



Tungasuvvingat Inuit

PROGRAM INFORMATION

The Family Wellbeing Program offers programming focusing on the IQ principles to improve family well being.

General Family Drop-in
Programming for any and all family members. No age restrictions. Offered Tuesdays from 5-8 (light dinner provided) and Fridays from 1-4 (snacks provided). Bus tickets available.

Youth Art and Music Drop-in
Art and Music programming for youth and their families. Offered Thursdays from 5-8. Light dinner and bus tickets provided.

Youth Drop-In
Programming for youth 12+ years. Light dinner and bus tickets provided.

Address: 1071 Richmond Road

Contact:
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Family Wellbeing Worker
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613-295-5628 (cell)

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

Inuit Qatanguitiit Kativvingat - June 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 5-8 Art and Music Drop-in	2	3 1-4 General Family Drop-in (Inuit Games)
5	6 5-8 General Family Drop-in (Sewing slippers)	7	8 5-8 Art and Music Drop-in	9	10 1-4 General Family Drop-in (Booklets - Inuit legends)
12	13 5-8 General Family Drop-in (Community walk and picnic)	14	15 5-8 Art and Music Drop-in	16 1-4 General Family Drop-in (Father's Day activity)	17
19	20 5-8 General Family Drop-in (Felt activity)	21	22 5-8 Art and Music Drop-in	23 1-4 General Family Drop-in (Outdoor activities)	24
26	27 5-8 General Family Drop-in (Parachute)	28	29 5-8 Art and Music Drop-in	30 1-4 General Family Drop-in (Drum making) 5-8 Youth Drop-in	31