

Exhibit: National Inquiry into Missing and
Murdered Indigenous Women and Girls

Location/Phase: Parts II/III: Igaliit

Witness: Elisapi Aningmuk

Submitted by: Lillian Lundvigan

Add'l info: P02-03 P01 P0101

Date: SEP 10 2018

Initials

I/D

Entered

63

3

**Tukisigiarvik is a
Wellness and Cultural Centre
in Iqaluit, Nunavut**

Tukisigiarvik is a non-profit society that has been operating since 2003.

**A Board of Directors oversees
the Society's operations.**

Inuit societal values, beliefs, and practices form the basis of Tukisigiavik's counselling and cultural skills development programs.

Inuit Elders are involved in all programs and services.

**Programs are free of charge
for all participants.**

Tukisigiarvik's programs and services are funded by federal, territorial, and municipal grants and donations.



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Iqaluit Tukisigiavik Centre

Iliqqusittigut Makigiarniq

Gaining Strength through our Culture

Tukisigiarniq provides counselling and wellness programs, and cultural skills training for the people of Iqaluit who want to learn important aspects of the Inuit language and culture.

Inuit societal values, beliefs, and practices form the basis of Tukisigiarniq's wellness and cultural skills programs.

Tukisigiarniq's programs and services are taught or led by Inuit who are recognized for their knowledge, skills, and expertise.

Tukisigiarniq's elder-advisors called our wellness and cultural skills development programs 'Iliqqusittigut Makigiarniq,' literally 'Gaining strength through our culture.'



Tukisigiarniq's programs include:

Counselling

- Wellness & Healing
- Alcohol and Drug
- Family
- Grief & Trauma

Cultural & Land Skills

- Hunting & Gathering
- Camping
- Healing Retreats
- Language Enhancement

Food & Hygiene

- Daily Breakfast & Traditional Food programs
- Laundry & Bathing Facilities

Life Skills

- Portfolio Development
- Job Readiness
- Communication Skills

Strengthening Families

- Parenting
- Communication Skills

Tukisigiarniq's programs and services promote pride in the Inuit culture, greater levels of self-esteem, self-reliance and resiliency, and improved communication skills. They help restore personal and societal dignity.

