



Tungasuvvingat Inuit

PROGRAM INFORMATION

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

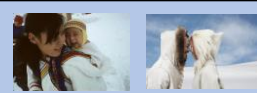
General Family Drop-in
Programming for any and all family members. No age restrictions. Offered Tuesdays and Fridays from 1-4. Snacks and bus tickets provided.

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. There is also a monthly youth celebration the last Friday of every month.

To Register for Summer Camp or Strawberry Picking, please contact Rhonda Huneault

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



Inuit Qatangutiit Kativvingat - July 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 1-4 Family Drop-in (Finger painting) 1071 Richmond Rd	5 5-8 Youth Drop-in 297 Savard Ave	6 5-8 Art and Music Drop-in 1071 Richmond Rd	7 1-4 Family Drop-in (Outdoor Activities) 297 Savard Ave	8 10-4 Strawberry Picking 
10 	11 1-4 Family Drop-in (Felt activity) 1071 Richmond Rd	12 5-8 Youth Drop-in 297 Savard Ave	13 5-8 Art and Music Drop-in 1071 Richmond Rd	14 1-4 Family Drop-in (Sewing Slippers) 297 Savard Ave	15
17 9-4 Camp 	18 9-4 Camp 	19 9-4 Camp  5-8 Youth Drop-in 297 Savard Ave.	20 9-4 Camp  5-8 Art and Music Drop-in 1071 Richmond Rd	21 9-4 Camp 	22
24	25 1-4 Family Drop-in (Community Walk & Picnic) 1071 Richmond Rd	26 5-8 Youth Drop-in 297 Savard Ave	27 5-8 Art and Music Drop-in 1071 Richmond Rd	28 1-4 Family Drop-in (Baking Palauga) 297 Savard Ave 5-8 Youth Celebration! 297 Savard Ave	29 