

TUNGASUVVINGAT INUIT ANNUAL REPORT 2023-2024

UPDATES AND
PROGRAM HIGHLIGHTS



Tungasuvvingat Inuit

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CORE VALUES

Anchored in Inuit Qaujimajatuqangit, our respect for Inuit culture, language and diversity encourages us to ensure that our programs and services are guided by our traditional principles in strengthening the potential of Inuit individuals, families and communities.



VISION

Inuit-specific programs, services, and support that empower and enhance the lives of Inuit are available and accessible to all members of the Inuit community.

MISSION

It is the Mission of Tungasuvvingat Inuit to broadly provide Inuit-specific programs that contribute to the health and well-being of Inuit and to encourage and support similar programs for Inuit across the country.

MESSAGE FROM THE PRESIDENT

I am honoured to be nominated as the new President of the Board of Directors, I am looking forward to guiding Tungasuvvingat Inuit and help achieve our Strategic Plan goals in the coming years.

The future for TI is bright, as we follow our new Strategic Plan, I have confidence that TI will become a place for Inuit to gather and grow as a community.

I'd like to say a special thank you to all those who support Tungasuvvingat Inuit, from funders to partners and from volunteers to individuals who have donated. Your generous support is what keeps TI going.

And to the staff and Executive team at TI, thank you for your hard work and belief in serving the urban Inuit communities of Ontario. Your work shows that you truly do care about the well-being of Inuit.

Qujannamiik,

TAMARA TAKPANNIE
PRESIDENT

MESSAGE FROM THE EXECUTIVE DIRECTOR

This past year has seen a lot of growth for Tungasuvvingat Inuit(TI) as an organization. We are looking forward to TI's future with our 2024-2028 Strategic Plan. Many tools and guidelines have been set in place for the organization to better our services in seven priority areas. In the next 5 years we aim to achieve 10 goals by putting into motion the actions laid out in the Strategic Plan.

Our headquarter offices will be moving within the Fall of 2024, making this the catalyst for TI's goals. We are hopeful that by having all programs within one building this will foster better wrap around services for our community.

I want to thank the staff of TI who continuously provide great service to our program users and community. Their tireless efforts to serve the Inuit of Ottawa are what make TI the welcoming space that it is. Even though we do not always have the capacity to serve the community as we would like to, the staff of TI always give more than is required.

Thank you to all our funders and partners, we appreciate all of your support and for believing in our mission and helping us create meaningful impacts in the community.

JUDY ANILNILIAK
EXECUTIVE DIRECTOR



2023- 2024 Program Highlights





ALLURIARNIQ

The Alluriarniq Program, meaning "stepping forward," is an anti-human trafficking program that supports Inuit aged 13 and up who are being trafficked, involved in sex work, survivors of sexual exploitation, and at risk of sexual coercion. Our team consists of a mental health counsellor, case managers, a youth worker, an outreach team, and a manager.

We work from a trauma-informed, low-barrier, and client-led approach, adhering to harm reduction, trauma-informed, and person-centered frameworks. This allows us to offer customized and flexible support to participants referred through the program.

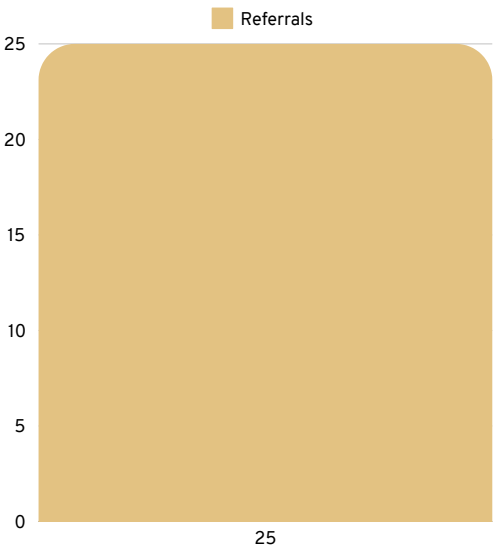
Despite a shortage of staffing for a Workshop Coordinator that manages women's programming, we have successfully run women's programming on most Tuesdays. We also facilitate walk-ins on Thursdays and offer both laundry and shower programs. Additionally, we've managed to hold youth programming approximately every two weeks.

In both women's and youth programming, we promote health through food, cultural relevance, and activities such as sewing and outdoor events. We also discuss important topics such as consent and street safety with participants.

Highlights

- **25 new referrals** from eight different multi-sectoral sources/ partners.
- **Partnership with Ottawa Police:** Youth successfully participated in events with police, building rapport and feeling empowered to connect with OPS.
- **Partnership with John Howard and Cornerstone:** Housing partnerships.
- **Royal Ottawa Hospital:** Psychiatric outreach team partnership.
- **Anti-Human Trafficking Awareness Day Event:** Held in February 2024 for Inuit women, focused on appreciation, self-love, and the trending needs of survivors. We used a survey translated into Inuktitut to gather feedback on the program. Participants felt heard, which provided us with constructive feedback to improve the program moving forward.

- **National MMIWG Forum:** Presented on anti-human trafficking to raise awareness of our program.
- **Inuit VAW Shelter Workshop:** We supported clients in attending and participating in a workshop focused on providing feedback for the development of a new Inuit shelter. Clients with direct lived experience in shelters were able to share their insights on what they have experienced and what they would like to see in the new shelter. This workshop took place from February 13-14 and was organized by the Ontario Aboriginal Council (OAC)



Successful engagement through walk-in programs, women's programming, laundry and shower services, and bi-weekly youth programs.

Community Feedback: *At the Anti-Human Trafficking Awareness Event, community members expressed feeling heard. Clients mentioned that the 604 center is incredibly helpful, and the open-door policy makes it a safe space for support.*

Staff Training

- Staff completed Crucial Conversations training, Anti-Racism training, and Cultural Sensitivity workshops.
- Training by external facilitators on program goals, roles, and a deeper understanding of the program's approach.
- Strangulation Training
Ottawa Police

Challenges

- Staff Retention: We've lost many qualified employees to higher-paying positions elsewhere, often offering more opportunities for advancement. Despite this, former staff members maintain positive relationships with the program.
- Heavy Workload: The nature of this work can be emotionally taxing, especially for community members or those with lived experience.

DATA COLLECTION AND REPORTING SYSTEMS

The project needs improved documentation and tracking processes for activities. While manual templates exist for tracking outreach, referrals, and presentations, the accessibility of an electronic database has made it difficult to consistently capture the project's full impact.

STRONGER CULTURAL INCLUSION AND GOVERNANCE

The project utilized cultural programming to support survivors on their healing journey. However, the lack of fluent Inuktitut speakers in the program remains a challenge in delivering culturally appropriate services.

FUNDING SOURCES

- Continued funding from the Ministry of Children, Community and Social Services (MCCSS) and Women and Gender Equality Canada, with funding expected to last until March 2025.

- This may open the door for clients to ask how safely their data is managed. I will leave this as is.

THE PATH FORWARD

Securing long-term funding is essential to sustain this unique program. We aim to improve staff retention, maintain partnerships, and continue providing safe spaces for those experiencing trafficking, sexual exploitation, coercion, or sex work.

CONCLUSION

The Alluriarniq Program continues to be a critical resource for Inuit survivors of trafficking and sexual exploitation. With continued funding, we aim to expand our reach, improve cultural inclusivity, and strengthen community partnerships.





CULTURE PROGRAM

Brief Summary of the Department

The Culture Department at Tungasuvvingat Inuit is dedicated to delivering Inuit-specific cultural programs and events that support urban Inuit in staying connected to their heritage. Our team is committed to creating culturally relevant and safe spaces for Inuit community members to engage with traditional knowledge, arts, language, and cultural practices. We aim to bridge the cultural gap for Inuit who are new to urban living, ensuring they feel welcomed and supported.

Meet the Team

Christopher Church, Acting Manager
Zippie Nochasak, Elders Cultural Coordinator
Joan Cunha, Cultural Events Coordinator

Programs

Elders Tea - In-Person and Virtual

Elders Tea serves as a vital cultural and social program, offering a space for Elders to come together and share their knowledge, stories, and traditional practices. In-person gatherings foster a sense of community and belonging, allowing participants to reconnect with familiar cultural experiences and socialize with peers. Virtual sessions provide accessibility for those who may face mobility challenges or live further away, ensuring that

all Elders can participate regardless of location. The program helps combat isolation, provides emotional support, and strengthens cultural continuity by allowing Elders to impart their wisdom and share their life experiences.

Sewing Drop-In

The Sewing Drop-In program is a culturally significant activity that promotes traditional Inuit skills and craftsmanship, such as sewing parkas, mittens, and other traditional clothing. It provides a hands-on way for participants to learn and practice sewing techniques passed down through generations, fostering a connection to Inuit culture and heritage. The drop-in format encourages a relaxed, community-focused environment where participants can share skills, stories, and experiences while creating meaningful cultural items. The program also serves as a therapeutic outlet, offering a safe and supportive space for participants to express creativity and find comfort through traditional crafts.

Embassy West Cultural Coordinator

The role of the Embassy West Cultural Coordinator is crucial in bridging the cultural gap for Inuit living at the Embassy West Senior Living facility. The coordinator provides culturally relevant programming and support for Inuit residents, ensuring they can maintain cultural practices and stay connected to their heritage. By facilitating cultural events, traditional activities, and interactions with Elders, the coordinator helps alleviate feelings of homesickness and cultural disconnection. This role also ensures that staff at the facility understand Inuit cultural values and practices, which enhances culturally sensitive care and improves the overall well-being of the residents.





Youth Games Night

Youth Games Night is an important program that offers Inuit youth a fund and culturally safe space to socialize, connect, and participate in traditional and modern games. The program promotes physical activity, teamwork, and healthy social interactions, which are essential for youth development. It also provides an opportunity for youth to strengthen their cultural identity through traditional Inuit games, fostering pride in their heritage. The social aspect of the program helps youth build strong peer relationships, reduces feelings of isolation, and supports mental well-being by creating a positive inclusive environment.

Challenges

The Culture Department faced some challenges during the 2023-24 fiscal year, impacting program growth and delivery. One of the primary issues was staff turnover, which resulted in periods of transition that affected program continuity and consistency. Replacing staff and onboarding team members took time, creating gaps in expertise and disrupting the momentum of some initiatives. The turnover also added pressure to the existing team, as fewer staff members were available to manage ongoing programs and events.

The department struggled to keep up with the increasing demand for cultural programming. With a small team, it is difficult to run multiple programs simultaneously, limiting the number of events that could be offered. Staff often had to balance multiple responsibilities, leading to reduced availability for new projects or program expansions.

Overall, these staffing challenges created barriers to fully meeting the community's cultural needs and delivering the desired scope of programs and services.



The Path Forward

The Culture Department is committed to building on this year's successes and addressing the challenges to better serve the Inuit community. Moving forward, there are plans to expand in an effort to provide year-round opportunities for cultural engagement.

Efforts will be made to secure additional funding to enhance existing programs and introduce new cultural initiatives. The department is also exploring way to improve accessibility to programming, such as continued virtual programming.

There will be a focus on strengthening partnerships with local organizations and community members to increase cultural programming. These efforts will ensure the Inuit cultural values and practices remain integral to the community, empowering members to stay connected to their heritage while navigating life in an urban setting. The Culture Department remains dedicated to fostering cultural pride, resilience, and well-being within the community.

Conclusion

The 2023-24 fiscal year has been a period of both growth and challenges for the Culture Department at Tungasuvvingat Inuit. Despite staff turnover and capacity limitations, the department made significant strides in providing culturally relevant programming that strengthened the community's connection to Inuit heritage. Programs like Elders Tea, Sewing Drop-In, and Youth Games Night

demonstrated the power of cultural engagement in fostering a sense of belonging, well-being, and resilience within the urban Inuit community.

Looking ahead the department is committed to expanding its offerings, improving accessibility, and forging stronger partnerships to meet the growing cultural needs of the community. By addressing the challenges head-on and building on this year's accomplishments, the Culture Department aims to create even more opportunities for cultural pride, knowledge sharing, and intergenerational connection. The department remains dedicated to empowering Inuit to navigate urban life while staying deeply connected to their cultural roots.





DAY COUNSELLING

The Day Counselling program continues to provide excellent services that cover a wide range of individual sessions, groups, and support for broader events by TI or external events across the country. The staff has proven adept at building strong counselling relationships and being able to work with individuals no matter where they are sitting in the healing journey. Our counselling modality is very simple: connecting with the client and providing a safe space for people to share and start to grapple with life challenges. Overall, the counselling program was very successful.

As in previous years, we have been able to work quite well within a wraparound service environment, which has included the

following:

- Allurianiq
- Education & Culture
- Family Wellbeing & VAW
- Katatsiarniq (Case Management & Advocacy for those who have CAS involvement)
- Research Cancer Program
- Child, Youth & Family Services Child First Initiative
- Pisiksik Justice Department
- Food Security
- Housing
- Mamisarvik Healing Centre

In the following few sections, we are going to provide an overview of 2023-24 by asking three simple questions:

1. What worked, or what does success look like?
2. What were some of the challenges?
3. What lessons can be applied to the following fiscal year?

What worked well or what does success look like?

Success is built upon good teamwork, dedication, and passion for the work. The first area we noticed was how well the team came together. They had proven to support each other when times were difficult. They were flexible and creative and were able to meet some different challenges. Julia noted the following:

"What worked for me was having information ahead of time to support various groups who requested our service, allowing me to be prepared for the client's needs. The availability of the materials made it easier to work with them when simplifying for those not well-versed. When most clients know that their needs for the group to run well is thought out at all angles by staff and management, their learning and commitment panned out a bit longer."

Joyce Ford noted the following that is meaningful for her:

- Collaboration with other departments within TI and with other agencies outside of TI.
- Being able to offer wraparound services to Inuit clients.
- Being able to offer counseling in Inuktitut.
- Being able to use our culture as part of healing.
- Attending an International Gathering of Inuit Counsellors – collaborating on best practices for serving our people, supporting each other as Inuit counselors.
- Being able to assist in the delivery of Emotionally Focused Therapy training to fellow Inuit and non-Inuit staff of Isuarsivik Recovery Centre in Kuujjuaq, Quebec.
- Offering a bereavement support group for Inuit- Kayusigiani, both in the community and at Mamisarvik Healing Centre.
- Being asked to light the Qulliq for a symposium hosted by Her Excellency Mary Simon, Governor General of Canada.

We should also note that Rossana has been a critical part of the team as well. She has worked very well with clients and participated in the delivery and design of the groups. The entire team brought a wide variety of skills and talent, as well as different worldviews, which has brought together a highly competent and diverse team.

What stands out is the ability of the clients to make real positive changes in their lives. They may arrive feeling powerless and without hope, yet we have all witnessed individuals making significant changes in their lives. This can be in the form of a CAS file being closed, managing to achieve sobriety, or significantly cutback from their substances of use or improved relationships with siblings, spouses, and ultimately the community.



What were some of the challenges?

We are a small team and are facing some requests that are well beyond our scope. This can be providing services for children, extreme drug use, particularly opiates. There are folks facing more severe, complex mental health challenges where we are simply not well equipped enough to deal with these types of challenges. These mental health challenges present themselves in terms of extreme paranoia in individuals with symptoms of schizophrenia.

Other additional challenges were noted.

"I find it difficult at times because I'm the only one on-site when I need to run something off for feedback, questions, ideas, or rants for the day when only our manager (no offence meant at all) is present, and he's usually busy with his managerial duties. I find myself easily frustrated when I must scrounge around for translations while working with workbooks or materials that are more complex."

- Julia Putulik

There are operational challenges regarding staff always being present for staff who sometimes need to vent or look for counselling ideas. So, we need to be more readily available for both security and connectivity between staff and management.

Joyce Ford noted the following:

- Transportation to 1071 Richmond Road for clients – it is a long bus ride for some clients who live in Vanier or other areas of the City.
- Clients forget their appointments.
- Technology sometimes being an issue when doing video counselling sessions.
- Lack of communication with CAS.
- Lack of funds to access private residential treatment facilities when publicly funded centers are complete or clients don't meet catchment area criteria.
- Extra case management work is required for clients who are in crisis
- Clients who do not have stable housing find it difficult for them to concentrate on healing journey.
- Clients who face domestic violence and have difficulty leaving their abusive partner.
- Clients who fear children being apprehended by CAS.
- Lack of access to psychological assessments if needed by clients.

There are a lot of different themes that impact counselling. Traveling long distances is, without question, a significant barrier to receiving services, and the addition of Light Rail Transit construction made an already difficult situation even more challenging. Access to a clinical psychologist or psychiatrist who can do assessments and provide support in more complex individual cases would be beneficial for our clients in their journey. Making referrals can take several months, and for a psychologist, it can be a fee for a service that the clients simply cannot afford.

Lessons and Solutions

We are going to be moving our location, which is more central for the community members, making many of our programs much more accessible. Our new location will be more of a central hub where our program will be, among others that are strategically located for access. The move will address many of the challenges around travel as well as the availability of staff. The move will address security-related questions and staff availability to vent and share ideas, as well as a better sense of interconnectivity with staff and management.

Some of the broader questions around funding for individuals with more complex psychological needs is going to be require more discussions, mapping out what presently exists, and what would work for our specific population.



Capacity Building

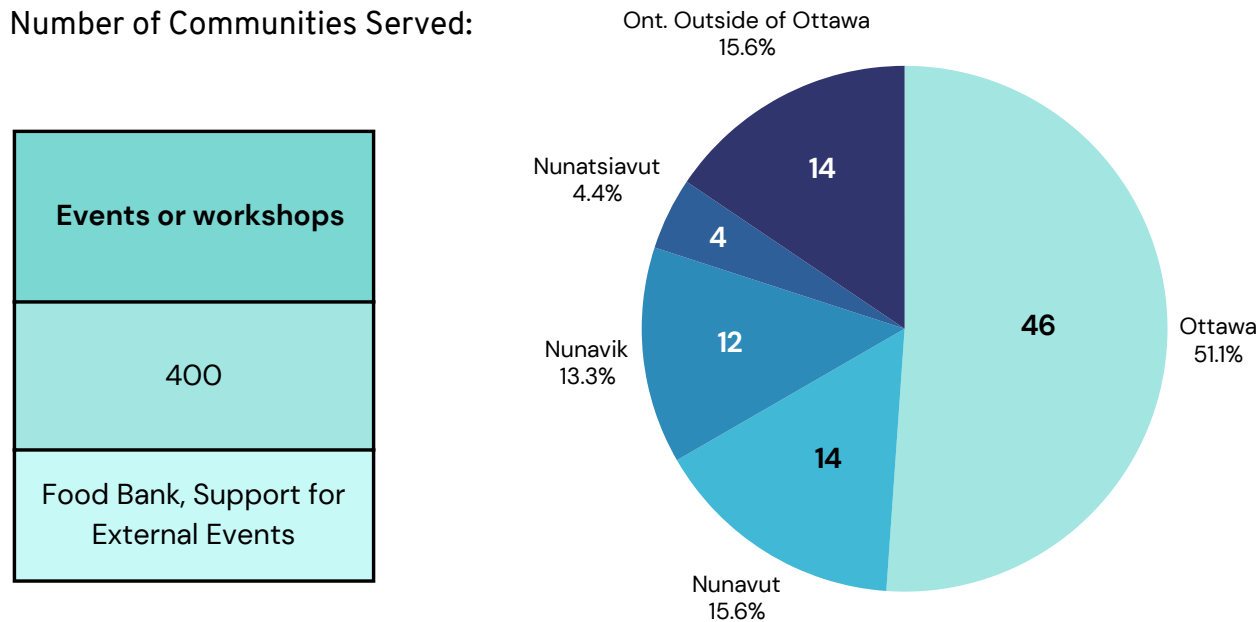
In the coming year, we have more plans for staff capacity building and exploring different counselling modalities, such as Emotional Focus Therapy. The staff have been trained in SMART Recovery, which is a Cognitive behavioural program that focuses on tools for recovery rather than spiritual-based programs. In the next fiscal year, we will continue to build staff capacity in trauma training,

We will be providing the staff with some ongoing training, such as trauma and emotional focus therapy. The goal is to give the team as much comprehensive training as we can going forward.

In the next fiscal year, 2024-25, we are going to be looking at who we are as a group as our new strategy plan unfolds. We will define ourselves as a small group in terms of who we are and the values, skills that we bring to the table. This will include a little mission statement and a set of operational values that make our small team unique within a large organization. We are a small group as the colingual saying goes “we punch well beyond our weight” as a team. We are looking forward to the continued hard work.

By the Numbers

Number of Communities Served:

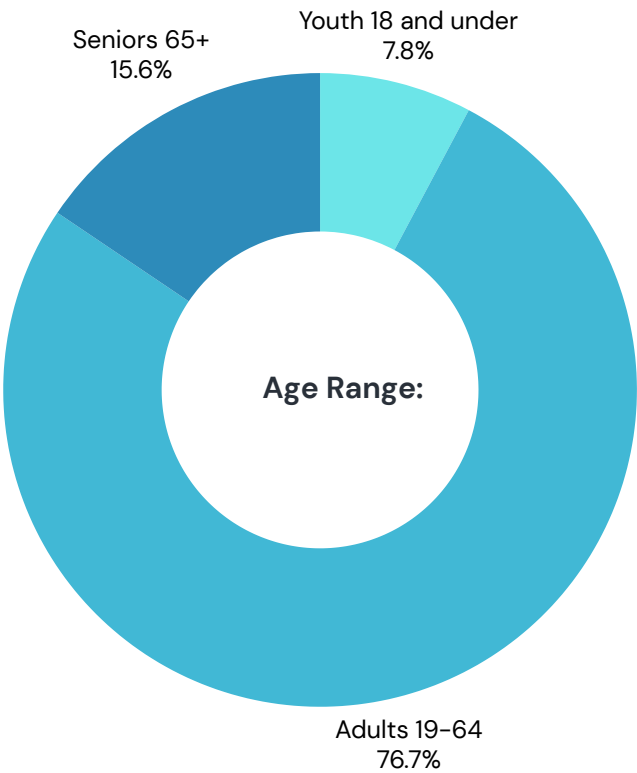


Most of our clients resided within Ottawa (not including Events & Workshops that were external to the organization

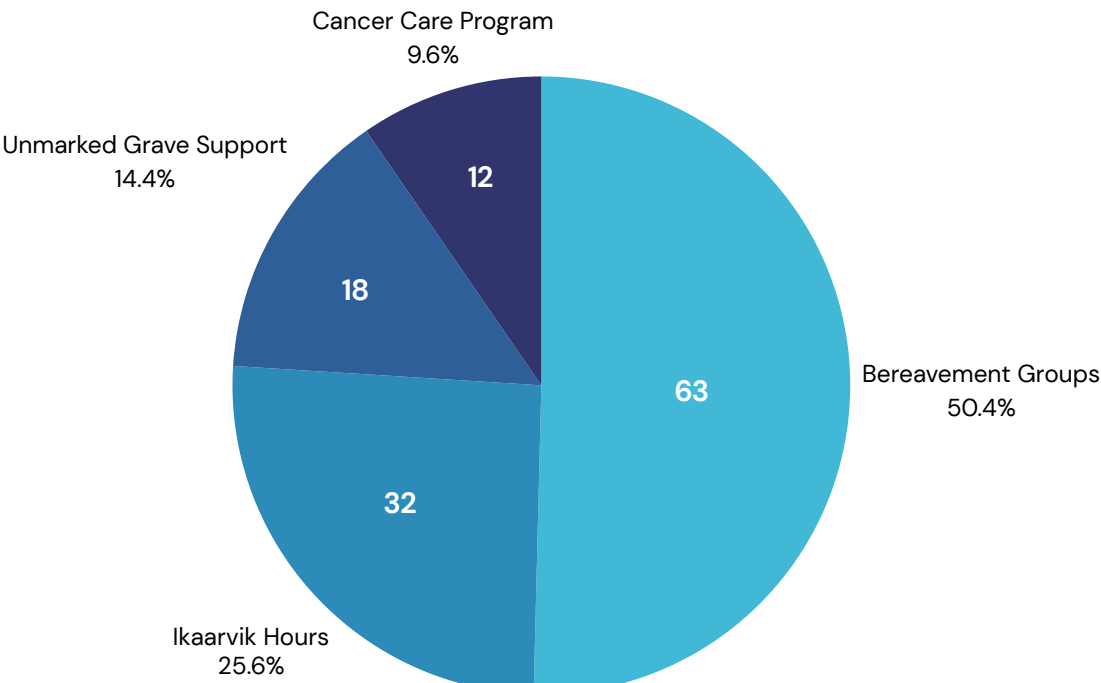
Number of Individual Clients

Total Clients: 90

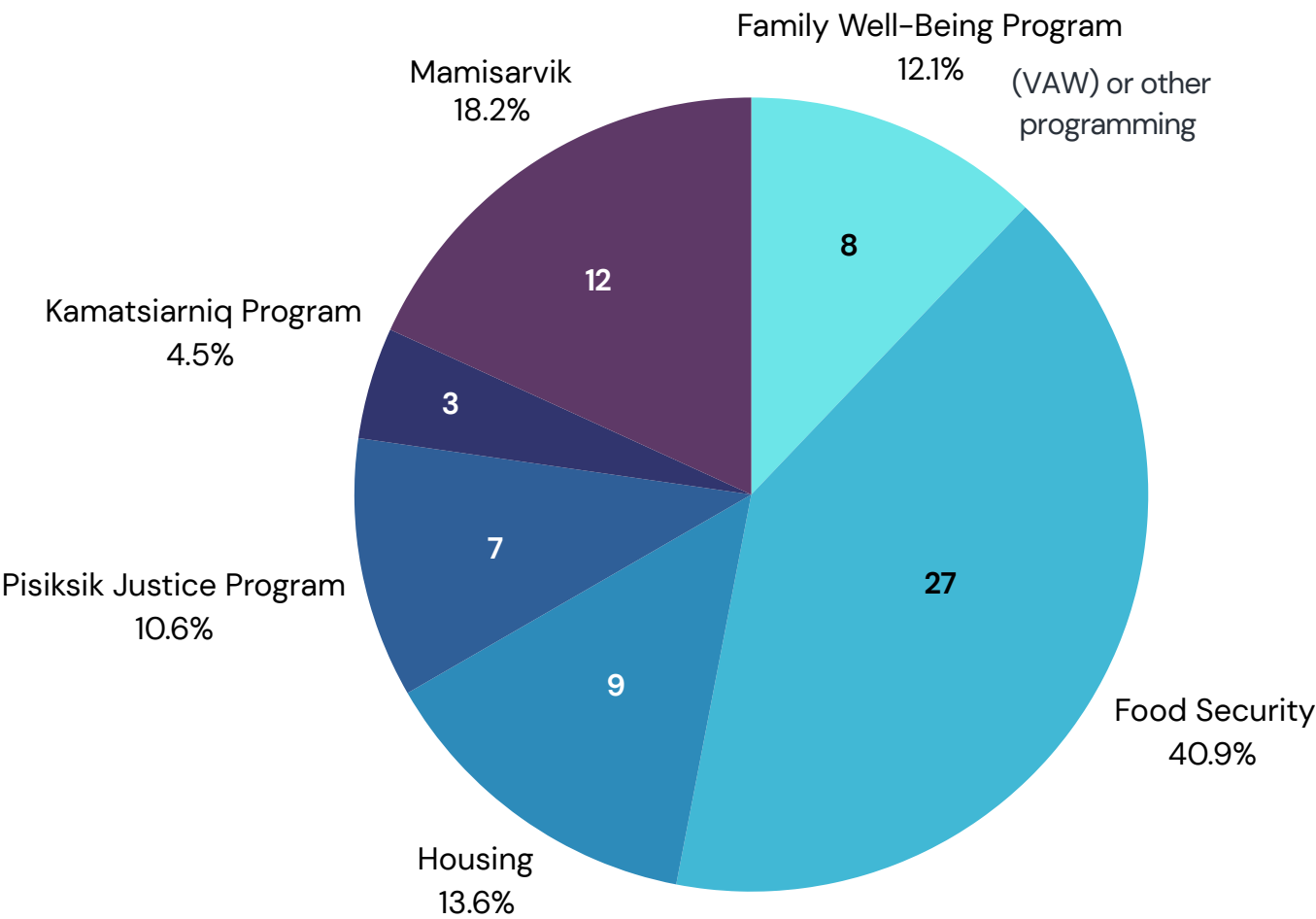
Number of Hours
Estimated 540



Hours of Group Work: 2023-2024



Internal Referrals:



Number of External:

No External Providers were used over the duration of Fiscal Year 2023–24 for NIHB.

Provider	We used one provider for training
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EDUCATION POLICY

During the 2023- 2024 reporting year, the Education Team of Tungasuvvingat Inuit consisted of three team members; one manager and two direct reports. The latter were the Education Officer, working directly with Inuit students in schools, and the Language Advisor, supervising the Inuktitut Language Radio Show, Uqallagvik, as well as providing cultural and language advice in many areas. Under the direction of the Manager of Education, the team's major activities included:

- Direct support to Inuit students K-12 in the form of cultural activities and mentorship. The Education Officer
- (cont'd) visited a grouping of elementary and secondary schools having a higher number of Inuit students on a regular rotation .
- Participation in student-centred school board events of the Ottawa Carleton District School (OCDSB) such as Indigenous student days and Indigenous Outdoor Education activities.
- Regular monthly attendance at school board meetings of the Indigenous Education Council and Advisory Committee on Equity (OCDSB).
- Participation in post-secondary meetings of the Indigenous Education Council for Algonquin College.

- Liaising with Carleton University's transition programs for Indigenous Students.
- Participation in multiple curriculum reviews with the Ontario Ministry of Education for revised curriculum documents K-12 to provide Inuit perspective.
- Participation in the Ontario College of Teachers feedback for improving representation for equity-seeking groups to provide Inuit perspective.
- Providing support to Saturday Inuktitut language program for children.
- Participation in Inuktitut language Circle for the certification of Inuktitut-speaking teachers.
- * Production of weekly Inuktitut radio show on CKCU, Uqallagvik.
- Collaborating with the Culture Department for the provision of after-school activities for Inuit youth.
- Continuing collaborative conversations with other indigenous and Inuit organizations to align services with Ottawa.

Challenges

Providing support to Inuit students K-12.

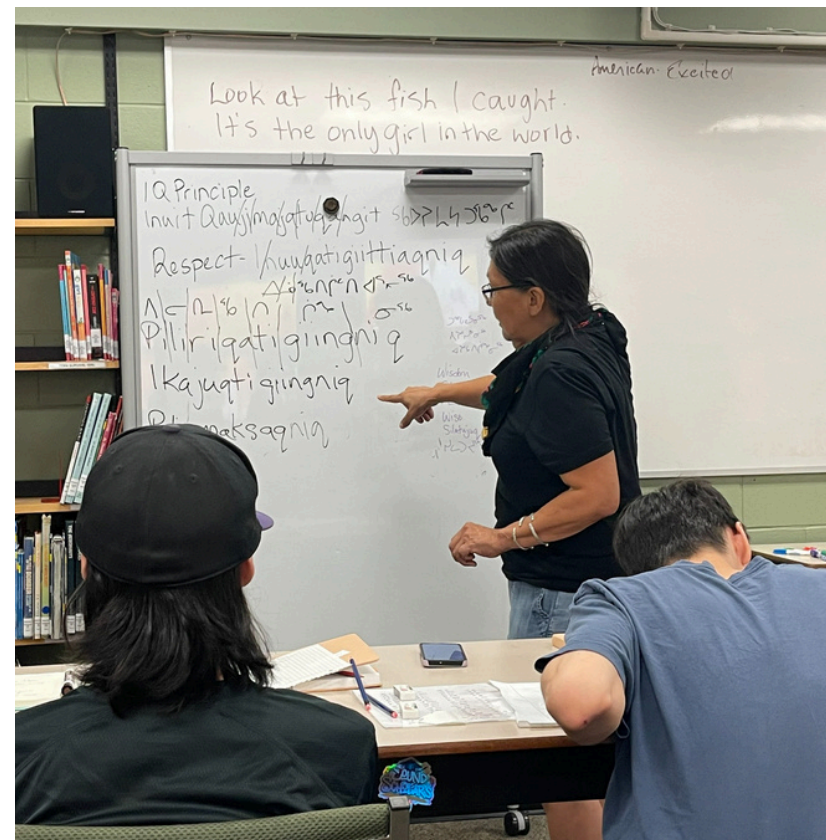
Student attendance is often irregular so that when staff arrive at the school, the Inuit students may not be present. Or students may move schools from one visit to the next. This has been particularly true of students at the secondary level.

When staffing this position, it is preferable that the Education Officer be a community member who is not long out of school and has a history of working with children or

youth. In the past, this position has been difficult to fill and has recently become vacant. We are currently seeking a replacement for the upcoming school year.

Participation in multiple curriculum reviews with the Ontario Ministry of Education.

In response to the calls to action of the Truth and Reconciliation Commission, the Ministry has been mandated to revise school curriculum K-12, in order to be inclusive of the Indigenous perspective. TI, having a historical Memorandum of Understanding with the Ministry, has been engaged to be the Inuit voice for these reviews. The timing of the reviews has not been communicated far in advance and the





timelines are often short, requiring that TI staff and representatives of other Indigenous organizations, have little time to adjust their work plans. While participation in these reviews is important work and is welcome, TI has asked that the participation be more inclusive of other Inuit organizations in addition to TI and that advance notice be given by the Ministry so that time commitments may be factored into other work requirements of the Education Team.

Production of weekly Inuktitut radio show, Uqallagvik , on CKCU radio.

It is a continuous challenge to find and retain Inuktitut-speaking radio show hosts with the Ottawa area. Individuals who have initially expressed interest and who have been trained, have lacked the skills or resources to make their way to the radio station for live shows. While support has been offered, in many cases these individuals have not continued for more than one show. This puts pressure on the existing small number of hosts to produce the show on a consistent basis . Funding for the show is currently provided through a grant from Radiometers and is short term only. The intent of the funding is to provide training for future unpaid volunteers. The volunteer nature of the work may result in an uncertain future for the radio show.



Funding Source: The main source of funding for the Education Program is from a grant from the Ministry of Education. August 2024 completes the first year of a current three-year grant which covers the salaries of the three Education staff members.



EMPLOYMENT CENTRE SERVICES

Tungasuvvingat Inuit's Employment Department operates an Employment Centre at our 1071 Richmond location, staffed by two dedicated Employment Counsellors. These Counsellors provide personalized employment support, including résumé preparation, job search techniques, and access to occupational research to help individuals assess their career choices and explore suitable post-secondary education programs. Our centre also offers a computer lab for drop-in use, providing resources to assist job seekers.

In 2023-24, the Employment Centre had a highly successful year, serving over 170

individuals, conducting 195 employment counselling sessions, and completing 165 intake assessments. In addition to our core services, we actively pursue partnerships to enhance the quality and reach of our pre-employment workshops. Notably, in March and April 2024, we collaborated with the Canada Revenue Agency and volunteers to host an income tax clinic, helping individuals file their taxes.

Training Opportunities

Our employment team offers short-term training programs designed to help clients

build skills and confidence to enter the workforce. These programs include iSisters technology training, forklift certification, driver education, safety training, and First Aid/CPR workshops. For clients requiring work experience, we provide targeted wage subsidies to employers. Last year, we partnered with Inuk Chic, enabling five Inuit youth to work as models in a show in New York City.

Based on budget availability, clients can also apply for financial assistance through TI's Individual Sponsorship program, which offers support for tuition, living allowances, childcare, and transportation. In the past year, we funded training in Inuktitut, graphic arts, HR certification, and business administration.

Pre-Employment and Job Start Supports

The TI Employment team assists clients in preparing for the next step of their employment journey by providing readiness supports. These include bus tickets for interviews, licence transfer fees, reimbursements for criminal record checks, and job start supports like bus passes, Personal Protective Equipment (PPE), and union fees.

iSisters Program

In 2023-24, the Employment team continued to collaborate with iSisters Technology staff to recruit an Inuktitut-speaking instructor, a search that is ongoing. The iSisters program empowers women by building their technology skills and confidence. In addition to computer skills, the program offers interview skills workshops and the new iNspire program, designed for aspiring entrepreneurs.

Driver's Training

Addressing one of the most common barriers to employment—lack of a driver's licence—our Employment Department offered a successful Driver's Program in partnership with Ottawa Driving School. This hybrid course, combining in-person evening/weekend instruction with driving practice, saw 19 participants, 17 of whom have completed their in class portion and attained their Learner's license and are now booking the in car lessons with instructors.

Pre-Construction Trades Training

Following a successful construction safety training in 2023, we have expanded our efforts to provide hands-on training opportunities. This fall, we are launching a 9-week Pre-Construction Trades Program in Ottawa in collaboration with Qikiqtani Resource Institute and NCC Investment Group Ltd. The program includes five weeks of classroom learning and four weeks of hands-on experience, with participants eligible for full-time employment on the Nunavut 3000 housing project, which is building homes across Nunavut.





FAMILY WELL-BEING

The Family Well-Being Department is a comprehensive initiative designed to support the health and wellness of Inuit families in urban settings. This department includes programs and services such as Arsaniq, Youth Life Promotion, Violence Against Women (VAW), and Ilagiiqatigiitsiarniq.

The Family Well-Being team aims to enhance the overall health and well-being of urban Inuit through coordinated, community-based services. By providing a holistic, harmonized, culturally appropriate, and strength-based approach, the programs ensure preventative services focus on health's social determinants.

Culture and identity are foundational to all activities, ensuring they are flexible and outcomes-focused. We are deeply committed to reconciliation. The team acknowledges the past, acts in the present, and looks toward the future, always with respect and understanding.

The department's community-designed and delivered initiatives are not one-size-fits-all. They are carefully tailored to meet the unique needs of urban Inuit, ensuring that each individual feels understood and cared for. This approach improves outcomes and fosters a supportive environment.

Meet the Team:

- Jennifer Jones, Manager, Family Well-Being
- Mikka Komaksiutiksak, Program Coordinator, Arsaniq
- Aly Schamerhorn, Case Manager, Ilagiiqatigiitsiarniq
- Angela Austria, Program Coordinator, Youth Life Promotion
- Meaghan Bannerman, Counsellor and Advocate, Violence Against Women

Our Programs**Arsaniq**

Through the services offered by the Arsaniq program, self-identifying 2SLGBTQQIA+ Inuit are supported in regaining their culture and language. They have increased access to peer and social support to reduce isolation and loneliness, improve their overall sexual health awareness, and bring awareness to other safe services.

The program Coordinator is here to help self-identifying 2SLGBTQQIA+ Inuit and their family members access assistance in navigating the resources and supports available.

Our goals are to deliver programs that respect the diverse needs of all 2SLGBTQQIA+ Inuit, regardless of their ability, sexual orientation, and political or religious beliefs. We also provide flexible and specific support to the immediate situation. The level of support is based on assessing the individual's needs and preferences; we are community-led and prevention-focused.

Our services feature holistic, harmonized, culturally appropriate strength-based approaches with a preventative perspective focused on the social determinants of health, using culture and identity as a foundation for flexible outcomes.



Ilagiiqatigiitsiarniq

The Ilagiiqatigiitsiarniq program is a community-led, prevention-focused support program that improves Inuit overall health and well-being. Services support delivering culturally grounded, holistic, and prevention-focused programs and services for Inuit children, youth, and families.

Our goal is to improve the overall health and well-being of urban Inuit; support and enhance coordinated, community-based service delivery to improve outcomes for Inuit children, youth families, and communities; provide a coordinated system of community-based prevention programs and services that are community-designed and delivered to meet the needs of urban Inuit.

Our services feature holistic, harmonized, culturally appropriate and strength-based approaches; preventative perspective focused on the social determinants of health; culture and identity are foundational; flexible and outcomes focused; and reconciliation focused (we acknowledge the past, act now, and look into the future.)

Youth Life Promotion

Through the services offered by the program, Inuit youth are supported in their emotional well-being through holistic, culturally grounded supports that instill a sense of belonging, purpose, meaning, and hope in the context of their communities. The Youth Life Promotion program seeks to promote the health and wellness of Inuit youth. It aims to provide Inuit youth access to support in nurturing their mental well-being and foster

a deeper connection to their culture through culturally focused programming.

The Youth Life Promotion Coordinator offers one-to-one support, case management, outreach, culturally focused programming, practical support, and more.

Our goal is to improve the mental health and well-being of Inuit youth by increasing traditional knowledge, enhancing cultural identity through holistic, land-based, and culturally appropriate mental health services and programming, improving outcomes and opportunities for Inuit youth in Ontario by increasing access to evidence-based programming and interventions; provide opportunities and resources for Inuit youth to access support on the mental wellness spectrum; enable Inuit youth to remain in their communities, receiving culturally appropriate services from local providers and preventing them from escalating into crisis.

Our services feature holistic, harmonized, culturally appropriate, and strength-based approaches that are youth-centred. They have a preventative perspective and are focused on the social determinants of health. Culture and identity are foundational. They are flexible and outcomes-focused. They are responsive to youth voices and reconciliation-focused (we acknowledge the past, we act now, and we look into the future).

Violence Against Women

The Violence Against Women program allows Inuit women and their dependents who have experienced violence to heal and reclaim their safety. We empower women in their various roles through culturally specific counselling, support, and service referral. We assist women requiring support with safety planning, court, victim services, police, shelters, and healing. Women can self-refer to our VAW Counsellor and Advocate to receive one-to-one service for themselves and their dependents as they move towards safety and well-being.

We aim to deliver programs that respect the diverse needs of all women and children regardless of their ability, sexual orientation, and political or religious beliefs. We also provide flexible and specific support for immediate crises. The level of support is based on assessing the individual’s needs and preferences. Our programs are community-led and prevention-focused—Inuit Women Empowering Inuit Women.

Department Events and Programming

Sugar Bush

The Family Well-Being department collaborated closely with other departments to facilitate a successful sugar bush outing, an event to foster community connection and cultural engagement. The planning encompassed a comprehensive approach that catered to the diverse needs of the urban Inuit community.

Community outings like the sugar bush trip are integral for urban Inuit as they provide opportunities to reconnect with nature and traditional practices, fostering a sense of identity and belonging. These outings offer a break from urban life’s stresses, promoting mental well-being and resilience. Engaging in cultural activities like maple syrup harvesting helps preserve and pass down knowledge, strengthening cultural continuity.

Moreover, we aim to create a supportive environment where individuals can build relationships, share experiences, and support each other. This collective experience reinforces community bonds and provides a platform for healing and empowerment. By collaborating across departments, Tungasuvvingat Inuit ensures that these outings are inclusive, culturally relevant, and beneficial for the entire community, addressing social determinants of health through holistic and culturally grounded approaches.



Strawberry Picking

The Family Well-Being department collaborated with several other departments to facilitate strawberry picking at Proulx Farm, exemplifying a holistic approach to community engagement and cultural preservation.

Gathering, such as strawberry picking, is vital in Inuit culture. They are about obtaining food and fostering community cohesion, teaching younger generations about their heritage, and maintaining a connection to the land. These practices are integral to cultural identity and continuity, providing a sense of belonging and purpose.

The strawberry picking event at Proulx Farm allowed urban Inuit to engage in a culturally meaningful activity that promotes mental well-being and strengthens community bonds. By working together across departments, Tungasuvvingat Inuit ensured that the event was inclusive, culturally appropriate, and beneficial for all participants. This collaboration highlights our commitment to addressing social determinants of health through culturally grounded, community-based initiatives that honour and preserve Inuit traditions.

Inuit Pride Conference

Arsanig hosted its first-ever Inuit Pride conference in August 2023, bringing together more than two dozen participants. This historic conference aimed to bring self-identifying 2SLGBTQIA+ Inuit together to discuss



how to create safer spaces for the queer community. The conference allowed participants to identify barriers they face and offer recommendations for queer Inuit-specific programming. Building a network of queer Inuit proved to show collaboration, cohesiveness and that this safe space will be created nationally for all.

Arsanig partnered with the Arctic Rose Foundation, the Tunngasugit Inuit Resource Centre in Winnipeg, Lateral Love Designs, and Pauktuutit Inuit Women of Canada to provide participants with holistic, harmonized, culturally relevant workshops. In addition to roundtable discussions, the conference included events like sharing stories over tea and Bannock, workshops on sexual health and gender, presentations on creating emotionally safe spaces for youth, and an opportunity for participants to write a letter to their younger selves in a therapeutic art workshop.

Youth Game Night

Game Night at Tungasuvvingat Inuit is a collaborative effort among the Youth Life Promotion, Ilagiiqatigiitsiarniq, and Culture departments, designed to provide a safe and engaging space for Inuit youth aged 11+. This initiative, which includes in-house activities and special outings, offers a multifaceted approach to youth engagement and well-being.

Youth Life Promotion organizes fun and educational activities, fostering an environment where youth can learn and grow together. The Ilagiiqatigiitsiarniq program ensures that family dynamics and logistical needs are considered, making it easier for youth to participate consistently. The Culture department infuses the events with traditional Inuit games and activities, helping to strengthen cultural identity and continuity.

Providing a safe space for Inuit youth to congregate is essential for many reasons. It offers a sanctuary where they can express themselves freely, build supportive peer relationships, and engage in positive, structured activities. This safe environment helps mitigate the risks associated with urban living, such as exposure to negative influences and social isolation.

Game Night also plays a significant role in addressing the social determinants of health. A stable and nurturing environment promotes mental well-being, reduces stress, and enhances social skills. The cultural elements integrated into the

activities foster a sense of identity and pride, which are crucial for self-esteem and resilience. Furthermore, regular participation in such events helps youth develop a support network essential for emotional and psychological health.

Overall, Game Night is more than just a recreational activity; it is a strategic intervention to promote holistic health and well-being for Inuit youth, addressing immediate needs and long-term developmental goals.



Ilakkalu Ikarrvut

The Family Well-Being department collaborated with Kamatsiarniq, EarlyON, and Culture to facilitate the Ilakkalu Ikarrvut programming pilot. This program was designed to enrich cultural identity, strengthen family units, and support a sense of community among urban Inuit families. The collaboration brought together expertise from multiple departments to create a holistic and culturally resonant program.

Each department played a central role in coordinating the program. Activities included crafts, games, and storytelling that celebrate and preserve Inuit heritage. The program aimed to create a shared experience that strengthens family bonds and enhances cultural continuity by involving the whole family in these activities.

Ilakkalu Ikarrvut provided a platform for urban Inuit families to unite, share their experiences, and support one another. This sense of community is crucial for combatting the isolation and cultural disconnection many urban Inuit families face. By fostering a supportive and culturally rich environment, the program helped participants build resilience, promote mental well-being, and create a mutual support network.

The collaboration between the various contributing departments ensured that the Ilakkalu Ikarrvut program pilot was comprehensive, culturally appropriate, and responsive to the needs of urban Inuit families.

Candlelight Vigil

On May 5th, the National Awareness Day for Missing and Murdered Indigenous Women and Girls (MMIWG), Tungasuvvingat Inuit's Family Well-Being department hosted a poignant candlelight vigil at Annie Pootoogook Park. This event brought together over 60 community members and allies to remember and honour their missing and murdered loved ones.

The vigil featured a large canvas where individuals were encouraged to trace their handprints, symbolizing solidarity and remembrance for MMIWG2S (Missing and Murdered Indigenous Women, Girls, and Two-Spirit people). The ceremony was graced by Nunavut MP Lori Idlout, who delivered a heartfelt speech that resonated deeply with those in attendance. New Democrat MP Leah Gazan's call in Parliament to declare MMIWG2S a national emergency highlighted the urgent need for action and systemic change.



Local talent shone through with powerful throat singing and drumming performances, celebrating Inuit culture and resilience. These performances provided a sense of unity and cultural pride, underscoring the importance of community in healing and remembrance. The vigil concluded with a profoundly moving candle-lighting ceremony. Community members and allies lit their candles and placed them at the altar, creating a powerful visual tribute to the missing and murdered. This collective mourning and remembrance fostered a sense of solidarity and hope, reinforcing the community's commitment to seeking justice and support for MMIWG2S.

The Family Well-Being department's organization of this event emphasized the importance of community, culture, and advocacy in addressing the ongoing crisis of MMIWG2S, providing a space for healing and collective action.

Challenges

The Family Well-Being department faced some challenges during the 2023/24 fiscal year, impacting our ability to conduct comprehensive programming. Among the most pressing issues were staff shortages and funding inadequacies, which hampered the department's capacity to deliver on its mission effectively.

The department struggled with consistent staff shortages, which considerably strained existing employees. These shortages meant that the remaining staff had to manage larger caseloads. Essential tasks such as

program planning, outreach, and direct service delivery were affected. The staff shortage also limited the department's ability to engage in proactive community outreach, reducing our programs' overall reach and impact.

Funding constraints further compounded challenges faced by the Family Well-Being department. Limited financial resources restricted the department's ability to develop and sustain comprehensive programming. Essential services and initiatives, including those aimed at mental health support, cultural preservation, and community building, were either scaled back or put on hold. Inadequate funding also meant that the department could not hire additional staff, exacerbating the issues caused by staff shortages.

Staff shortages and insufficient funding impaired the department's ability to conduct comprehensive programming. Programs designed to address the social determinants of health and support the holistic well-being of urban Inuit were particularly affected. For instance, activities that required extensive planning and coordination, such as outings, workshops, and community events, had to be reduced in scope or frequency. This reduction in programming left many community members without the support they relied on, potentially exacerbating issues related to mental health, social isolation, and cultural disconnection.

One specific example of the challenges faced was the Ilakkalu Ikarrut pilot program, which aimed to enrich cultural identity, unite family units, and support a sense of community for urban Inuit families. Despite promising goals, the program was unsuccessful due to lack of

participation. This low turnout can be attributed to staff shortages and funding issues, which hindered effective outreach and engagement efforts. Without adequate personnel and resources to promote the program and facilitate participation, the initiative failed to gain the necessary traction within the community.

The 2023/24 fiscal year presented challenges for the Family Well-Being team. Staff shortages and lack of funding impacted the department's ability to deliver comprehensive programming, ultimately affecting the well-being of the urban Inuit community we serve. The Ilakkalu Ikarrvut pilot program highlighted the broader issues faced by the department, underscoring the need for increased staffing and financial resources to ensure the effective delivery of necessary services and support.

Funding Sources

We extend our deepest gratitude to our funders for their invaluable support, which has profoundly impacted the Family Well-Being team at Tungasuvvingat Inuit. The Ministry of Health, through its support for the Youth Life Promotion program, has enabled us to provide targeted support for Inuit children and youth, fostering connections to their cultural heritage and promoting healthy lifestyles. This funding has allowed us to organize activities that enhance mental well-being and resilience among our youth. The Ministry of Children, Community and Social Services (MCCSS), which funds

the Violence Against Women (VAW) program and Ilagiiqatigiitsiarniq, has been instrumental in empowering and supporting Inuit women and families. The VAW program offers culturally specific counselling and support for women who have experienced abuse, helping them reclaim their safety and well-being. Ilagiiqatigiitsiarniq's funding has facilitated services and activities that promote overall family well-being, addressing the needs of those affected by violence and assisting them in navigating urban systems.

Indigenous Services Canada (ISC) has provided crucial funding for Arsaniq, our mental health and addiction recovery program. This support has enabled us to deliver culturally relevant activities, such as community feasts and outings, vital for promoting mental health and cultural continuity.

Thanks to the generous support of our funders, the Family Well-Being team has been able to deliver comprehensive and culturally resonant programming that addresses the unique needs of the urban Inuit community. Your contributions have made a tangible difference in the lives of those we serve, and we are deeply grateful for your continued partnership.



The Path Forward

As we look towards the future, the Family Well-Being team at Tungasuvvingat Inuit is committed to overcoming past challenges and building on our successes to enhance our support and services to the urban Inuit community. Our path forward involves strategic initiatives to strengthen our programs, expand our reach, and deepen our impact through a holistic, culturally resonant approach.

Addressing Staff Shortages

One of our primary goals is to address the staff shortages that have hindered our efforts. We plan to implement recruitment and retention strategies to attract and maintain a skilled and dedicated workforce. This includes offering competitive compensation, professional development opportunities, and a supportive work environment that acknowledges and respects the unique contributions of each team member. By building a strong and stable team, we can ensure consistent, high-quality service delivery.

Securing Sustainable Funding

Sustainable funding is crucial for the continuity and expansion of our programs. We will actively seek diverse funding sources, including government grants, private donations, and partnerships with organizations that share our commitment to the well-being of Inuit families. Strengthening relationships with our current funders

and demonstrating the impact of their investments will be key to securing ongoing support. Additionally, we will explore innovative funding models and community fundraising initiatives to broaden our financial base.

Enhancing Program Effectiveness

We aim to continuously improve the effectiveness of our programs through rigorous evaluation and feedback mechanisms. This involves setting measurable goals for each program and regularly assessing our progress. By incorporating feedback from participants and stakeholders, we can make data-driven decisions to refine our activities and services. Our focus will be on enhancing the cultural relevance, accessibility, and impact of our programming to meet the community's needs better.

Expanding Cultural and Community Engagement

A cornerstone of our strategy is to deepen cultural and community engagement. We will expand our cultural programming to include activities celebrating and preserving Inuit traditions, such as storytelling, crafts, and traditional games. Community outings, like the sugar bush and strawberry picking events, will be scaled up to offer more frequent and varied opportunities for families to connect with their heritage and each other.

Strengthening Partnerships

Building and strengthening partnerships with other organizations will be vital for amplifying our impact. Collaborations with local service providers, educational institutions, and

community groups will enable us to offer a more comprehensive support network for urban Inuit families. We will also seek to enhance our partnerships with Inuit organizations across Canada to share best practices and resources.

Advocacy and Awareness

Advocacy will play a significant role in our path forward. We will continue raising awareness about urban Inuit families' challenges and advocate for policies and resources that support their well-being. By engaging with policymakers, media, and the broader public, we aim to drive systemic change that addresses the social determinants of health impacting our community.

Embracing Technology

Leveraging technology will be essential for improving our service delivery and outreach. We plan to develop digital platforms for program delivery, virtual support groups, and online resources that can reach a wider audience. Embracing technology will streamline our operations and enhance communication within the team and with the community.

Commitment to Reconciliation

Finally, our commitment to reconciliation will guide all our efforts. We will continue acknowledging colonization's historical and ongoing impacts on Inuit communities and work toward healing and empowerment. By incorporating principles of reconciliation into our programs and organizational

practices, we aim to foster a future where Inuit families thrive in a just and equitable society.



Conclusion

The Family Well-Being Department at Tungasuvvingat Inuit stands as a testament to our commitment to supporting the health and wellness of Inuit families in urban settings. Through our diverse programs, such as Arsaniq, Youth Life Promotion, Violence Against Women (VAW), and Ilagiiqatigiitsiarniq, we strive to provide a coordinated, community-based approach to service delivery.

Our holistic and culturally appropriate methods address the social determinants of health, ensuring that our initiatives are preventative and strength-based. Culture and identity are the cornerstones of our activities, providing a foundation that is both flexible and outcomes-focused. We recognize the importance of reconciliation, acknowledging past injustices, acting in the present, and looking toward a future of respect and understanding.

Each of our programs is designed to meet the unique needs of urban Inuit, ensuring that every individual feels understood and

cared for. This personalized approach improves outcomes and fosters a supportive and inclusive environment.

Together, we have made significant strides in delivering programs that respect our community's diverse needs. However, we recognize that the path forward requires continuous effort and adaptation. Addressing staff shortages and securing sustainable funding are top priorities, as these factors are critical to our ability to provide comprehensive services.

We aim to enhance program effectiveness through rigorous evaluation and community feedback, ensuring our activities remain culturally relevant and impactful. Expanding cultural and community engagement, strengthening partnerships, and embracing technology will further bolster our efforts.

Our advocacy will continue to raise awareness and drive systemic change, addressing the social health determinants affecting our community. Our unwavering commitment to reconciliation will guide all our initiatives, fostering a future where Inuit families thrive in a just and equitable society.

The Family Well-Being Department is dedicated to overcoming challenges and building on our successes, continually improving the health and wellness of urban Inuit families. With the support of our community, partners, and funders, we look forward to a future filled with hope, resilience, and cultural pride.





FOOD SECURITY PROGRAM

Our food security services are available to all Inuit community members – We distribute fresh fruit and vegetables, meats, dairy, pantry items, hygiene products, baby products and country food when available. Our services are offered at no cost, and Inuit can just drop in during our open hours.

Highlights of the year

New partners donate to Food Security Program; Khalsa Aid donate by-monthly, Giant Tiger donate clothing, OPP delivers to us, Rutabaga organic vegetables from

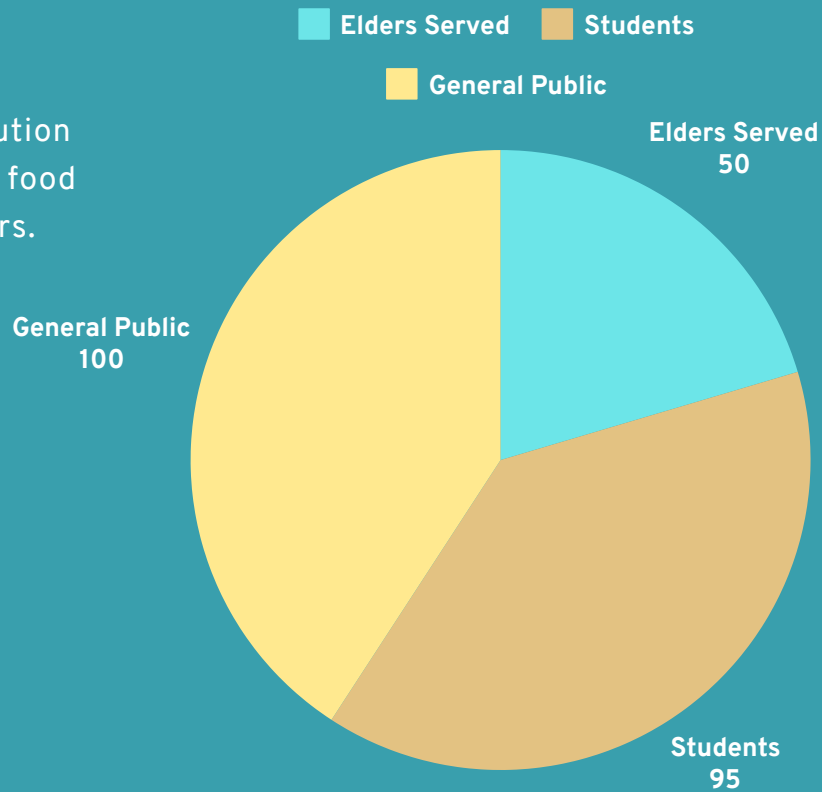
spring to early fall, Amazon return donations through Resolution Support Health Department. Nunavut MP Lori Idlout and staff volunteering.

“Thanks T.I., Billy Akavak so glad you run it!”

-From a community Elder

The Numbers

Food bank distribution biweekly, average food bank week numbers.



Challenges

We experienced a Country food shortage.

Funding Sources

OFIFC, CAA and private donations.

The Path Forward

Continued food distribution biweekly with help from different t.l. department..

Closing Remarks

Many thank you from the community members.



“Living under a bridge, I didn’t think it was possible to find a home, let alone this quick...”

– Housing First client

This year we faced several staff changes. It is especially difficult when we lose dedicated workers who have made countless impacts in the community. Mix in record-high rent costs plus scarce availability, and you are met with an overabundance of challenges.

Nonetheless, it’s a challenge we have accepted. One thing is for sure, there is no shortage of effort amongst Tungasuvvingat Inuit’s Housing Workers!





INDIAN RESIDENTIAL SCHOOLS PROGRAM

The IRS program aims to provide emotional support for Residential School survivors and their families. The reality of our program has expanded considerably over the years as we have offered emotional support through significant events, with three to four hundred people attending at a time to provide individualized emotional support to individuals in the Inuit community.

What worked?

The wraparound services offered by Tungasuvvingat Inuit meant we had internal events such as cancer care, housing, and

referrals from many of our programs. We were able to support them individually and in group or event venues. These events extended across the country. It has been very important for participants and clients to express their thoughts and feelings in Inuktitut.

We have worked successfully with the following programs:

- Allurianiq
- Employment & Education Culture
- Family Wellbeing offers the following programming:
- CAS/VAW Counsellor/Advocate, Canada Prenatal Program,

- Youth Promotion Community Action Program for Children
- Healing & Wellness
- IRS Programming
- Day Counselling
- Mamisarvik Healing Centre
- Research Cancer Program
- Child, Youth & Family Services
- Child First Initiative
- Pisiksik Justice Department
- Effective Programming Initiative Youth Justice
- Gladue Program
- Restorative Justice Program

Group Work

We delivered several bereavement groups within the community and at the Mamisarvik Healing Centre. Providing this level of support has been particularly important given the level of loss felt throughout the pandemic and the growing impact of the opioid crisis. The level of support gave the participants a chance to share and move through their grief. We provided support at Ikaarvik House regarding a check-in group, allowing the participants to talk about their week and challenges. In short, we could 'hold space' for those who needed to share. We anticipate more growth with our move to a more central location in 2024-25.

Capacity Building

The development of staff has been another successful aspect of 2023-24. In addition to the groups and support, we have been able to continue to build on skills in trauma, understanding addiction through SMART Recovery training, and more general mental health challenges that people are facing in their lives. Capacity building is significant as the demand from the Inuit community will increase.

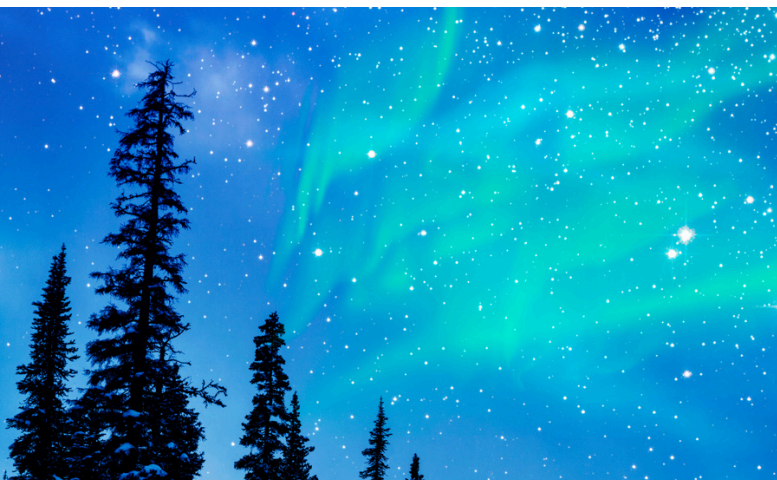
What were some of the challenges?

Reality of the Opioid Crisis

One of the challenges that we are facing is increasing opioid use, which has resulted in the loss of Inuit community members. The growing crisis has those facing homelessness hard. We can continue to provide emotional support within limits and connect people with the needed services. These challenges can be complex for such a small community as the staff are part of the community and, therefore, not insulated from the challenges. Self-care and pacing oneself are essential.

Travel and Events

In addition to the opioid and addiction challenges, we did a lot of traveling over the last year (the events were very positive) part of the work. It takes a little time to get our footing because the travel time and the events can be heavy and challenging, impacting the staff and taking time to decompress.



Group Work

Preparing for groups and hitting the right target market for groups can be difficult. Group work can be a bit of an art and science. We have delivered bereavement groups, which can be very challenging for people. Grief is particularly present now because of those lost during the pandemic and the prevalence of addiction impacting the community.

The work is heavy and challenging for people, and coming to a group after work or making time, even during the day, can be taxing. Over the five weeks, there will be many ups and downs. The last thing people want to do is talk about loss and some of the heaviness they carry, and at times, group retention can be difficult.

Staff Turnover

We had one individual leave this year, which has added to some of the challenges. We decided not to replace the individual straight away for the short term because of the lack of office space and potential challenges with a new individual working from home. This added some challenges, although we were able to cover them by using members of our counselling team.

Lessons Learned

The Reality of the Opioid Crisis

We must remind ourselves that we can only work within our realm of control. We can do our best to provide emotional

support and make referrals for treatment or other support for clients. Self-care is an important concept and essential in the context of being in the helping profession. Talking and debriefing about specific situations, doing some specific self-care activity, be it going for a walk, talking about the problem, and finding means of leaving other people's stories at work. One approach is to structure these themes into practice throughout the day.





Travel and Events

The events we attended are important, so we should build time to decompress when coming back from the trip. This might be a day before delving into the action of the week. Take some specific time to talk about the content of the event, what we learned, how we supported people, and what we need to feel supported.

Group Work

We can look at such ideas to determine readiness for some groups. Bereavement can be emotionally challenging, even when working through it in a peer support format. We can spend time working with clients well before the group begins, which should prepare people for their healing journey. Lastly, just having simple circles where people can come together and talk about their challenges of the week. A little bit of food and the ability for us to hold a safe space will go a long way.

Closing Remarks

2023-24 is a very successful year. We did a lot of excellent work over the last year. We had some success and some challenges. Our path continues to go forward, and we will need to adapt to some of the new realities. We have been able to provide some unique services, stay connected to the community, and build strength. We are evolving in terms of capacity and skill. We must also recognize that the Inuit community's challenges are not decreasing, and there is plenty to do moving forward.



INUIT CHILD FIRST INITIATIVE

In the past year, Tungasuvvingat's CFI program has made significant strides in providing essential supports to children and their families.

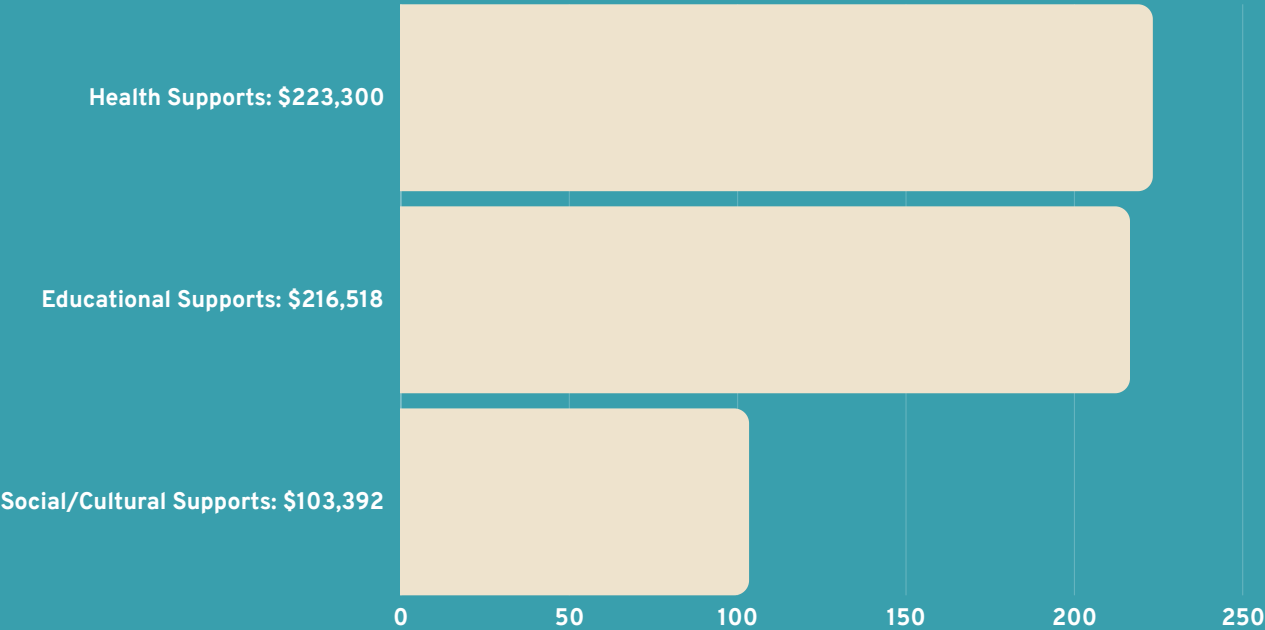
After responding to community needs, our efforts were really directed towards basic needs during the 23/24 fiscal year.

On top of focusing on applications to support health, educational, and social/cultural supports, we found ourselves applying to ISC for food security, and housing emergency supports more than ever before.

Despite facing notable challenges in financial processing, we have demonstrated our program's value and the critical need to continue supporting Inuit children and youth.

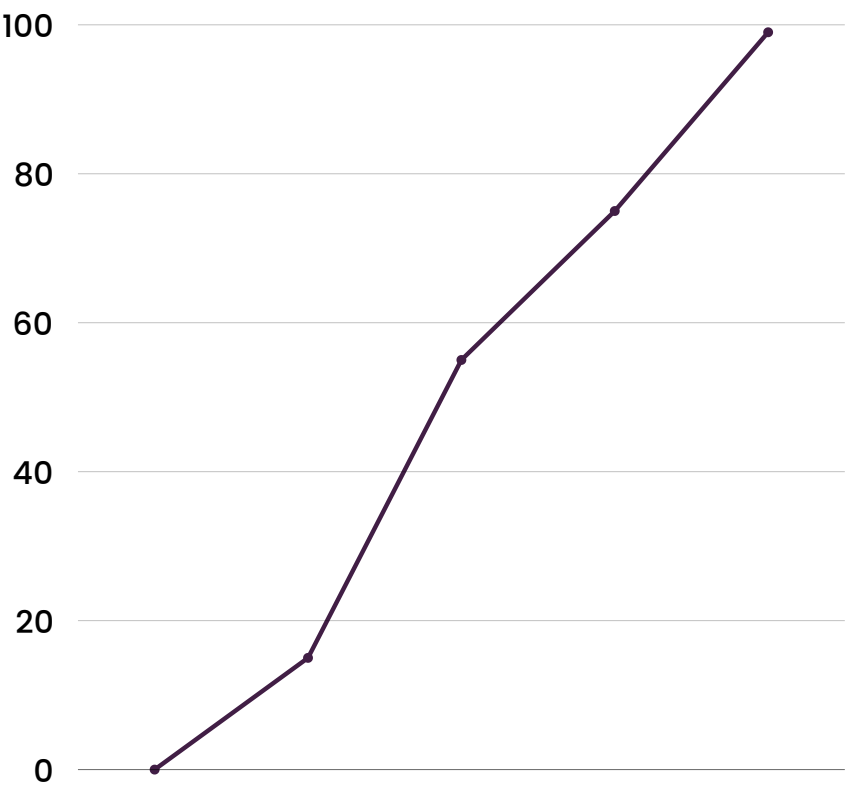
This report highlights our achievements, challenges, and objectives for the upcoming year, reinforcing the importance of sustaining Tungasuvvingat's CFI program.

Secured Funding:



SUPPORT PROVIDED:

Assisted 99 children and families, expanding outreach to previously unengaged households, reinforcing the program's commitment to inclusivity and community support.



Key Initiatives

Educational Assistance: Helped secure educational assistants for children in schools.

Basic Needs Support

Covered rent, food security, and other essential/basic needs.

Partnerships: Collaborated with Ikea, and other service providers across Ontario.

Expanded Reach

Connected with families we had not previously assisted, extending our support network.

Challenges Faced

Financial

Financial Processing: Difficulties in facilitating purchases and reimbursements to families after receiving approval letters.

Delay in accessing supports due to the lag between approval and availability of funds.

Funding Exceedance: Our program experienced a rapid depletion of our limited approved application funds due to several high costs supports being secured and approved by ISC. This led to an increased burden on TI's financial capacity and resources to support families adequately. We are thrilled to have received these approvals, but we must find solutions to service delivery.

Extended Approval Wait Times

Impact on Support Delivery: The long wait times for ISC approvals, and even case number assigning, significantly affected our ability to deliver timely support to families. Basic needs such as food, housing, and medical care often require immediate attention, and delays in approval exacerbate the urgency of these needs.

Comparison with Other Programs: Families frequently compare our wait times with those of other regions and First Nations ISC supports, creating frustration and dissatisfaction. This comparison underscores the disparity in the speed of support and highlights the need for more efficient processing.

Community Discontent: The extended wait times have led to increased frustration among families who are in urgent need of assistance. This frustration is often directed towards our staff, who must manage the expectations and dissatisfaction of those awaiting support.

Directing to Alternative Resources: During these delays, directing families to alternative resources such as food banks while they are in crisis is a challenging and emotionally taxing process for staff. It is difficult to manage the gap between the immediate needs of families and the support provided.

Decline in Coordination Efforts: Due to the increased workload focused on managing approved applications and related administrative tasks, our ability to effectively coordinate and deliver our service coordination objectives. We have continued to support direct services, but have struggled to obtain new engagement and meet in all four regions of Ontario as planned.

Compromised Support Quality: The reduced capacity for service coordination has impacted our ability to provide holistic and timely support. This decline in coordination efforts has affected our overall service delivery and the quality of service.

Impact on Service Coordination:

Decline in Coordination Efforts: Due to the increased workload focused on managing approved applications and related administrative tasks, our ability to effectively coordinate and deliver our service coordination objectives. We have continued to support direct services, but have struggled to obtain new engagement and meet in all four regions of Ontario as planned.

Compromised Support Quality: The reduced capacity for service coordination has impacted our ability to provide holistic and timely support. This decline in coordination efforts has affected our overall service delivery and the quality of support provided to families.

These challenges not only affect the effectiveness of our program but also strain our staff and impact the overall well-being of the families we aim to support. Addressing these issues is crucial for improving the delivery and effectiveness of our services.

Lessons Learned

Need for Efficient Financial Systems: The delay between approval and fund

availability created barriers for families. Streamlining financial processes and exploring faster disbursement methods are critical for our program's success.

Funding Adequacy: Our experience underscores the necessity of requesting adequate funding to match the demand for services. It highlights the importance of aligning resources with program needs to ensure sustainability.

Need for Additional Staff: One of the critical lessons learned this fiscal year is the pressing need for additional staffing to manage the demands of service delivery effectively. The workload associated with supporting families post-approval has proven to be more extensive than anticipated.

Complex Service Delivery: The amount of work involved in service delivery after approvals—ranging from internal finance tasks to preparing reimbursement forms for ISC—has far exceeded our initial expectations. The intricate nature of these tasks requires substantial time and effort to ensure accurate and timely processing. Our current, small team has struggled to keep up with the high volume of work. The demands of service delivery have highlighted a critical gap in our staffing levels, affecting our ability to manage workloads efficiently and provide timely support to families across Ontario.

Administrative Burden: The internal finance work and preparation of reimbursement forms are particularly time-consuming. This administrative burden has further strained our limited staff resources and impacted our overall efficiency.

The experience underscores the need to expand our team to enhance our capacity for managing the complexities of service delivery and administrative tasks. Additional staff would allow us to maintain high standards of support, reduce processing times, and better meet the needs of families.

Goals for the Upcoming Year

Enhance Financial Systems: Implement more efficient systems for processing and reimbursing funds to reduce delays and improve service delivery.

Increase Funding: Seek additional funding sources or increase current funding levels to better align with the demand to be able to facilitate purchasing and reimbursements of approved applications.

Expand Partnerships: Develop new partnerships and collaborations to broaden our support network and resources, covering gaps for basic needs when necessary.

Strengthen Outreach: Continue efforts to reach and assist families that have not been previously engaged, ensuring no family in need is left unsupported.

Monitor and Evaluate: Regularly assess program effectiveness and make data-driven adjustments to improve service delivery and impact.





ILLIPALIALISAAQNILUGU EARLYON CHILD AND FAMILY CENTRE

Illipalialisaaqnilugu EarlyON Child and Family Centre welcomes all Inuit families, and families with Inuit children ages 0-6 and siblings welcome. We offer programs, and supportive services to enhance child well-being, parent/caregiver bond(s), cultural knowledge, pride, and identity.

Our programs provide early years cultural activities & teachings, reading, storytelling, and circle time. Early Years provides a chance for families to connect with each other, and our Elders, as well as having an opportunity to access other Tungasuvvingat Inuit services and community resources.

Families can also receive support from our trained professionals in Early Childhood Development such as the Canada Pre-Natal and Nutrition Program (CPNP) and Community Action Program for Children (CAPC), as part of our partnership with the Public Health Agency of Canada.

All programs and services under Illipalialisaaqnilugu EarlyON are completely free of charge. We also provide food & bus tickets for participants.

Meet the Team:

- Wendy Rahman – Illipalialisaaqtilugu Manager
- Melinda Shambare – Early Years Program Coordinator
- Norma Ventura - CAPC Worker
- Diamond Angel-Garrett - Pre/Post Natal and Nutritional worker
- Felicia Tugak - Early Years Cultural Worker

Our Programs

Ullaakut- Every Wednesday; A collaborative CAPC/CPNP program where the community comes together for a nutritious breakfast, learning about various health supports, and resources, and connecting with community & culture.

Unnukut (Summer-Outdoor)- Every Monday; a fun, relaxed evening playgroup that promotes play, and other childhood milestones.

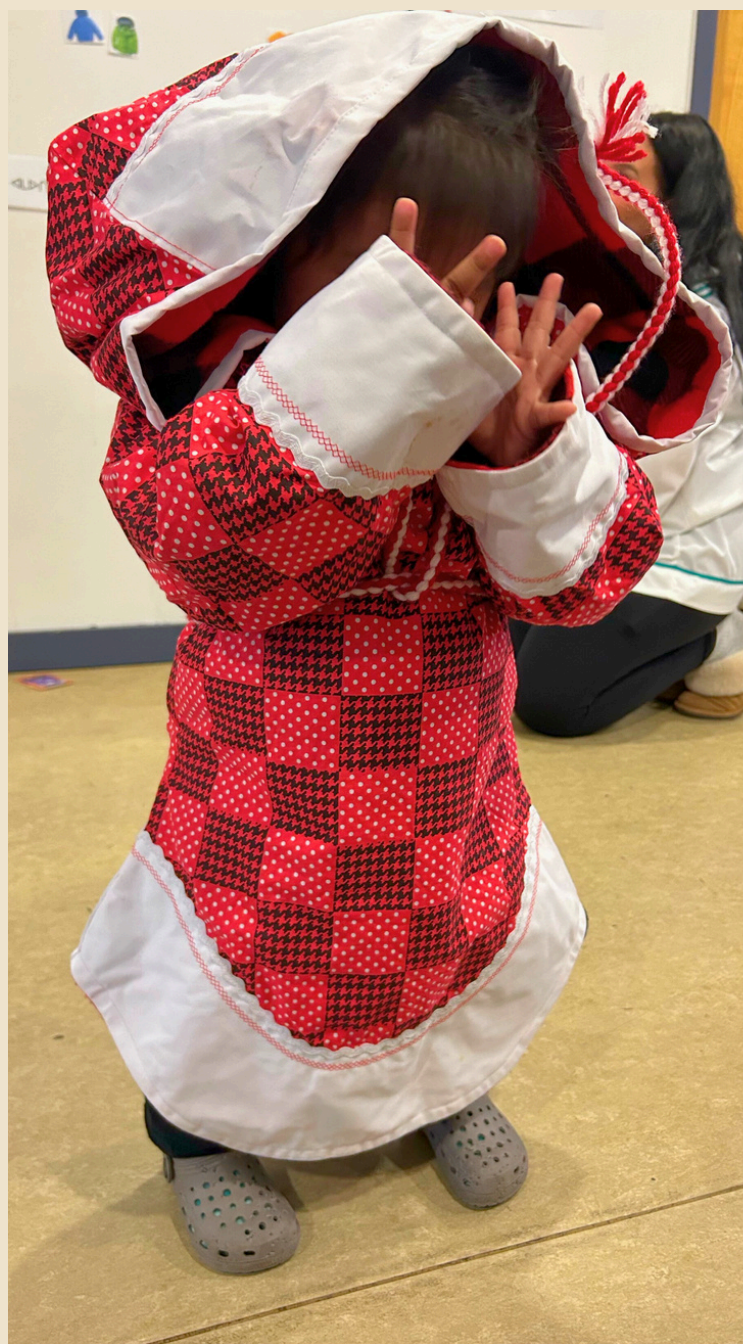
Unnukut (Fall/Winter) Every Monday; families are invited to come together to bond through cultural activities, enjoy traditional country food, and strengthen community connections and natural supports.

Atauttikkut Ilinniaqatgiiktugut (We are learning together as one) Program: A partnership with CHEO's First Words program, along with Inuktitut Literacy & Language Program (Early Years) for children learning or starting to speak Inuktitut 18mths-4 years old.

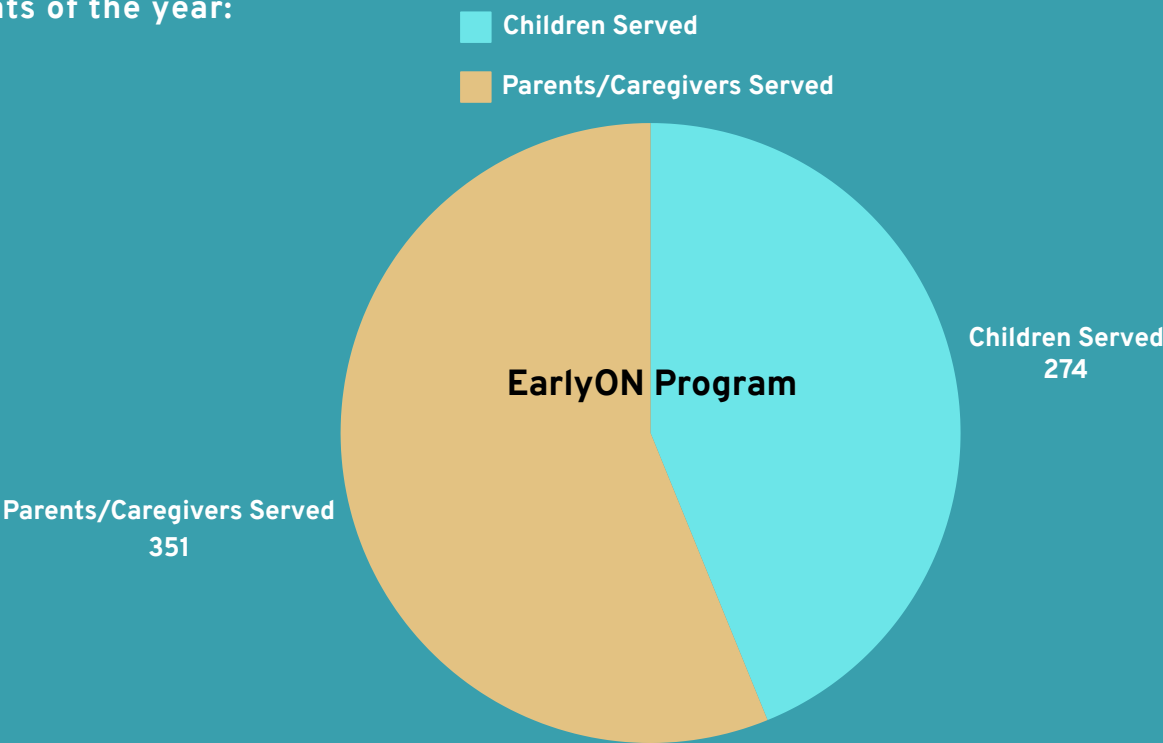
Illagiit- One Saturday a month; Family Time! Once a month families come together for games, crafts, cultural activities, and sharing in delicious country food!

Family Access visits: In partnership with the Kamatsiarniq program, we facilitate and support the process of family reunification in a safe holistic space, and following IQ Principles.

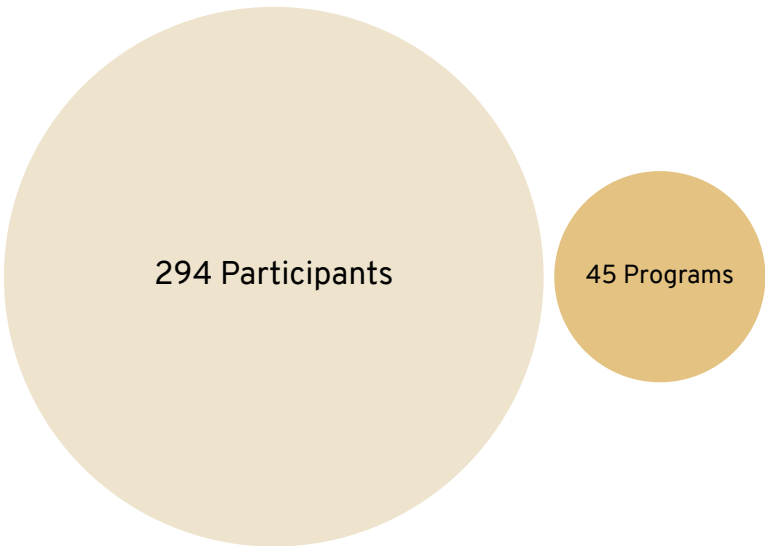
Community Events- Providing community togetherness and sharing of experiences with our families through community outings or special events.



Highlights of the year:



COMMUNITY ACTION PROGRAM
FOR CHILDREN (CAPC)



THE CANADA PRE-NATAL
PROGRAM (CPNP)



Early Years strives to maintain a strong united team, together we focus on developing a healthy and effective program.

Our Ullaakut program continues to grow and is one of our most accessed programs to date.

Another highlight was taking our families to Escapade Huskimo for a day of dog sledding, connecting to the land, sharing stories, and eating the most amazing country food! Although the weather did not permit us to have the full dog sledding experience but rather learn about the maple syrup production, the community said this was one of their favourite events and we look forward to making this an annual outing.

Additionally, the Illipalialisaaqtilugu team was seen supporting multiple TI events; National Indigenous People's Day (NIPD), Inuit Wellness Day, and Strawberry Picking. As well as collaborating with Inuuqatigiit for Inuit Day and taking part in the Resilience Day event with IEYC (Indigenous Early Years Circle).

Training

In April the Early Years team participated in Innunguinik Training and all staff received certification for the successful completion of the program. With this training, we can put more focus on aligning our programs and services with Inuit parenting values.

Funding Sources

We are thankful for the continuous support of our funders, The City of Ottawa, and the Public Health Agency of Canada. Without their support, we would not be able to deliver programs and services to the community.

Through our funding, we can support program supplies, food, newborn kits, cultural kits, workshops, one-on-one services, and access visits.





The Path Forward

With a solidified vision that is guided by the IQ Principles, we are excited for the future. We aim to recruit and build capacity with community members who are passionate about the Early Years sector and who are dedicated to supporting Early Childhood Development and supporting families.

We are committed to enhancing community engagement through increased events while also ensuring that as we move forward with all our programs, there is a strong connection to language and culture. This is the focus of the upcoming year.

Additionally, we are looking to bring in new community partners that will support the growth of the Early Years programs and help create resources for the community to access. We have received a lot of feedback from the community about the challenges of finding childcare, respite support, and support during school breaks. These points have been a pressing concern for our team. We are currently seeking solutions for these much-needed services in the near future.

Closing Remarks

We are thankful to all the families who come and support our programs, and who are committed to seeing the Inuit community thrive. We are grateful for all the wonderful support we receive from our Leadership team, and most importantly for the hard work of our dedicated Early Years team. It is an honour to be a part of our family's journey, and we remain committed to ensuring that our families receive the supports they need.





KAMATSIARNIQ PROGRAM

The Kamatsiarniq Program at Tungasuvvingat Inuit works with children, youth and families involved in child welfare. ITK has authorized Tungasuvvingat Inuit, specifically the Kamatsiarniq Program, to serve as the Inuit Representative for Inuit living in Ontario with respect to matters under the Child, Youth and Family Services Act.

Our vision is for all Inuit children and youth in Ontario to grow up thriving in the care of their family and community with a strong sense of cultural identity. Our programs strive to achieve this vision through all of our programs.

Since the Kamatsiarniq Program started, there has been a total of 1205 notifications received from 26 Child Welfare Agencies across Ontario. In 2023 the team supported:

- 654 children, youth and adults involved in child welfare.
- Assisted over 15 youth leaving care.
- Provided 22 children/youth cultural programming through our Sailliqatiginig group.

- Supported over 26 children, youth and families through our Prevention Focused Community Care Program.
- Provided court support to 37 families.
- Completed more than 70 internal referrals to TI programs.
- Completed over 50 external referrals to community partners.
- Assisted 98 families in completing applications for CFI, birth certificates and beneficiary status.

A critical component of this team is the coordination and documentation of the notification inbox. Jennifer Switzer has held this role since the program began and has worked at TI for 9yrs. At the beginning she received less than 6 notifications in one month. Today she can receive 6 notifications a day!

In addition to this Jennifer is also responsible for providing presentations to child welfare agencies and community partners across Ontario and can be seen speaking to lawyers, child well-being advocates, teachers, parents, grandparents and colleagues. Jen's skilled at communicating with clients and being able to provide excellent guidance and support not only to them, but also her team. Thank you, Jen, for everything that you do. Your commitment and dedication to this team, community, and your role is appreciated.

Kamatsiarniq Direct Services

The Kamatsiarniq team continues to recognize the importance of and commitment to connecting children, youth and families to their Inuit culture and community. In our efforts to ensure this happens and to offer support to Inuit Artists, we continue to provide our families access to cultural packages. These packages consist of items purchased from local and province wide Inuit artists.

These include self-care products such as skin care, clothing, jewelry, children's toys and crafts, educational material, language CDs and books. This year we partnered with Elders at Embassy and purchased from them art, drawings, sewing and crafts. In addition to this, the CYC worker maintains a cupboard full of emergency supplies for youth and adults.

"Thank you soooo much for this amazing order. You'll be helping 2 other Inuit artists with this order as I'll be purchasing their artwork as part of my materials 🥰 My daughter Megan Kyak-Monteith and Barbara Akoak. We all live in NS. I wanted to pay it forward, thank you for supporting Inuit artists! "❤️

As our program continues to grow and expand, we remain committed to upholding connections and reconnecting children, youth and families to their community and culture. In our attempt to achieve this, we have supported 98 families in completing applications to CFI, birth certificates and to become beneficiaries with their associated land claim region.

Further to this and in collaboration with Early Years, Family Well-being and Culture, we facilitated 4 Ilakkalu Ikarrvut drop-ins. This program offered families the opportunity to take part in cultural activities such as beading, carving and throat singing, while enjoying some country food and connecting to others.

Our program is able offer these additional services and programs due to the commitment and dedication of our staff. The Kamatsiarniq program has a team who believes in the work that they do and who are passionate about ensuring the Inuit community is supported and their

rights are upheld. Maggie Barnes, Simone Bedford and Dakota Whiteduck take every opportunity to work closely with families and provide support and guidance as families navigate very stressful times in their life. Their skills, compassion, dedication and determination fuel their abilities to meet the needs of community and to continue to advocate for systemic changes within the child welfare system. We are proud of their ongoing commitment to this work and to the community they serve. Thank you, Maggie, Simone and Dakota, for all that you do for children, youth and families.

No team is possible without the leadership of their Manager. Faiza Ahmad is the Manager of Direct Services within the Kamatsiarniq Program. Since she joined the team Faiza has proven to be a caring and loyal manager who will do anything for her team. Faiza is skilled at providing frontline support and supervision. She is passionate and dedicated to leading her team and striving for success. We are proud of her and appreciate the support and guidance that she provides the team every day. Thank you Faiza for all that you do.



Kamatsiarniq Initiatives

Kamatsiarniq Initiatives, within the Kamatsiarniq Program, is responsible for the development and implementation of child and youth policies and programming, cultural sensitivity training, cultural advisor, sapujjijuit, prevention, developing MOUs and protocol agreements, building partnerships with community and community partners, and collaborating with ITK and the LCOs. In addition to this, the Initiatives team is always partnering with programs and external services to provide cultural training and support to children, youth and families. If there is a new initiative or idea, we want to hear about it and if we can, we will be a part of it.

The Kamatsiarniq Program would like to express gratitude to Melissa Pfeil who stepped into this new role and for her leadership. Melissa's guidance, support, and innovation has been invaluable to this program. Melissa has tirelessly worked to build new partnerships, advocate with community, child welfare agencies, Land Claim Organizations, Provincial, and Federal governments. Her experience and commitment to this work will undoubtedly bring the Inuit community much needed advocacy, programs and services. Thank you, Melissa, for your hard work and dedication.

Prevention Focused Community Care Program

For the past two years the Prevention Focused Community Care funding has

been utilized to support Inuit children, youth and families experiencing difficulties. The funds for this project are to be accessed when working with families who are at risk of becoming involved with child welfare agencies and cannot be utilized if there is a protection case open.

In 2023 our prevention worker Nora Campos-Bustamante supported over 26 children, youth and families. Through this funding Nora was able to support family members and community members to care for children by supporting the child's needs, to offer transportation and support respite/childcare services.

Nora was also able to support two customary adoptions. Having access to quick funding in situations where there is an immediate need and ability to mitigate CAS involvement is one of the greatest impacts on delivering front-line services. Each of the families who Nora has been able to support have expressed gratitude and relief that this was an option available to support their family and deter CAS involvement. Building relationships is key to this role and Nora has done an amazing job at this. Nora's compassion, understanding, ability to listen and properly respond to situations has enabled her to support families and utilize these funds as efficiently as possible.

Thank you Nora for all of your hard work and dedication. We appreciate all that you do for the Kamatsiarniq Program and most importantly the community. The Kamatsiarniq Team is honoured to be able to provide the prevention program to the community.

In 2023 the team supported:

Total: 654
children, youth
and adults
involved in child
welfare.

Prevention Focused Community Care - 26 children/youth/families

Assisted 15 Youth Leaving Care

22 Children/Youth Cultural Programming

Court Support to 37 Families



INUIT CULTURAL SENSITIVITY TRAINING



Upcoming Trainings

- March 20th
- April 3rd
- April 17th
- May 1st
- May 15th
- May 29th

From 9am-1pm EDT

Facilitated by
Tauni Sheldon and
Sandra Thibaudeau

Tungasuvvingat Inuit is pleased to invite you to participate in Inuit Cultural Sensitivity Training for service providers who work with Inuit children, youth, and families in Ontario.

Register through Eventbrite!
Tickets: \$81.21 each

This event will be delivered through Zoom. The event link will be sent by email to registered participants.

Questions? Contact ilinniapaa@tiontario.ca

<https://www.eventbrite.ca/e/inuit-cultural-sensitivity-training-tickets-608614782197>



Sapujjijuit

Inuit Foster Parent Training Pilot Program



spring | 2023

Sapujjijuit Program

The Sapujjijuit Program was developed by Inuit for Inuit, grounded in the principles of Inuit Qaujimajatuqangit and Inunnguiniq. The goal of this program is to increase the number of Inuit family and community placements for Inuit children and youth who are unable to remain with their family. Additionally, the goal is to have this assessment model approved by the Ministry and utilized to assess any caregiver who wishes to provide a placement to an Inuit child or youth.

The pilot project took place from May 2023-December 2023. The evaluation of the project was also completed from March 2023 – March 2024. A full written report has also been completed and submitted to the Ministry for their review. In total 12 participants took part in the pilot project and provided valuable insight into the process of the assessment, standards and expectations. The project experienced great success!

From the evaluation and based on the feedback from the Ministry, we are now in the process of submitting another proposal to continue this project. Our next steps will be to submit the proposal and in doing so, complete a second pilot. The hope is that this will take place in 2025.

Cultural Sensitivity Training

We continue to build meaningful and beneficial relationships with the community and partners. Through these relationships, the team is beginning to be recognized, appreciated and sought after to provide cultural training at conferences

and agency training events throughout the year. This year the training team:

- Facilitated over 30 Cultural Sensitivity Training sessions and to over 1600 participants from across Ontario who work directly with Inuit.
- Sandra Thibaudeau and Tauni Sheldon were asked to facilitate our Cultural Sensitivity workshop at the Indigenous Child and Family Well-being Conference.
- Sandra Thibaudeau and Aalpi Kumarluk, facilitated a workshop together on Inuit history, Inuit drum dancing and Inuit country food at the Healing of Seven Generations Kind Mind Family Wellness conference for youth.



Sandra Thibaudeau and Tauni Sheldon co-facilitated the Cultural Sensitivity Training. Together they presented this training to individuals across Ontario and from different services and fields of practice. The feedback from these training courses has been invaluable.

- *"I have learned how to be an ally and to walk beside people."*
- *"I now have a deeper appreciation and understanding of Inuit culture!"*
- *"There was so much valuable information and knowledge shared. Both Sandra and Tauni were fantastic presenters."*
- *"All the cultural insight provided will help me better support Inuit people."*
- *"I now understand that Inuit clients I work with might communicate in a way that is new and foreign to me is so important. To be patient, ask questions, and be aware of facial language was something I was not aware of until now. Thank you."*



From all of the feedback received, 88% indicated that the training enhanced their knowledge of Inuit history, culture, traditions and practices.

During 2023 we were able to secure some additional funds that could be utilized in providing additional cultural training. We were very excited about this and right away contacted Akiani Consulting.

Akiani Consulting, Kevin and Mary Qamaniq-Mason, bring their experience as Inuit Foster-Cares into their work, by facilitating Cultural Competency Training. The Kamatsiarniq Program partnered with Akiani Consulting to facilitate additional training for service providers. Over the year, Akiani was able to facilitate five training workshops for foster carers and CAS workers.

2023 was a very good year for the training team as we were successful in securing funding for two training and education positions. These have been filled by Sandra Thibaudeau and Katia d-Argencourt.

Building upon our existing training, Sandra and Katia will have the opportunity to develop additional training that will be delivered to health care professionals, foster parents, CAS workers, police officers, and teachers. Since the inception of Kamatsiarniq, the team has been aware of the importance of having dedicated roles for training and education. We are thrilled that we have been able to secure this funding and cannot wait to see all the amazing work that Sandra and Katia are going to do.

This is critical to building cultural awareness and capacity among service providers and those who have the honour and privilege to

serve and support Inuit children, youth, and families. We are so very honoured to have the opportunity to support Sandra and Katia in this endeavour.

Cultural Advisor

The Kamatsiarniq Team understands the importance of and is committed to ensuring that culture is foundational to everything that we do. For that reason, it was imperative for us to have a cultural advisor guiding and leading our work. When additional funding is not available, we must become creative, flexible and able to adapt to our circumstances. This year the Kamatsiarniq Team was able to utilize existing positions to better meet the needs of the children, youth and families we support. One example of this was Tauni Sheldon transitioning from her case manager position to Cultural Advisor for the Kamatsiarniq Program.

Tauni is a valued member of our team, and we are very proud of all her accomplishments. Throughout the year Tauni has contributed to the development and implementation of our Cultural Safety Plan, has co-facilitated our Cultural Sensitivity Training, sat on 10 Ministry Tech tables for the child welfare redesign, prevention, and youth justice.

Tauni also provides our team with cultural consultations, advice and support. In addition, Tauni was recognized for her advocacy work and contribution to child welfare work with Family and Children's Services of Guelph and Wellington County. Congratulations Tauni!

Children and Youth Are The Future

Since the beginning of 2023, the Kamatsiarniq Team has been actively working with Algonquin College in mentoring and supporting Child and Youth and Social Service Worker students. Through this partnership and collaboration, our team has mentored four students from these programs.

In addition to this, our team was also able to secure a partnership through the Community Service Learning Program at Algonquin College. This collaboration has presented our team with the opportunity to work with three child and youth classes over the course of three years.

During these partnerships, the students have worked with our team to discuss ways in which they can increase awareness and resources for the children, youth and families we serve. In the fall of 2023, the classes we partnered with, decided to run fundraising events to promote awareness of TI and our program, as well as raise funds for cultural supplies and



resources. This was a huge success which resulted in our team receiving a donation of over \$2000.00. These funds went directly to purchasing cultural materials and supplies for programming and to provide to families.

It's All About Team Development and Self-Care!

Through all this incredible work, the Kamatsiarniq Team was also able to take part in a team retreat. This presented us with the opportunity to facilitate discussions around what we have accomplished, what we still want to accomplish, as well as areas where the team would like to grow and develop further. These opportunities to connect and build our relationships are extremely important.

We acknowledge that we work within an agency that supports and encourages us to take time to reconnect with one another and refill our buckets with love and appreciation. By doing so, we can continue to show up to work each day loving what we do, but more importantly who we do it for! And along the way we

develop new healthy habits....such as facials! Yes, it has become our thing even though some of us may still fight it.

Final Thoughts For 2023

2023 was a very successful year for the Kamatsiarniq Program. We are thrilled at all we were able to accomplish and look forward to the upcoming year. Within TI there is lots to look forward to.

Our upcoming move is going to be just what our team needs to push forward and continue to build partnerships and provide excellent services to our community. The new strategic plan could not have come together at a better time. With this Strat plan, the Kamatsiarniq Program is positioned to review and improve our existing programming.

In doing so, using the Strat plan to guide and structure our team to meet the goals and objectives set forth by our executive. This will encourage our team and provide clarity in our next steps and make sound decisions in further developing our program.

The Kamatsiarniq Program is excited for our future and appreciative of the opportunity to work for an organization that is undoubtedly going to become a centre of excellence. We cannot wait to see all the amazing things Tungasuvvingat Inuit accomplishes in this upcoming year!





MAMISARVIK

Mamisarvik Healing Centre is an Inuit-specific, not-for-profit healing centre for Inuit who are looking to address substance-use and/or trauma for Inuit 18 years and older. We offer a comprehensive program grounded in Inuit culture which includes group therapy and individual counselling. Our program offers a safe space and structured program for Inuit to address life challenges and access wrap-around services to support them on their healing journey.

Our team consists of a Director of Healing and Wellness, Treatment Manager, Community Service Worker (CSW)

Supervisor, Operations Supervisor (who is responsible for logistic and maintenance of our facility, 4 counsellors, Intake and Assessment Coordinator, Food Service Coordinator, and a team of 10 Community Service Workers. Our staff are very dedicated to supporting the community.

Staff received training in Motivational Interviewing, Inuit Cultural Safety Training, Smart Recovery and staff were given the opportunity to visit the north to become familiar with Inuit culture and barriers faced by Inuit. It was a honour to witness the team come together and experience traditional practices like picking berries, going fishing,

spending time with a knowledge keeper, and most importantly networking with service providers in the north. This trip allowed us to build connection with that Homeless Outreach Team in Nunavut to assist in the repatriation of Nunavummiut to return back home when faced with homeless in the south.

From April 1st, 2023, to March 31st, 2024 a total of 68 individuals registered to our programs and 38 successfully completed the program. During this period Mamisarvik ran two residential cycles and a total of three-day programs that ran for a 6 week period.

Our day programming allowed us to work with community members who were unable to attend residential program or who were curious about accessing support to address substance use and trauma. Engagement on day programming was very high.

Challenges

Mamisarvik faced some barriers in finding more staff to ensure the consistent operations of Residential programming as there was staff turnover. This did impact the ability to operate residential programs and a decision to run day programming was made to ensure that the community was able to seek some support from Mamisarvik.

We are happy to say that we are adequately staffed now and are able to operate residential cycles once again. Mamisarvik is still very dedicated to provide the community with the very best

programming and care. We will continue to offer programs and ensure our staff are trained in the fields in mental health and addictions and most importantly culture.





"Our project is entirely community led. We have been fortunate to be given space to engage with the community and learn from them, using these learnings and insights in the work that we do every day. We hope to continue to positively impact the cancer health outcomes of Inuit through health education, community events and wellness supports."

- Cancer Care Team

ONTARIO INUIT CANCER PROGRAM

The Ontario Inuit Cancer Program (OICP) is a community driven initiative aimed at addressing cancer related health disparities between Urban Inuit and the broader population. This is a project that is funded and supported through Canadian Partnership Against Cancer. The project offers extensive support to the community through cancer prevention, screening, system navigation and health programming efforts.

The program is managed by Felicia Adelaja (Manager), with support from Rachel

Nungnik (Coordinator) a new addition to the team, and Jemimah Thomas (Coordinator).

The cancer program has made significant strides in addressing the unique cancer care needs of the Inuit population in Ontario throughout 2023-2024. We have continued to offer Inuit-specific smoking cessation support to the community, cancer prevention and screening workshops, and navigation supports in Ottawa as well as in Toronto.

Highlights of the Year

Taking Steps Together III

The Cancer Program organized the third Taking Steps Together event as a significant milestone to create space for conversations to advance culturally safe care for Inuit. The theme of the event was “Cancer Care the Inuit Way”, emphasizing the significance of centering culture into cancer care.

Held at the Centre Pauline-Charron in Vanier, the event saw a significant number of participants within Ontario, demonstrating widespread interest and engagement. A total of 68 community members attended the event in-person, and 36 representatives from various organizations. Additionally, the Facebook live stream garnered substantial interest with approximately 2.9k views reaching as far as Nunavut.

The event featured panel discussion with Elders, keynote experts from The Ottawa Hospital, Janet Jull, captivating cultural performances including throat signing, drum dancing and Inuit games by the Nunavut Sivuniksavut (NS) team. Interactive roundtable discussions provided a platform for the voices of the community to be heard, where they could speak on the importance of culture, allowing organizational partners to gain insights into gaps in care and where they could potentially fit in.



"It felt so good to see so many Inuit community members from Ottawa and other parts of Canada talk and express how they were feeling and to share their thoughts and ideas. It was so nice to see so many Inuit here today."

-Joyce Ford

"Since you came to Toronto, I have taken steps to get healthier. I event had my pap test less than 2 months ago."

- Community Member

Healing & Togetherness

On February 23rd, the cancer program hosted an event centered around healing and togetherness. This gathering brought together 90 community members from Ottawa and Toronto. The event integrated art as the main focus, offering attendees the chance to draw or paint as a means of expressing their emotions and processing their experiences with cancer. During the event, a community member rang the bell to announce she was cancer free, this was a very touching moment for all that had gathered!

7th Inuit Wellness Day

On June 28th, 2024, the cancer program hosted the 7th Inuit Wellness Day, an event dedicated to raising awareness about the services, programs, and resources available to the Inuit community in Ottawa. A total of 78 community members attended, with 11 organizations (e.g. Ottawa Cancer Foundation, Ottawa Art Gallery, TI departments) hosting interactive booths. Attendees left with valuable knowledge, information, numerous prizes donated by the organization, laughter and full stomachs.



New OICP Programming

Tea & Talk at Larga Baffin

Twice a month, the cancer program visits patients at Larga Baffin to provide smoking cessation supports, while also offering an opportunity to gather, enjoy coffee, share country food and snacks.

Wellness Series

The cancer program has also started a wellness series, that runs every 2 weeks at the Savard Food bank building. During this time, various different topic such as integrating IQ principles for healthy living lifestyle, and educational workshops, as well as lots of fun and games.

The “Elders Active Living” sessions were also organized in collaboration with the Ottawa Cancer Foundation. This series includes mindful meditation, and chair Zumba aiming to promote physical and mental well-being.

Challenges

While the OICP made substantial progress, the program also faced challenges:

Timing: Identifying convenient timing for community workshops and events proved to be a challenge for the team. Balancing the need for participation with respect for personal schedules required careful consideration and adjustments. To ensure the programming did not interfere with personal schedules, feedback on the most convenient times for workshop were gathered from the community.

Cultural Sensitivity Training: There were difficulties in implementing cultural sensitivity training for healthcare providers. Some challenges included ensuring the training materials accurately reflected the community’s cultural values and practices, and that healthcare providers fully understood and integrated the cultural and safety into their care. To address these challenges, the cancer team has been in communication with the culture department to revise and enhance the cultural materials, ensuring that healthcare providers gain a comprehensive understanding of Inuit culture and practices.

Conclusion

Through the support from the community, the Ontario Inuit Cancer Program has made meaningful progress in addressing the cancer care needs of the Inuit Population in Ontario. As a result of continued collaboration, community engagement, and a commitment to culturally safe care, the program is well-positioned to build on its success and further contribute to the health and well-being of Inuit.





OPERATIONS & COMMUNICATIONS

Meet the Team

Director of Operations, Chris Cousins
Manager of Operations, Bobby Eelee
Operations Assistant, Rob Grace
Manager of Communications, Eleanor Partridge
Communications Assistant, Qalapik Onalik-Degrasse
Reception, Susie Onalik

TI has leased a new office in the heart of Vanier for most staff and programming.

Relocating Mamisarvik Healing Centre to 1071 Richmond Road.

With the merging of programs to 282 Dupuis early 2025 Operations will be able to provide faster service and support for the various programs.

The Operations team has been a key force behind locating a new building for Tungasuvvingat Inuit and will continue to support programs as we start to transition into our new space.

Communications has hired a new Communications Assistant and continues to work to support programs. Implementing communication strategies to achieve TI's goals.



PISIJSIK JUSTICE DEPARTMENT

PJD provides support for Inuit clients in contact with the criminal justice system, those at high risk of entering the system, or have previously had contact with the system. Culturally relevant and appropriate approaches are observed, utilizing the 8 guiding principles of Inuit Qaujimajatuqangit (IQ) to reduce the number of Inuit clients from entering or re-entering the system. The ultimate goal is resiliency, healing and wellness to ensure Inuit maintain healthy and productive lives.

Restorative Justice Program

The Restorative Justice Program instills TI's commitment to Inuit Qaujimajatuqangit, the Truth and Reconciliation Commission's findings, and the UN Declaration on the Rights of Indigenous Peoples' (UNDRIP) requests to address the rights of Indigenous people while navigating the legal system. It provides Inuit more access to cultural practices and supports while addressing wrongs they may have done and allow for a

mutual healing process that preserves cultural integrity and supports community-based healing.

Restorative justice is about solving problems, working on relationships, and healing. Instead of just giving a punishment, people talk about what happened, how it made them feel, and then work together to find an answer that makes everyone feel better. It's about understanding each other and finding a fair way to fix things.

The Restorative Justice Program would not be possible without the Ikajuriallattiit Restorative Justice Committee (IRJC). IRJC is made up of a group of people in Ottawa who volunteer their time to make sure Inuit have the chance to deal with conflict following the 8 guiding principles of Inuit Qaujimajatuqangit. They are also facilitators for the program. A facilitator is someone who makes it easier for people to talk about what happened, what led up to the charge, and how to move forward. In January of this year, the restorative justice team co-conducted training for new facilitators as referrals were quickly increasing.

The IRJC and restorative justice team has now successfully completed numerous diversion cases. The Restorative Justice Program connects clients to Inuit-specific programs, services, and support that work towards healing and breaking the cycle of incarceration. The success of post-charge diversion led to the recognition of the need to apply restorative justice principles prior to charges being laid. TI is now pleased to announce the

approval of a landmark agreement with the Ottawa Police Service (OPS), in collaboration with Elizabeth Fry Society, the first of its kind in Southern Canada. The agreement is aimed at diverting Inuit at the pre-charge phase, from the mainstream justice system into a community-based Restorative Justice Program. This innovative initiative offers life-changing impacts for Inuit who might otherwise face the long-term consequences of criminal convictions and criminal records. This pre-charge diversion program is complementary to the already existing post-charge diversion.

The restorative justice team developed a presentation and training on Inuit traditional way of life, colonization, contemporary issues, resilience, and culturally appropriate restorative justice practices. Since then, they have presented in Vancouver, Calgary, Carleton University, the Ottawa Courthouse, Justice of the Peace, the Ottawa Police Service, virtual events, and are scheduled to have more upcoming this year.

“The Restorative Justice Program is going well. I like the program. It is better than going through the court system. I enjoy the programming that is in my agreement. I go to a healing circle, and I enjoy volunteering in the community.”

– Restorative Justice Client

“Through the existing post-charge diversion referrals from the Crown, the Ikajuriallattiit Restorative Justice Committee has provided invaluable support to some members of the Ottawa Inuit community that have found themselves in conflict with the law. We are committed to advancing our mission through the new pre-charge agreement in collaboration with the Elizabeth Fry Society of Ottawa and the Ottawa Police Service, ensuring the continued promotion of Inuit societal values including Ikajuqtigiinni, or working together for a common cause. We are grateful for this opportunity to continue empowering our Inuit community to develop strategies and initiatives that are self-determined during the pre-charge phase. Nakurmiik!”

– Nikkutai Folger, Ikajuriallattiit Restorative Justice Committee Chair

Gladue Program

The Gladue program writes Gladue Reports for individuals facing criminal matters.

What is Gladue?

Section 718.2 (e) of the Criminal Code of Canada highlights the unique circumstances of Aboriginal offenders, First Nation, Metis or Inuit have the right to have their Gladue Factors considered when they are being sentenced for a criminal matter. A Gladue report tells the unique story of the individual for the judge to consider while deciding the penalty that will be imposed.

Essentially, a Gladue writer meets and speaks with clients facing matters before the courts. During these meetings (virtual, via phone or in-person) they discuss all elements of their life including childhood, family, substance use, education, work experience, etc.

This is all compiled into a report that outlines the historic and current Gladue factors, or factors in their life that may have resulted in them before the courts in the first place.

Through this report, alternatives to incarceration are discussed and then considered by the judge, crown and defence in an attempt to end the overrepresentation of Indigenous people in Canada’s judicial system.

The Gladue program is currently staffed with 1 of 2 writers.

Highlights of the year (Gladue cont'd)

Many of the clients have received a reduced sentence due to the factors outlined in their reports. This has led to an increase in the courts seeking alternatives to incarceration such as treatment at Mamisarvik, probation or time-served sentences.

The Numbers: Since January 2024 the Gladue team has had 9 male clients and 3 female clients.

The Path Forward

Moving forward, the Gladue program wishes to continue providing detailed, informative reports to the courts.

Funding Sources: Ministry of the Attorney General

Conclusion

It is vital that all community members are aware of their legal right to have their Gladue factors considered before the courts.

Legal Support Program

The legal support program (LSP) provides direct support to those involved with the legal system by accompanying clients to court dates and meetings as well as making referrals to internal and external programs and resources. The legal support navigators ensure clients gain access to legal information, legal aid, language

translation/interpretation (Inuktitut-English/French) and advocacy. Navigators are accountable for determining the needs of client through intake, coordinating appointments, and individualized supports. Navigators maintain client case files and track all referrals made outside of TI.

Navigators provide access to culturally relevant programs and service for Inuit involved with the legal system including clients, families, community members and key stakeholders.

The program also develops general information sessions for the community and stakeholders in the justice system. Navigators build and maintain partnerships with indigenous and non-indigenous agencies within the legal system and outside of the legal system to coordinator supports for the client to help meet their needs and goals.



Highlights of the Year (LSP)

The legal support program established a Housing Law and Tenant's Rights legal clinic in partnership with Community Legal Services Ottawa which provides access to legal advice for our clients facing housing issues. The clinic occurs once every month.

The legal support program helped in organizing a pride event in partnership with Inuuqatigiit, Tungasuvvingat Inuit and Odawa Friendship Centre. The event was very successful and many LGBTQIA2S+ youth attended. The event also showcased several performers including throat singers and traditionally drumming.

The legal support program continued to be involved with the Indigenous People's Court and maintains a presence in court when it is open, every Tuesday and Thursday afternoon.

During the past year, the legal support program also organized several info-sessions in partnership with Carleton Community Legal Association Reconciliation Subcommittee to provide updates regarding the Record Suspension Program.

Numbers

Over the past year, the legal support program has provided direct services to over 60 clients. Services included navigation through the legal system, referrals to other services, assistance with legal aid, advocacy, and support during

court processes. Many clients were directly supported by the coordinator as the system navigation service was closed from November 2023 to January 2024 due to lack of staff. Since then, the navigation service has provided direct services to roughly 30 clients.

Challenges

The main challenges the legal support program faced during this year was a difficult partnership between Tungasuvvingat Inuit and Inuuqatigiit Centre. Given that the legal support program is a partnership between the two organizations, this can cause a challenging dynamic. The two organizations do not meet regularly and there is a lack of guidance for the program, which inhibits the programs ability to grow. Additionally, both organizations have different policies, making communication and sharing of information between the two organizations difficult. During this year, two meetings were organized between both organizations to discuss the direction of the program. Additionally, Inuuqatigiit's involvement with this program poses challenges as Inuuqatigiit does not have a history with justice programs and does not typically serve adults, which are the main population the legal support program serves.

The legal support program also struggles with team turn-over. The program has never been at full capacity and over the past year, the coordinator was the main staff of this program, with high turnover of the navigator positions. The program currently has 2 of 3 positions filled.

Probation Program

Probation is a court-ordered program enabling offenders to serve their sentence within the community under specific conditions. It can be imposed as a standalone sentence or following a custody or community sentence. Offenders must adhere to the conditions outlined in their probation order, which may include regular check-ins and other requirements aimed at rehabilitation and public safety.

Highlights of the Year

- Pisiksik Justice Department Staff attended the Alberta Restorative Justice Conference in Calgary, Alberta in November 2023.

The Numbers

12 new referrals received from the Ottawa Probation Office since last year, with 6 clients having completed their probation orders. Currently, there are 15 active files, with a maximum capacity of 20 clients.

Challenges

Maintaining contact with clients remains a challenge, as many lack contact numbers, and some clients are not engaging in programs.

The Path Forward

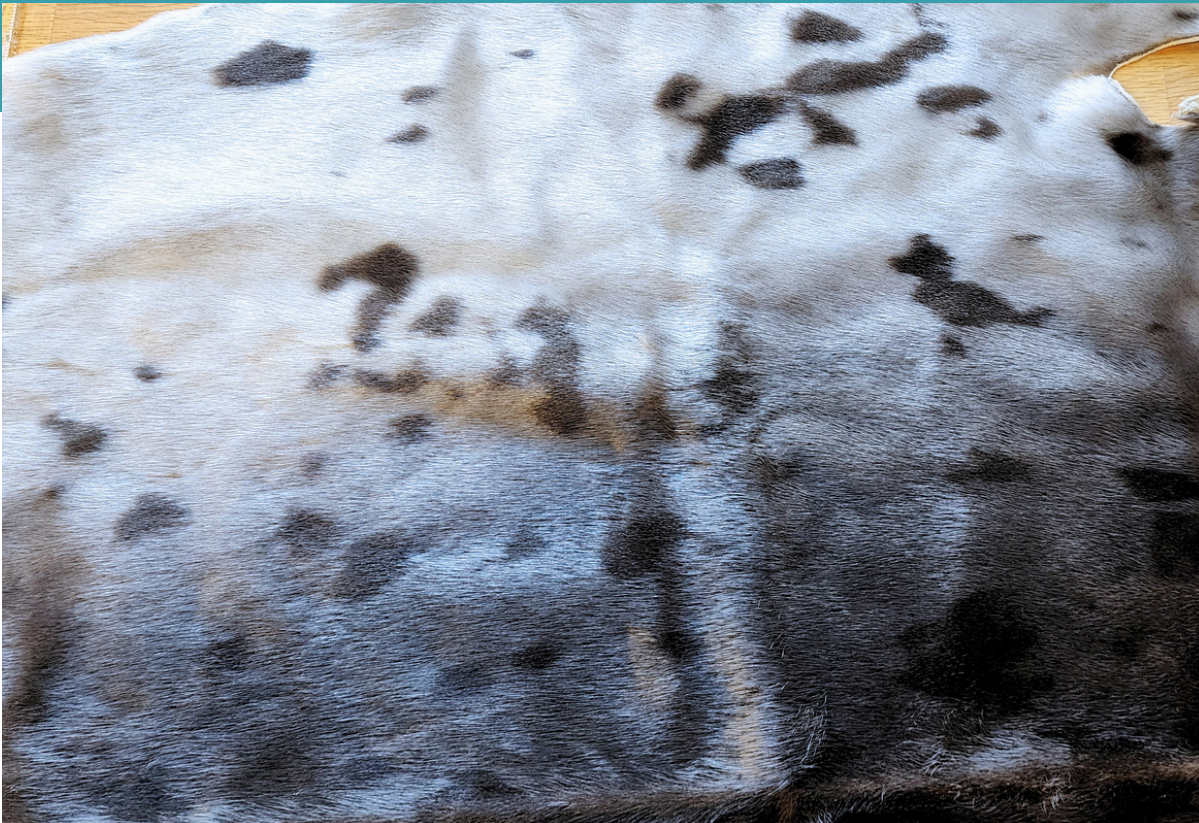
As we move forward with the PJD Probation Program, our primary focus will be on enhancing client engagement and improving contact maintenance. We will implement strategies to address the challenge of clients lacking contact numbers and increase participation in available programs. Strengthening our outreach efforts and developing more effective communication channels will be key to overcoming these barriers.

Conclusion

Thank you to Mamisarvik, the Housing Team, the Food Security Program, the Kamatsiarniq Program, the Day Counselling Program Team, and our interagency organizations for their dedicated service to our clients. Your collective efforts and commitment have been essential in providing comprehensive support and enhancing the well-being of those we serve.

We appreciate your ongoing collaboration and look forward to continuing our successful partnerships.





QANUIPPITAA? NATIONAL INUIT HEALTH SURVEY (QNIHS)

In the fall of 2019, ITK, along with the four land claim regions, began their work developing the Qanuippitaa? National Inuit Health Survey (QNIHS). The QNIHS is a permanent health survey, funded by a 2018 federal budget allocation of \$82 million over 10 years with a \$6 million a year ongoing fund. The goal of the survey is to provide high quality data, identify gaps and inform decision-making, leading to improved health and wellness among Inuit in Canada. Unlike surveys in the past that

were developed in partnership with universities or administered by government agencies, this survey was designed and delivered by Inuit, and, for the first time, the data gathered is Inuit determined and owned.

In early 2024, ITK launched the first urban QNIHS pilot project which includes partners from Tungasuvvingat Inuit, Akausivik Inuit Family Health Team and Inuuqatigiit Centre for Inuit Children, Youth and Families.

Statistics Canada's most recent census data shows that 1,730 Inuit live in the National Capital Region. However, we know that this number is much higher, likely closer to over 3,000. Aside from Iqaluit that has the highest population of Inuit in Canada, about 3,900, Ottawa ranks as a close second. This survey creates a unique opportunity to learn about the current landscape of health and wellness of urban Inuit. This data will provide urban Inuit organizations and regional land claim organizations with the statistics they need to illustrate the challenges Inuit face when it comes to mental and physical health.

Our role at TI is to provide responsive, culturally appropriate, and trauma-informed programming to the Inuit community. By working with our partners, this survey will help us to do just that. We are currently in the beginning planning stage and hope to have the survey ready for distribution in the spring of 2025. At the moment, we are a team of one at TI, but hope to expand this to a research assistant and community organizer to help communicate the goals of the project to future participants. As we work collaboratively with our Inuit partner organizations on content development and implementation strategies, we're focused on relationship building and ensuring that the survey reflects the voices and concerns of Inuit.

For more information on the project, you can check out ITK's website under Qanuippitaa? National Inuit Health Survey.

Staff members: Alex Hizaka, Senior Policy and Program Advisor





SOCIAL NAVIGATOR PROGRAM

What Worked

We worked with one Tungasuvvingat Inuit Social Systems navigator for several months. Given the nature of the work, these positions are not particularly easy to fill. First, most of the navigation work takes place outside of our main office, and tremendous trust is required. We decided to take our time in finding candidates for these positions.

We were fortunate to find the right people for this program. The staff formed a highly functional team that communicates well

and can operate at a high level. We have been able to deliver programming in both English and Inuktitut. The staff was able to work with the clients in terms of where they were, both physically and psychologically. It could be providing much-needed supplies or just being able to be psychologically present. A mix of knowledge and skills has been incredible to observe. The clients, on the one hand, are receiving culturally appropriate services while also having the opportunity to gain access to the Inuit-specific programs. Clients can share their stories in their language and be heard and, most importantly, understood.

In other words, the clients are getting a different blend of programming, emotional support, and assistance with their challenges.

In specific terms, they were able to provide programming that was culturally specific through crafts and simply could provide relief from all the stress of being away from home or facing some of the medical-related challenges that brought them to Ottawa. We are happy with the work that has taken place this year.

We continued to work closely with Inuuqatigiit, our sister organization, through weekly program meetings and planning together. We remain excited about the future. We continue to work through a very strong partnership. We look forward to moving forward in 2024-25.

The Ottawa Health Services Network has added social work staff, and they have significantly improved the quality of care and services. The staff has collaborated highly, which has resulted in better reach and support for the clients, and we look forward to future collaboration.

CHEO has brought a high level of professionalism and support to the work the navigation staff has done over the years. There is a high degree of collaboration, looking at different means of reducing the barriers and participating in the monthly operational discussions of the Qikiqtaaluk-Ottawa Medical Travel Network. The net result is that the clients are receiving a very high level of care and will continue to grow.

Lastly, this is a general comment about the Network. All the agencies involved have committed to a respectful approach to working together. It is easy to have flowery documentation, and then it is quite another to put it into action. 2023-24. All the agencies engaged in the Network have been solution-focused. This approach has resulted in higher levels of trust and engagement between the agencies.



What were some of the Challenges?

The navigators often need to work between systems, making their work more complicated and presenting potential challenges for the staff and clients.

These types of challenges are primarily structural. The navigators often work with clients who need to have some of the basics. For instance, this can be diapers, baby formula, or no means to travel around the city other than for medical appointments.

These challenges add to the stress and potentially place clients at risk. For some of the clients, stress or, more accurately phrased, distress would lead to maladaptive coping mechanisms such as drinking, resulting in clients being discharged from Larga or the hotels.

Some of these challenges are beyond the services that we can provide. We provide some emergency aid, but more is needed to address the clients' fundamental challenges.



What are some of the lessons learned?**Macro Level**

Ottawa Health Services Network has been highly effective this year and has proactively addressed issues. It will expand regarding the agencies and the type of support that can be given to clients.

We have been involved with the Navigation program for several years and have witnessed more collaboration among the different agencies. We have invited external staff to some of our training to bring staff together. We are seeing more significant levels of cooperation between the agencies, and we foresee this style resulting in some of the more critical issues being addressed.

Micro Level

We know the challenges will remain and require a robust response from the staff. Continued capacity building is going to be paramount as we move forward. For this reason, we involved the navigation team in trauma training.

Our expectation is not that the staff become counsellors but that they have an understanding and some skills to help stabilize struggling clients. We will continue to develop our staff's skills so that they can meet some of the demands that will come from working with more clients.

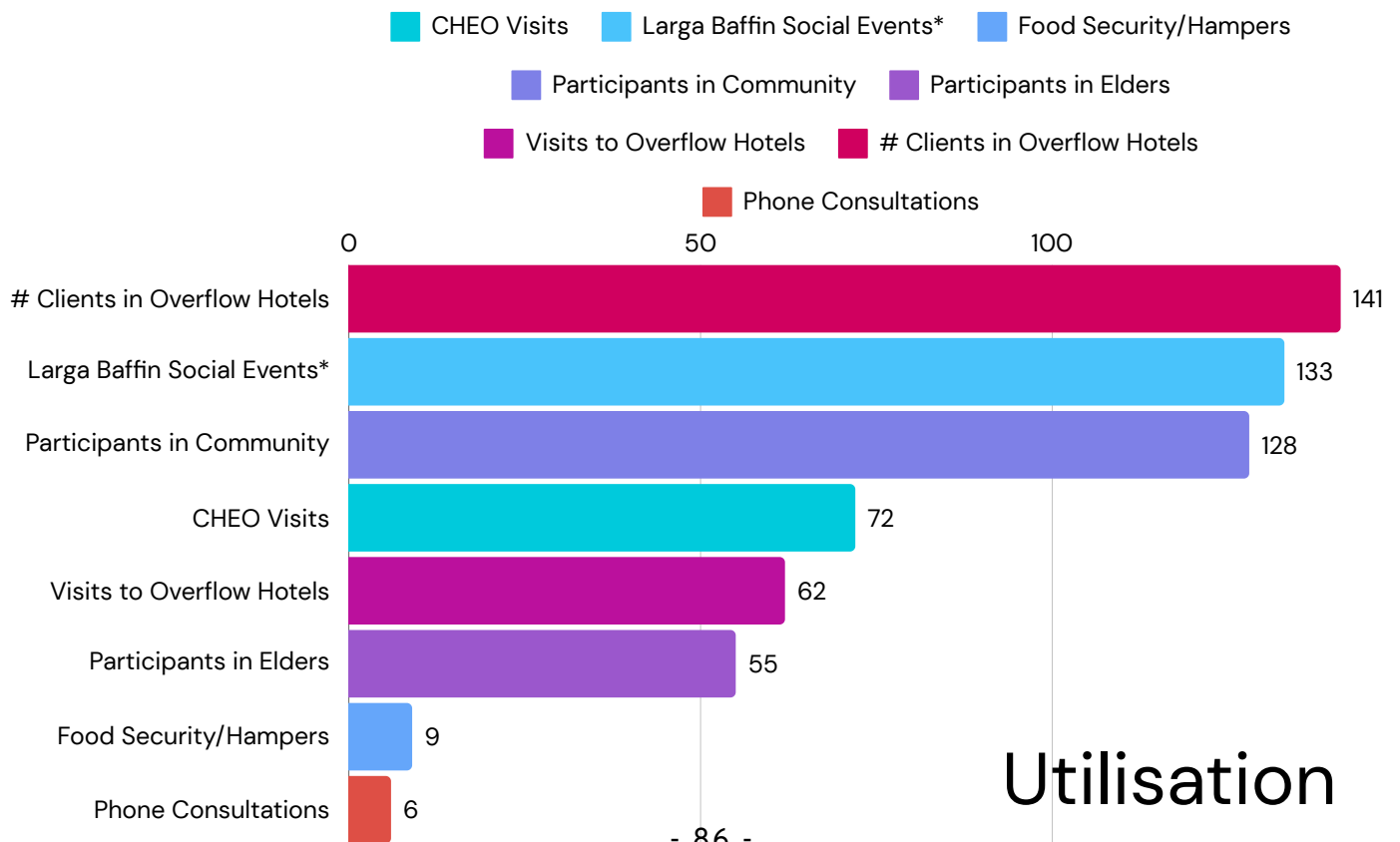
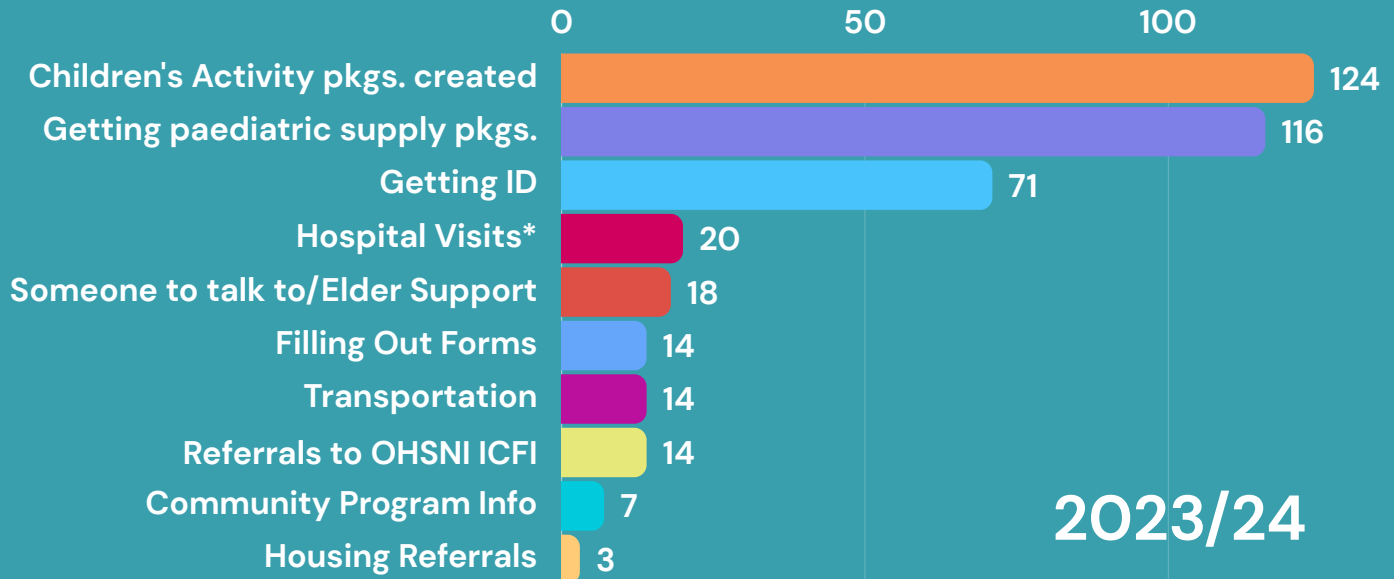
The strength of our team has been excellent communication and support of each other when facing demanding situations.

One of the most important lessons is to do whatever is necessary to support this approach and provide opportunities for growth. This can be achieved through training and general capacity building.



Inuit Social Cultural Navigation

Services Provided





TORONTO PROGRAMS

Tungasuvvingat Inuit has offered programs and services in Toronto since 2017, for Inuit living in the Greater Toronto Area. In fall 2022, we opened our new office in downtown Toronto and began in-person drop-in and cultural programs once again. The 2023-2024 fiscal year was one of great change, including growth in staff, partnerships, clientele, and needs.

In spring 2023, we hired our Culture Coordinator, a new position for the Toronto

office. They were able to build up our cultural programs, including sewing and beading, and our seasonal Inuit community feasts. They also strengthened relationships with local artists and knowledge keepers, so that they could come to TI and offer teachings to the community. We also hired our Social Systems Navigator in spring 2023 to further support our community and needs.

Program Highlights

Cambridge Feast

In July 2023, we collaborated with the Kamatsiarniq Program to support a feast in Cambridge. We welcomed approximately 30 community members, ate traditional foods, played games, enjoyed drum dancing, and qulliq lighting. Kamatsiarniq staff engaged with and sought feedback from Inuit parents, youth, and other family members about their experience with child protection agencies, out-of-home placements, adoption or guardianship of Inuit children, and prevention & early intervention services. This community engagement highlighted the need to offer more in-person events for our community outside of the GTA, and we hope to offer more events in the future.

Berry Picking

In July 2023, the Toronto team, led by the Culture program, took approximately 30 Inuit and their families berry picking in Milton. It was a great opportunity for the community to be on the land, accessing a traditional cultural activity, despite being in an urban setting. Blueberries and raspberries were shared with Elders, and everyone enjoyed games, snacks, and sunshine.

Men's Group

In summer 2023, Family Wellbeing and Youth Life Promotion collaborated to run a Men's Group with Inuit men and youth. Approximately 10 Inuit took part each week, enjoying activities such as archery,

a trip to Toronto Islands, axe-throwing, and more. During the program, they built social connection, learned about other resources Tungasuvvingat Inuit had to offer, and social service pathways, and talked about Inuit culture.

An outcome of the men's group was the desire to find a space to carve soapstone and reclaim a traditional activity that many of them grew up doing. So, in November 2023, Tungasuvvingat Inuit Toronto hosted a soapstone carving night at the Ontario College of Art and Design University (OCAD U). It is difficult to find an indoor space with proper ventilation and tools so that Inuit can carve safely, so, we were grateful to collaborate with OCAD U. The carving night was a huge success, and we hope to further revitalize this Inuit art practice within the city.



Christmas Feast

Our annual Christmas Feast brings together Inuit across Toronto, the GTA, and beyond, and the 2023 feast was no different. We had approximately 80 community members and their family members attend at the Regent Park Community Centre. We enjoyed a fiddle performance by an Inuk youth, and a qulliq lighting by an Elder. Tuktu, muskox and fish were served, as well as delicious food by Dashmaawaan Bemaadzinjin, an Indigenous catering company. For many, this is one of the few times a year that they can meet with community and even family, so it's one of our favourite events to host.

Services Highlights

Biweekly Health Clinic

Starting in October 2023, TI Toronto began hosting biweekly health care clinics with Auduzhe Mino Nesewinong, an Indigenous primary health services provider. A Nurse Practitioner provided primary health services, including COVID and flu vaccines, referrals to specialized health services, requisitions and more. Inuit face many barriers to accessing healthcare in the south, including lack of family doctors, long wait times, medical racism, and more, so connecting with an Indigenous service has reduced many of these barriers and continues to create better health outcomes. Being able to meet with caring, trauma informed staff, outside of a clinical setting and somewhere they're familiar and

comfortable with, with longer appointments, and wraparound and follow-up support, has begun to build more trust and willingness to access health services. Auduzhe also spoke to the importance of eating healthily and providing food security by offering healthy snacks at all of our clinics. By March 2024, the biweekly clinic had approximately 50 patient visits.

Country Food

Starting in June 2023, we hosted monthly country food pick-up days. With a larger office space and more freezer space, we were excited to offer traditional food more regularly to Toronto Inuit, who often only had the chance to eat it at seasonal feasts. We know that having access to traditional food is important for cultural and even physical health. And, as many community members would say, country food tastes better when shared, so, we pull out a fish or maaktaaq to eat together during these monthly events.



Partnerships

Part of what made the 2023-2024 year so successful was our strong partnerships. We are thankful for our funders, IAFNER, ISC, MCCSS, MOH, TASSC, and Reaching Home. We are working with CAMH to create easier pathways for Inuit to access mental health care, including a pilot of the Ontario Structured Psychotherapy program. We are a partner of the 2 Spirited Peoples of the First Nations Toronto Community Crisis Response, who provide trauma-informed, culturally safe crisis response and wraparound case management to Indigenous Torontonians.

Finally, we are thankful for the great collaboration we've had with other teams at Tungasuvvingat Inuit. Toronto Inuit have attended events led by the Ontario Inuit Cancer Program, and they've co-hosted Lung Cancer info sessions. We work regularly with team members of Kamatsiarniq, Child First Initiative, Food Security, and more. We are very thankful for our colleagues' dedication to serving Inuit across Ontario!

Conclusion

Over the year, we are happy to have served over 100 Inuit and their families across Toronto and the GTA. While we continue to focus on growing our Toronto office, we are excited for future gatherings, programs and services. Quyannaini, Qujanaq, Mat'na, Quanaqu'hi, nakurmiik, qujanamiik, nakummek, thank you!

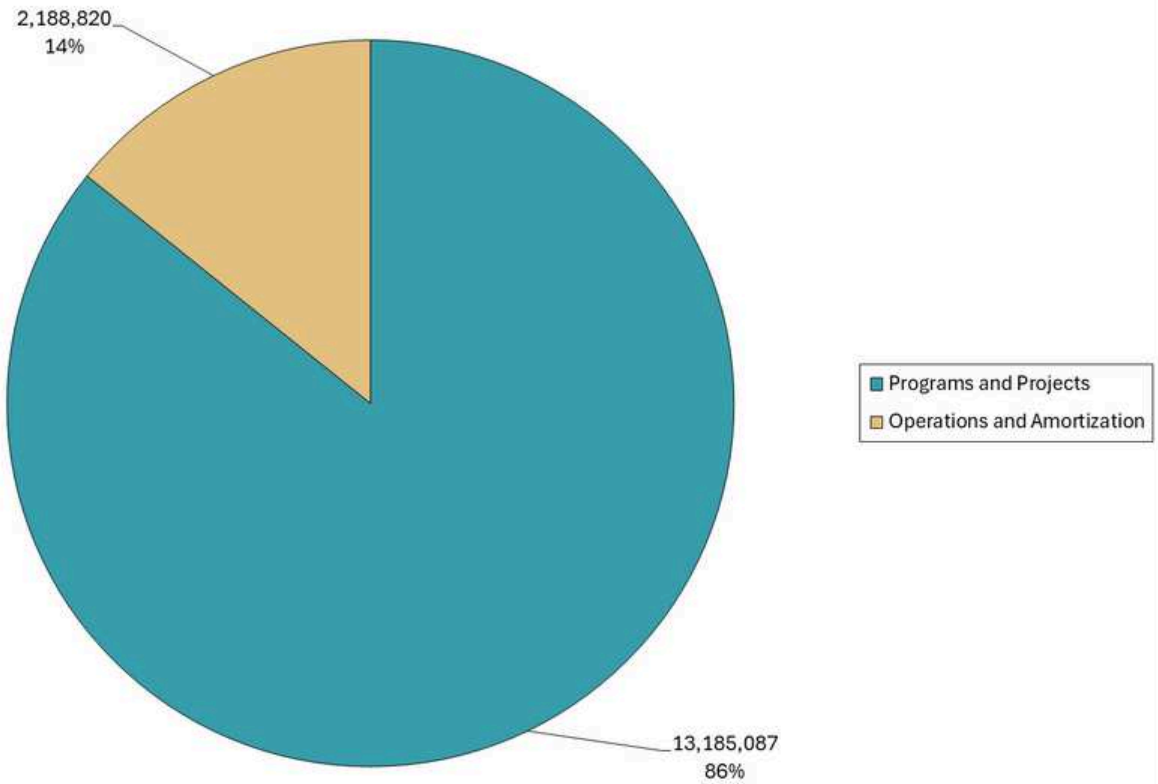


Statement of Operations

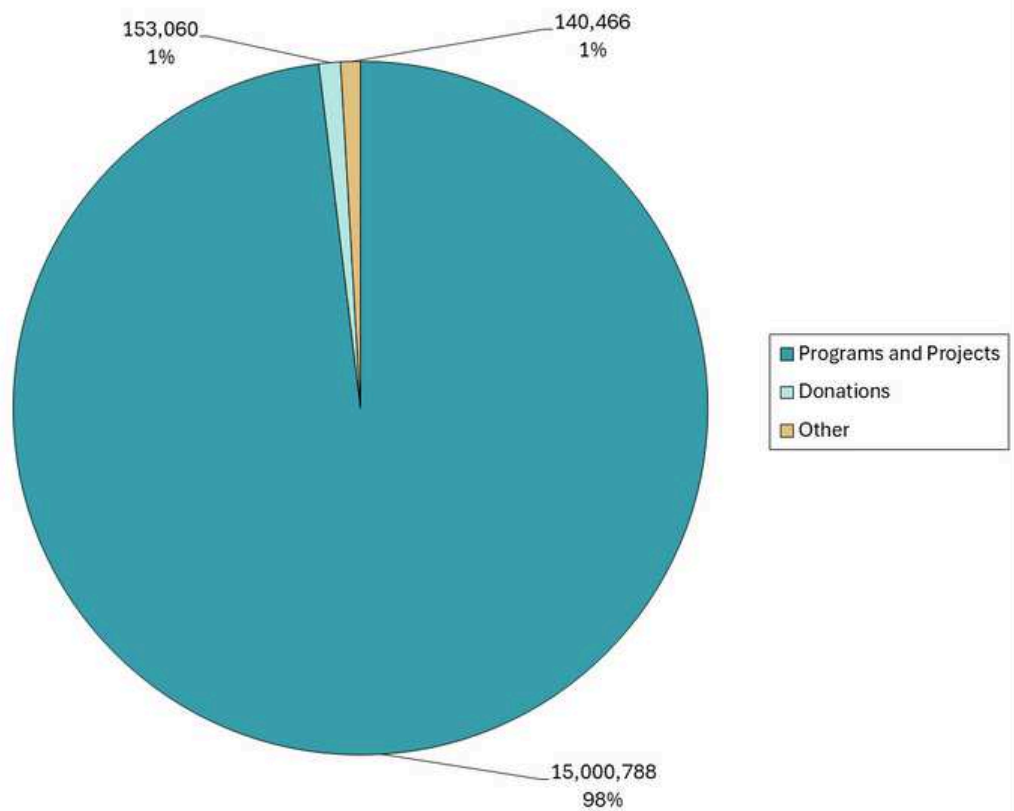
Year ended March 31, 2024, with comparative information for 2023

	2024	2023
Revenue:		
Programs and projects (note 10)	\$ 15,000,788	\$ 14,263,272
Requested services	—	1,827
Donation revenue	153,060	96,698
Other income	140,466	77,003
COVID-19 Support funding	—	132,092
	15,294,314	14,570,892
Expenses:		
Bank charges	5,330	4,027
Computer-related services	142,602	170,339
Contracted services	260,642	239,502
Food and program materials	2,346,898	2,165,418
Insurance	119,257	74,260
Interest on demand loan and mortgage	29,227	23,513
Occupancy	944,435	816,355
Professional fees	1,304,233	1,179,105
Repairs and maintenance	488	17,073
Salaries and benefits	8,561,177	8,199,881
Service agreement and honoraria	192,797	264,354
Supplies and equipment	235,479	296,845
Telephone, fax, and internet	50,253	49,265
Training	493,447	1,068,591
Travel	460,242	361,816
Other expenses	117,138	221,682
	15,263,645	15,152,026
Excess (deficiency) of revenue over expenses before revenue (expenses) related to tangible capital assets	30,669	(581,134)
Revenue (expenses) related to tangible capital assets:		
Amortization of tangible capital assets	(192,864)	(219,942)
Amortization of deferred capital contributions related to tangible capital assets	82,602	101,101
Amortization of deferred gains on sale of tangible capital assets (note 9)	—	39,527
	(110,262)	(79,314)
Deficiency of revenue over expenses	\$ (79,593)	\$ (660,448)

Expenses



Revenue





Tungasuvvingat Inuit

www.tiontario.ca