-inuit</a>	<ul style="list-style-type: none"> <li>• 99% say they are proud to be Inuk</li> <li>• 95% say speaking Inuktitut is important to their identity</li> <li>• 75% are satisfied with their cultural knowledge and traditional skills</li> <li>• 93% say being on the land is important to them</li> </ul>

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