

Ikajutiqit

A strength circle for Young Inuit women ages 15 to 29...

We are looking for 15 motivated young Inuit Women to participate in this project. Collectively we will look at the themes affecting the young women such as Cultural Pride, Healing, Resiliency, Inuit Identity, Health & Wellbeing. Women will be asked to commit to 10 sessions and will receive an honorarium of \$10 per session upon completion. At the end the women will be part of a photovoice project while learning photography skills with the chance to win a camera!

Round trip bus tickets and meal provided



January 10 2017 — Self Care & Health

⇒ *Learn tips, tricks and local supports*

January 24 2017 — Traditional Inuit Tattoos

⇒ *Look at the history then practice on a friend!*

February 7 2017 — Mitt Sewing

February 21 2017 — Mitt Sewing

⇒ *Materials provided come and learn!*

March 7 2017 — Mental Health Education

⇒ *Learn how history shaped Inuit today.*

March 21 2017 — Mentorship with Guest Speakers

⇒ *Future possibilities with surprise guests!*

April 4 2017 — PHOTO VOICE Project

April 18 2017 — PHOTO VOICE Project

May 9 2017 — PHOTO VOICE Project

May 23 2017 — PHOTO VOICE Project

⇒ *A group project that will use photography to promote social action. Women will take photos to highlight their thoughts and feelings around issues affecting Inuit in our community.*

⇒ *Women will be assigned a camera for 2 months and be given themes of what to capture between sessions.*

⇒ *Contest will be held with a chance to win their assigned camera!*

**1071 Richmond Road
Ottawa ON**

Programs will run on the Tuesday evenings listed above from:

5:00 pm till 8:00 pm



Tungasuvvingat Inuit

For more information and to register please contact:

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