



Tungasuvvingat Inuit

PROGRAM INFORMATION

The Family Wellbeing Program offers programming focusing on the IQ principles to improve family well being. Activities include: art, outings, food and workshops.

Ataata and Qitungaq

Programming for older male role models (fathers, brothers, uncles, grandfathers) and their children. No age restrictions. Offered Saturdays from 1-4. Snacks and bus tickets provided.

Anaana and Paniga

Programming for older female role models (mothers, sisters, aunts, grandmothers) and their children aged 12 to 18 years. Offered Wednesdays from 5-8. Dinner and bus tickets provided.

Address: 1071 Richmond Road

Contact:

Jennifer Munroe
Family Wellbeing Worker
613-565-5885 ext 202
613-295-5628 (cell)

Rhonda Huneault
Family Wellbeing Manager
613-565-5885 ext 200



Inuit Qatangutigiit Katiivingaat - April 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 NEW PROGRAMMING LOCATION: <u>1071 Richmond Road</u> 					1
3	4	5	6	7	8
10	11	12	13	14  Good Friday	15  No programming
17  Easter Monday	18	19 5-8 Anaana and Paniga Drop-in (Felt activity - family strengths)	20	21	22 1-4 Ataata and Qitungaq Drop-in (Qamatiq building)
24	25 5-8 Anaana and Paniga Drop-in (Cooking stew & baking bannock)	26	27	28	29 1-4 Ataata and Qitungaq Drop-in (Inuit Games)