

# NEWS RELEASE

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## The right moves, at the right time: Cardiopulmonary Resuscitation (CPR), EpiPen & Naloxone Workshop

January 22 & 25, 2025 in Kuujjuaq

Open to adults 18+

No registration needed.



### PILOT PROJECT FOR CARDIOPULMONARY RESUSCITATION (CPR) TRAINING IN EPINEPHRINE (EPIPEN) AND NALOXONE ADMINISTRATION AVAILABLE TO THE PUBLIC IN KUUJJUAQ

**Kuujjuaq, December 5, 2024** – In line with Health Ministry emergency prehospital service action plan to develop general population basic medical knowledge that saves lives, it has become evident that such training should be provided in Nunavik. To support this initiative, the Nunavik Regional Board of Health and Social Services (NRBHSS) and Kativik Ilisarniliriniq (KI) have partnered to launch a pilot project offering free Cardiopulmonary Resuscitation (CPR), training in epinephrine (EpiPen) and naloxone administration sessions to adults aged 18 and older in Kuujjuaq, starting in early 2025.

The training will take place at the **Adult Ed Classroom** on the following dates and times:

- Wednesday, January 22, 2025 from 6:00 p.m. to 8:00 p.m.
- Saturday, January 25, 2025 from 9:30 a.m. to 3:30 p.m.

Each session lasts approximately one hour, with no registration required. Attendance is on a first-come, first-served basis.

"Ensuring the safety and well-being of our community is a top priority," says Jennifer Munick-Watkins, Executive Director of the Nunavik Regional Board of Health and Social Services (NRBHSS). "By offering these CPR, EpiPen and naloxone sessions, we aim to empower individuals with critical skills that can make a significant difference in emergencies. This collaboration with the Kativik Ilisarniliriniq (KI) allows us to build a safer and more resilient community."

"At the moment, under the Services to Communities and Business of our Adult Sector, we offer First Aid training to employees of Nunavik organizations. With this pilot project, we are hopeful that essential lifesaving skills will become accessible to many more Nunavimmiut. The NRBHSS was able to see and seize an opportunity that will amplify the reach of training existing resources. We are thankful for this partnership," said Harriet Keleutak, Director General of Kativik Ilisarniliriniq.

This training serves as a pilot project, with the goal of developing a more comprehensive and recurrent program for all Nunavik communities. The NRBHSS and KI are dedicated to fostering safety awareness, overdose prevention, and preparedness across the region through community-centered initiatives like this one.

### About the Nunavik Regional Board of Health and Social Services

*The Nunavik Regional Board of Health and Social Services is a public agency created in 1978 under the James Bay and Northern Quebec Agreement. It is responsible for nearly the entire Quebec territory located north of the 55<sup>th</sup> parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.*

### About Kativik Ilisarniliriniq

*Kativik Ilisarniliriniq, the school board of Nunavik, was created in 1975 under the James Bay and Northern Quebec Agreement (JBNQA). Since 1978, it has been the exclusive provider of educational services to all Nunavik residents. Under the JBNQA, the school board also acts as an institution with unique powers and jurisdiction geared towards the protection and development of the Inuit language, culture and way of life through the delivery of tailored educational services and programs. The education programs developed by the school board are offered in all schools of the 14 Nunavik communities, in Inuktitut as first language and in French and English as second languages. The school board operates 18 primary and secondary schools, as well as 6 adult education centres. For more information, visit [kativik.qc.ca](http://kativik.qc.ca).*

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**Source:** Nunavik Regional Board of Health and Social Services

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