



# FEBRUARY 2023

ᐃᑭᐱᑦ / FÉVRIER

# MENTAL HEALTH & ADDICTION

ᐃᑭᐱᑦ ᐃᑭᐱᑦ ᐃᑭᐱᑦ ᐃᑭᐱᑦ / SANTÉ MENTALE ET DÉPENDANCES

| SUNDAY<br>ᐱᑦᑕᑕᑦ / Dimanche   | MONDAY<br>ᐱᑦᑕᑦᐱᑦ / Lundi | TUESDAY<br>ᐅᑦᑕᑦᐱᑦ / Mardi | WEDNESDAY<br>ᐱᑦᑕᑦᐱᑦ / Mercredi  | THURSDAY<br>ᑭᑦᑕᑦᐱᑦ / Jeudi | FRIDAY<br>ᑕᑦᐱᑦ / Vendredi | SATURDAY<br>ᐱᑦᑕᑦᐱᑦ / Samedi |
|--|--------------------------|---------------------------|---|----------------------------|---------------------------|-----------------------------|
|  |                          |                           | 1   | 2                          | 3                         | 4                           |
| 5  | 6                        | 7                         | 8   | 9                          | 10                        | 11                          |
| <b>Nunavik Suicide Prevention Week</b><br>ᐃᑭᐱᑦ ᐃᑭᐱᑦ ᐃᑭᐱᑦ ᐃᑭᐱᑦ ᐃᑭᐱᑦ ᐃᑭᐱᑦ / Semaine nationale de prévention du suicide |                          |                           |   |                            |                           |                             |
| 12   | 13                       | 14                        | 15  | 16                         | 17                        | 18                          |
| 19   | 20                       | 21                        | 22  | 23                         | 24                        | 25                          |
| 26   | 27                       | 28                        | <b>Isuarsivik Pingnupaa Challenge - Month of February</b><br>ᐃᑭᐱᑦ ᐃᑭᐱᑦ ᐃᑭᐱᑦ - ᑕᑦᐱᑦ ᐃᑭᐱᑦ<br>Isuarsivik, Défi Pingnupaa – Mois de février |                            |                           |                             |

For more information / ᑕᑭᐱᑦ ᐃᑭᐱᑦ / Pour plus d'informations

### Mobilization Support

Workshops & Trainings on Planning  
Community-Based Projects  
mobilizenunavik@ssss.gouv.qc.ca

### Funding Support

for Community-Based Projects  
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NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES

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# JUNE 2023

## ᐱᓂ / JUIN

# HEALTHY RELATIONSHIPS

ᐃᓂᐱᐱᐱᓂᐱᓂᐱᓂ / RELATIONS SAINES

| SUNDAY<br>ᐱᓂᓂᓂ / Dimanche   | MONDAY<br>ᐱᓂᓂᓂᓂ / Lundi | TUESDAY<br>ᐃᓂᐱᓂ / Mardi | WEDNESDAY<br>ᐱᓂᓂᓂᓂ / Mercredi  | THURSDAY<br>ᐱᓂᓂᓂᓂ / Jeudi   | FRIDAY<br>ᓂᐱᓂᓂᓂ / Vendredi | SATURDAY<br>ᐱᓂᓂᓂᓂᓂ / Samedi   |
|---|-------------------------|-------------------------|--|---|----------------------------|---|
| Relay for Life Month<br>ᐱᓂᓂᓂᓂᓂᓂ ᐃᓂᓂᓂᓂᓂᓂᓂᓂᓂ ᐱᓂᓂᓂᓂᓂ<br>Relais pour la vie |                         |                         |  | 1   | 2                          | 3   |
| 4   | 5                       | 6                       | 7  | 8   | 9                          | 10  |
| 11  | 12                      | 13                      | 14   | 15<br>National Elders Abuse Awareness Day<br>ᐱᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂ ᐃᓂᓂᓂᓂᓂᓂᓂᓂᓂ<br>Journée nationale de sensibilisation à l'abus envers les aînés | 16                         | 17  |
| 18  | 19                      | 20                      | 21<br>National Aboriginal Day<br>ᐱᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂ ᐃᓂᓂᓂᓂᓂᓂᓂᓂᓂ<br>Journée nationale autochtone | 22  | 23                         | 24<br>Saint-Jean-Baptiste<br>ᐱᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂ ᐃᓂᓂᓂᓂᓂᓂᓂᓂᓂ<br>Saint-Jean-Baptiste |
| 25  | 26                      | 27                      | 28   | 29  | 30                         |   |

For more information / ᐱᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂ / Pour plus d'informations

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# JULY 2023

## ᑭᓂ / JUILLET

**CULTURE**

ᐃᓂᑭᓂᑦ / CULTURE

| SUNDAY<br>ᐳᑦᑕᑕᑦ / Dimanche | MONDAY<br>ᐳᑦᑕᓗᑕᑦ / Lundi | TUESDAY<br>ᑕᓂᑕᓗᑕᑦ / Mardi | WEDNESDAY<br>ᐱᓗᑕᓂᑕᓂᑦ / Mercredi | THURSDAY<br>ᓂᑕᓂᑕᓂᑦ / Jeudi | FRIDAY<br>ᑕᓂᑕᓂᑦ / Vendredi | SATURDAY<br>ᐳᑦᑕᓂᑕᓂᑦ / Samedi                      |
|----------------------------|--------------------------|---------------------------|---------------------------------|----------------------------|----------------------------|---|
|                            |                          |                           |                                 |                            |                            | 1<br>Canada Day<br>ᑕᓂᑕᑕᓂᑦ ᑕᓂᑕᓂᑦ<br>Fête du Canada |
| 2                          | 3                        | 4                         | 5                               | 6                          | 7                          | 8   |
| 9                          | 10                       | 11                        | 12                              | 13                         | 14                         | 15  |
| 16                         | 17                       | 18                        | 19                              | 20                         | 21                         | 22  |
| 23                         | 24                       | 25                        | 26                              | 27                         | 28                         | 29  |
| 30                         | 31                       |                           |                                 |                            |                            |   |

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# AUGUST 2023

ᐱᐅᓴᓴᓴ / AOÛT

**CULTURE**

ᐱᐅᓴᓴᓴ / CULTURE

| SUNDAY<br>ᐱᐅᓴᓴᓴ / Dimanche | MONDAY<br>ᐱᐅᓴᓴᓴᓴᓴ / Lundi | TUESDAY<br>ᐱᐅᓴᓴᓴᓴ / Mardi | WEDNESDAY<br>ᐱᐅᓴᓴᓴᓴᓴ / Mercredi  | THURSDAY<br>ᐱᐅᓴᓴᓴᓴᓴ / Jeudi | FRIDAY<br>ᐱᐅᓴᓴᓴᓴᓴ / Vendredi | SATURDAY<br>ᐱᐅᓴᓴᓴᓴᓴᓴ / Samedi |
|----------------------------|---------------------------|---------------------------|--|-----------------------------|------------------------------|-------------------------------|
|                            |                           | 1                         | 2  | 3                           | 4                            | 5                             |
| 6                          | 7                         | 8                         | 9<br>International Day of<br>World's Indigenous People<br>ᐱᐅᓴᓴᓴᓴᓴᓴ ᐱᐅᓴᓴᓴᓴᓴᓴ ᐱᐅᓴᓴᓴᓴᓴᓴ<br>Journée internationale des peuples<br>autochtones du monde | 10                          | 11                           | 12                            |
| 13                         | 14                        | 15                        | 16   | 17                          | 18                           | 19                            |
| 20                         | 21                        | 22                        | 23   | 24                          | 25                           | 26                            |
| 27                         | 28                        | 29                        | 30   | 31                          |                              |                               |

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# SEPTEMBER 2023

ᑭᑦᑎᑦᐱᑦ / SEPTEMBRE

# HEALTHY LIFESTYLE

ᐃᓗᑭᑦᑭᑦᐃᑦᑕᑭᑦ ᐃᓗᑭᑦᑲᑦᑭᑦ / MODE DE VIE SAIN

| SUNDAY<br>ᐃᑦᑦᑕᑦ / Dimanche  | MONDAY<br>ᐃᑦᑦᐱᑕᑦ / Lundi                             | TUESDAY<br>ᑦᑦᑦᑦᑭᑦ / Mardi | WEDNESDAY<br>ᐱᑦᑭᑦᐃᑦᑕᑦ / Mercredi | THURSDAY<br>ᑭᑦᑕᑦᑭᑦᑕᑦ / Jeudi | FRIDAY<br>ᑭᑦᑭᑦᑭᑦᑕᑦ / Vendredi | SATURDAY<br>ᐃᑦᑦᑦᑎᑦᑭᑦᑭᑦ / Samedi   |
|---|--|---------------------------|----------------------------------|------------------------------|-------------------------------|---|
|   |  |                           |                                  |                              | 1                             | 2   |
| 3   | 4<br>Labour Day<br>ᐱᑦᑭᑦᑎᑦ ᑦᑭᑦᑕᑦᑭᑦ<br>Fête du Travail | 5                         | 6                                | 7                            | 8                             | 9<br>International FASD<br>Awareness Day<br>ᑭᑦᑕᑦᑕᑦᑕᑦ ᐃᑦᑕᑦᑕᑦᑕᑦᑕᑦ<br>ᐱᑦᑕᑦᑕᑦᑕᑦᑕᑦ ᑭᑦᑕᑦᑕᑦᑕᑦᑕᑦ<br>ᑕᑭᑦᑕᑦᑕᑦᑕᑦᑕᑦ ᑕᑦᑕᑦᑕᑦᑕᑦ<br>Journée internationale de<br>sensibilisation au SAF |
| 10<br>World Suicide<br>Prevention Day<br>ᑭᑦᑕᑦᑕᑦᑕᑦ ᐃᓗᑭᑦᑕᑦᑕᑦ<br>ᑭᑦᑕᑦᑕᑦᑕᑦᑕᑦ ᑕᑦᑕᑦᑕᑦᑕᑦ<br>Journée mondiale de<br>prévention du suicide | 11   | 12                        | 13                               | 14                           | 15                            | 16  |
| 17  | 18   | 19                        | 20                               | 21                           | 22                            | 23  |
| 24  | 25   | 26                        | 27                               | 28                           | 29                            | 30<br>National Day for<br>Truth & Reconciliation<br>ᑕᑦᑕᑦᑕᑦᑕᑦ ᑕᑦᑕᑦᑕᑦᑕᑦ ᑭᑦᑕᑦᑕᑦᑕᑦ<br>ᑕᑦᑕᑦᑕᑦᑕᑦ<br>Journée nationale de la vérité et de<br>la réconciliation                 |

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# OCTOBER 2023

## ᐅᑦᐅᐱᓂ / OCTOBRE

# HEALTHY LIFESTYLE

ᐃᑦᐅᑦᐅᐱᓂ ᐃᑦᐅᑦᐅᐱᓂ / MODE DE VIE SAIN

| SUNDAY<br>ᐃᑦᑦᐅᑦ / Dimanche   | MONDAY<br>ᐃᑦᑦᐱᑦᐅᑦ / Lundi                                 | TUESDAY<br>ᐅᑦᑦᑦᑦᓂ / Mardi | WEDNESDAY<br>ᐱᑦᑦᑦᐅᑦᐅᑦ / Mercredi | THURSDAY<br>ᑦᑦᑦᑦᑦᓂ / Jeudi | FRIDAY<br>ᑦᑦᑦᑦᑦᐅᑦ / Vendredi | SATURDAY<br>ᐃᑦᑦᑦᑦᑦᑦᑦᑦ / Samedi |
|--|---|---------------------------|----------------------------------|----------------------------|------------------------------|--------------------------------|
| 1<br>International Elders Day<br>ᑦᑦᑦᑦᑦᑦᑦᑦ ᐃᑦᑦᑦᑦᑦᑦᑦ<br>ᐅᑦᑦᑦᑦᑦᑦᑦ<br>Journée internationale<br>des aînés  | 2   | 3                         | 4                                | 5                          | 6                            | 7                              |
| <b>Breastfeeding and Child Nutrition Week</b><br>ᐃᑦᑦᑦᑦᑦᑦᑦ ᐃᑦᑦᑦᑦ ᐱᑦᑦᑦᑦᑦ ᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦᑦ ᐱᑦᑦᑦᑦᑦᑦᑦᑦ / Semaine de l'allaitement et de l'alimentation de l'enfant |   |                           |                                  |                            |                              |                                |
| 8  | 9<br>Thanksgiving<br>ᐱᑦᑦᑦᑦᑦᑦᑦ ᐅᑦᑦᑦᑦᑦᑦᑦ<br>Action de grâce | 10                        | 11                               | 12                         | 13                           | 14                             |
| 15   | 16  | 17                        | 18                               | 19                         | 20                           | 21                             |
| 22   | 23  | 24                        | 25                               | 26                         | 27                           | 28                             |
| 29   | 30  | 31                        |                                  |                            |                              |                                |

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# NOVEMBER 2023

ᓃᐃᐱᐱᓂ / NOVEMBRE

## CHILD, YOUTH, AND FAMILY

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| SUNDAY<br>ᐱᓃᓃᓂ / Dimanche   | MONDAY<br>ᐱᓃᓃᐱᓂᓃ / Lundi   | TUESDAY<br>ᓂᓃᓃᓃᓂ / Mardi  | WEDNESDAY<br>ᐱᓃᓂᓃᓃᓂ / Mercredi | THURSDAY<br>ᓃᓃᓃᓂᓂ / Jeudi | FRIDAY<br>ᓂᓃᓃᓃᓂ / Vendredi   | SATURDAY<br>ᐱᓃᓃᓃᓂᓂᓂ / Samedi  |
|---|--|---|--------------------------------|---------------------------|--|---|
|   |  |   | 1                              | 2                         | 3  | 4   |
| 5   | 6  | 7<br>International Inuit Day<br>ᓃᓃᓃᓃᓂ ᐃᓃᓃᓃ<br>ᓂᓃᓃᓃᓂᓂᓂ<br>Journée internationale<br>des peuples Inuit                            | 8                              | 9                         | 19   | 11<br>JBNQA Day & Remembrance Day<br>ᓃᓃᓃᓂ ᓂᓃᓃᓂ ᓃᓃᓃᓂ<br>ᓃᓃᓃᓂᓂᓂᓂᓂᓂ ᓃᓃᓃᓂ<br>ᓂᓃᓃᓂᓂᓂᓂᓂ ᓂᓃᓃᓂᓂᓂ<br>Journée CBJNQ et jour du Souvenir |
| 12  | 13   | 14<br>International Diabetes Awareness Day<br>ᓃᓃᓃᓂᓂᓂ ᓃᓃᓃᓂᓂᓂ<br>ᐱᓃᓃᓂᓂᓂᓂᓂᓂᓂ<br>Journée internationale de<br>prévention du diabète | 15                             | 16                        | 17   | 18  |
| 19  | 20<br>International Child Day<br>ᓃᓃᓃᓂᓂᓂ ᐱᓃᓂᓃ ᓂᓃᓃᓂᓂᓂ<br>Journée internationale de<br>l'enfant | 21  | 22                             | 23                        | 24   | 25  |
| 26  | 27   | 28  | 29                             | 30                        | Family Violence Prevention Month<br>ᐃᓃᓂᓂᓂᓂ ᐱᓃᓂᓂᓂᓂᓂᓂᓂᓂᓂᓂ ᓃᓃᓂᓂᓂᓂ<br>Mois de la prévention de la violence familiale |   |
| Nunavik 16 Days to End Violence<br>ᓃᓃᓃᓂᓂᓂ 16ᓂ ᓂᓃᓃᓂᓂᓂ ᓃᓃᓂᓂᓂᓂᓂᓂᓂ ᐱᓃᓂᓂᓂᓂᓂ / 16 jours pour mettre fin à la violence - Nunavik |  |   |                                |                           |  |   |

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# DECEMBER 2023

ᑎᕐᓴᓴᑦ / DÉCEMBRE

## CHILD, YOUTH, AND FAMILY

ᓴᓴᓴᓴ, ᓴᓴᓴᓴᓴᓴ ᓴᓴᓴᓴᓴᓴ / ENFANCE, JEUNESSE, FAMILLE

| SUNDAY<br>ᓴᓴᓴᓴ / Dimanche  | MONDAY<br>ᓴᓴᓴᓴᓴᓴ / Lundi                        | TUESDAY<br>ᓴᓴᓴᓴᓴᓴ / Mardi | WEDNESDAY<br>ᓴᓴᓴᓴᓴᓴᓴ / Mercredi | THURSDAY<br>ᓴᓴᓴᓴᓴᓴᓴ / Jeudi | FRIDAY<br>ᓴᓴᓴᓴᓴᓴᓴ / Vendredi | SATURDAY<br>ᓴᓴᓴᓴᓴᓴᓴᓴ / Samedi |
|--|---|---------------------------|---------------------------------|-----------------------------|------------------------------|-------------------------------|
|  |   |                           |                                 |                             | 1                            | 2                             |
| 3  | 4   | 5                         | 6                               | 7                           | 8                            | 9                             |
| <p style="text-align: center;">Nunavik 16 Days to End Violence<br/>ᓴᓴᓴᓴᓴᓴ 16ᓴ ᓴᓴᓴᓴᓴᓴᓴ ᓴᓴᓴᓴᓴᓴᓴᓴ ᓴᓴᓴᓴᓴᓴᓴᓴ / 16 jours pour mettre fin à la violence - Nunavik</p> |   |                           |                                 |                             |                              |                               |
| 10   | 11  | 12                        | 13                              | 14                          | 15                           | 16                            |
| 17   | 18  | 19                        | 20                              | 21                          | 22                           | 23                            |
| 24   | 25<br>Christmas Day<br>ᓴᓴᓴᓴᓴᓴᓴᓴ<br>Jour de Noël | 26                        | 27                              | 28                          | 29                           | 30                            |
| 31   |   |                           |                                 |                             |                              |                               |

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