



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:

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Family Wellbeing Worker
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Family Wellbeing Manager
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Inuit Qatanguitiit Kativvingat - May 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 5-8 Anaana and Paniga Drop-in (Movie and henna tattoos)	4 5-8 Art and Music Drop-in	5	6 1-4 Ataata and Qitungaq Drop-in (baking palauga)
8	9	10 5-8 Anaana and Paniga Drop-in (Appreciation cards for Mother's Day)	11 5-8 Art and Music Drop-in	12	13 1-4 Ataata and Qitungaq Drop-in (Appreciation cards for Mother's Day)
15	16	17 5-8 Anaana and Paniga Drop-in (Felt activity - family strengths)	18 5-8 Art and Music Drop-in	19	20 No programming – long weekend
22	23 Memorial Day	24 5-8 Anaana and Paniga Drop-in (Qulliq lighting and storytelling with an elder)	25 5-8 Art and Music Drop-in	26	27 1-4 Ataata and Qitungaq Drop-in (Drum making)
29	30	31 5-8 Anaana and Paniga Drop-in (Painting)			