

21	National Indigenous Peoples Day	<ul style="list-style-type: none"> • Community feast • Contest: “I am proud to be Inuk/Indigenous because...” • Read Inuit poems or stories to kids 	www.avataq.qc.ca www.canada.ca/en/canadian-heritage/campaigns/celebrate-canada/indigenous-peoples-day.html	
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July 2026 ↶↷

Culture ᐃᓃᑦᑭᑦᓴᑦ

Organize activities:	<ul style="list-style-type: none"> • Reach out to Avataq to see if there are opportunities /funding to host a cultural activity in your community • Courses to teach tradition skills to women – e.g. sewing, beading, kamiik making, seal skin care, tupik making... • Courses to teach traditional skills to men – e.g. tool making, qajaq making, hunting skills... • Fashion show to celebrate handmade or traditional clothing 	<ul style="list-style-type: none"> • Story-telling with elders • Inuit games competition (with recreation committee) • Traditional dance night (with recreation committee) • On-the-land retreat • Community feast or picnic on the land • Cultural skills week
Share information:	<ul style="list-style-type: none"> • Share information about safety on the land, on and off the road, boating (with a first responder or search & rescue team) • Promote wearing life jackets and being safe on the water (especially for youth) 	

August 2026 ◀▶ᐅᑭᑦ

Culture ᐃᓃᑦᑭᑦᓴᑦ

See July 2026

Date	Event	Activity Ideas	Resources	Facts
9	International Day of World's Indigenous Peoples	<ul style="list-style-type: none"> • Community feast or picnic • On the land activity – e.g. berry-picking, fishing 	www.un.org/en/observances/indigenous-day	
31	International Overdose Awareness Day	<ul style="list-style-type: none"> • Promote where to get naloxone kits in your community • Collaborate with addiction worker, nurse, or health board to organize a workshop on preventing overdose and using naloxone 	www.overdoseday.com	

September 2026 ᑭᑦᑭᑦᓴᑦ

Culture ᐃᓃᑦᑭᑦᓴᑦ

See July 2026

Date	Event	Activity Ideas	Resources	Facts
	FASD Awareness Month	<ul style="list-style-type: none"> • Radio show: bust myths about FASD, share how we can support people with FASD • Information booth • Sober events • Sewing and share information 	www.pauktuutit.ca/project/fasd-toolkit www.canfasd.ca www.ccsa.ca	<ul style="list-style-type: none"> • Nearly 8 in 10 women were alcohol-free during their most recent pregnancy

Looking for support for specific topics? Email communitysupport@ssss.gouv.qc.ca & we will connect you with an NRBHSS agent.

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		<ul style="list-style-type: none"> • Make or share recipes for mocktails (available from NRBHSS or at tinyurl.com/mocktailcards under “Simple recipe cards”) 		
7-13	Suicide Prevention and Embrace Life Week	<ul style="list-style-type: none"> • Celebrate life community walk (students could make posters) • Share reasons to stay alive • Reach Out suicide prevention workshop (contact the suicide prevention worker/SPLW) • School presentations on how to support one another • Get people to call and say positive things about themselves • Ask people to share how they cope during hard times • Healing circle (with social worker/natural helpers) 	nrbhss.ca/en/suicide-prevention-week www.aqps.info/semaine/ (French) www.suicideinfo.ca www.suicideactionmontreal.org/en facebook.com/reachoutnunavik www.itk.ca/risk-and-protective-factors-associated-with-suicide-for-inuit-in-canada www.itk.ca/projects/national-inuit-suicide-prevention-strategy	<ul style="list-style-type: none"> • Nunavimmiut aged 16 to 30 were the most likely to report thinking about and attempting suicide • People with higher social and emotional support, family and community cohesion, and involvement in community activities report greater feelings of well-being <p>More: tinyurl.com/inuitwellness</p>
9	International FASD Awareness Day	<ul style="list-style-type: none"> • See FASD Awareness Month 	See FASD Awareness Month	<ul style="list-style-type: none"> • See FASD Awareness Month
10	World Suicide Prevention Day	<ul style="list-style-type: none"> • See Suicide Prevention and Life Promotion Week • Light candles/lanterns 	See Suicide Prevention and Life Promotion Week www.iasp.info/wspd	<ul style="list-style-type: none"> • See Suicide Prevention and Life Promotion Week
30	National Day for Truth & Reconciliation	<ul style="list-style-type: none"> • Community feast • Community walk • Orange shirt pins • Storytelling by elders • Light candles to remember the kids lost and the survivors 	www.orangeshirtday.org www.nctr.ca	

October 2026 ᐅᐅᐅᐅ

Elders ᐃᐅᐅᐅᐅᐅ

Organize activities:

- Games and feast for elders
- Care packages for elders
- Bingo at community centre
- Take elders out on the land
- Encourage youth to help elders (shoveling stairs, carrying groceries, etc.)

Share information:

- Have elders go on FM to share traditions and tell stories
- Radio show about importance of elders, respecting elders

Date	Event	Activity Ideas	Resources	Facts
1	International Elders Day	<ul style="list-style-type: none"> • See above 	nrbhss.ca/en/nrbhss/planning-and-programming/well-being-elders nrbhss.ca/sites/default/files/RRSSSN_2201_Brochure_MieuxEtreAines_en.pdf	

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1-7	Breastfeeding & Child Nutrition Week	<ul style="list-style-type: none"> • Amauti making for new mothers, talk about breastfeeding and child nutrition • Collaborate with SIPPE or family house • Radio show with nurse • Share info about resources for people who struggle to pay for healthy food • Breastfeeding photoshoot • Share how family and community can support breastfeeding mothers • Self-care night for breastfeeding moms, exchange experiences & tips • Crochet breast pins or hats 	www.worldbreastfeedingweek.org www.lllc.ca/information-parents padlet.com/foodsecuritynrbhss (-> recipes, information) nrbhss.ca/sites/default/files/BABYFIRSTFOODS_EN.pdf nrbhss.ca/sites/default/files/3.4.1.1_Building%20Healthy%20Babies_ENG.PDF livehealthy.gov.nu.ca/en/resource-category/pregnancy-and-babies	<ul style="list-style-type: none"> • 2 in 3 women breastfed their most recent child • 92% of women of childbearing age (16 to 49) have insufficient concentrations of folate, which is necessary for healthy child development <p>More: tinyurl.com/countryfood</p>
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November 2026 ᐅᐃᐱᐅ

Child, Youth, and Family ᐱᐱᐅᐅ, ᐃᐅᐅᐅᐅᐅᐅᐅ ᐃᐅᐅᐅᐅᐅᐅ	
Organize activities:	<ul style="list-style-type: none"> • Christmas cookie baking for families • Gift donation for low income families • Christmas food baskets for low income families • Christmas activities for families • Family reading activities • Christmas card making with kids • Card making for community members who live alone or have lost a loved one • Christmas visits for people who are alone • Babysitting to give parents time for themselves
Share information:	<ul style="list-style-type: none"> • Share information about the Child First Initiative (www.nrbhss.ca/en/nrbhss/out-region-services/child-first-initiative) • Organize a radio show with youth to talk about topics important to them

Date	Event	Activity Ideas	Resources	Facts
	Family Violence Prevention Month	<ul style="list-style-type: none"> • Activities for couples, or for mother/daughter or father/son • Elders talk about importance of a healthy and caring family 	saturviit.ca/program/violence pauktuutit.ca/abuse-prevention-justice/children-and-youth	<ul style="list-style-type: none"> • People who reported higher family support and togetherness were less likely to report experiencing violence • Less childhood sexual violence was reported in 2017 than in 2004 • 1 in 4 reported experiencing sexual abuse before age 18 <p>More: tinyurl.com/violencesafety</p>
	Caregivers Appreciation Month	<ul style="list-style-type: none"> • Go on FM, get people to call in to thank caregivers • Nominate “Star Caregivers” 	nrbhss.ca/en/nrbhss/planning-and-programming/caregiver-support	
7	International Inuit Day	<ul style="list-style-type: none"> • Community feast • Show-and-tell traditional items at the community centre or school • “Fashion show” of handmade or traditional clothing • Elders share stories on FM • Movie/short films screening • Read Inuit poems/stories to kids 	www.itk.ca/projects/taimannaganit/ www.avataq.qc.ca www.inuitartfoundation.org/inuit-art-quarterly www.nfb.ca/subjects/indigenous-peoples-in-canada-inuit	<ul style="list-style-type: none"> • 99% say they are proud to be Inuk • 95% say speaking Inuktitut is important to their identity • 75% are satisfied with their cultural knowledge and traditional skills • 93% say being on the land is important to them

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