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UNGAVA TULATTAVIK HEALTH CENTER
CENTRE DE SANTÉ TULATTAVIK DE L'UNGAVA



FACT SHEET 15 – THE COMMUNITIES OF NUNAVIK

The Land, Many Communities, Many Realities

Cultural Safety Team
Reference Guide on Nunavik and Cultural Safety
Sheet 15 of 16

Nunavik comprises 14 communities located
Hudson Bay, the Hudson Strait, and Ungava
There are no roads connecting them to one
or to southern Quebec.

14 COMMUNITIES

spread across a vast land

3 COASTS, 2 DIVISIONS

Hudson Bay • Hudson Strait • Ungava Bay
The communities are also grouped into two
divisions: Hudson and Ungava.

ACCESSIBLE MAINLY BY PLANE

Travel between communities is a daily realit
service providers.

Referring to Nunavik as the land does not n
all 14 communities face the same realities.
its own history, resources, networks, and ur
characteristics.



THE UTHC IN THE LAND

7 COMMUNITIES — UTHC'S MAIN LAND

Kuujjuaq • Kangiqsualujjuaq • Tasiujaq • Aupaluk • Kangirsuk • Quaqtaq • Kangiqsujuaq

The UTHC provides health and social services in the communities of Ungava Bay as well as in Quaqtaq and Kangiqsujuaq, two communities located on the Hudson Strait.

UTHC PRESENCE IN IHC LAND

Puvirnituq • Inukjuak • Kuujjuarapik

These communities are part of the land served by the IHC for routine health and social services.

The UTHC is also present there to provide certain regional services, particularly in youth rehabilitation and group homes.

OTHER COMMUNITIES

Ivujivik • Salluit • Akulivik • Umiujaq

Health and social services in these communities are provided by the Inuulitsivik Health Center.



The two health centers serve distinct lands, but some of the UTHC's regional mandates extend beyond its main land.



LOCAL SERVICES IN COMMUNITIES

Despite their size and remoteness, the 14 communities have a range of local services. However, the organization, scope, and available resources may vary from one community to another.

HEALTH AND SOCIAL SERVICES

- **CLSC • Nursing • Social Services**
- Every community has local health and social services. Care requiring more resources or specialization may require a trip to a regional center or to the south.



EDUCATION AND EARLY CHILDHOOD

- **School • Child Care**
- Each community has a Kativik Ilisarniliriniq school. Early childhood services complement the resources available to families.



GOVERNMENT AND MUNICIPAL SERVICES

- **Northern Village • Municipal Services**
- Northern villages provide essential services adapted to the lack of a road network: drinking water, wastewater, waste management, local road maintenance, and community facilities.



SAFETY AND EMERGENCIES

- **Police • Fire Department • First responders**
- Local services provide an initial response to emergencies, with capabilities that vary by community.



DAILY LIFE AND COMMUNITY

- **Stores • Post Office • Community and Sports Facilities • Airport**
- These places are not just about services: many also serve as important spaces for socializing and community life.

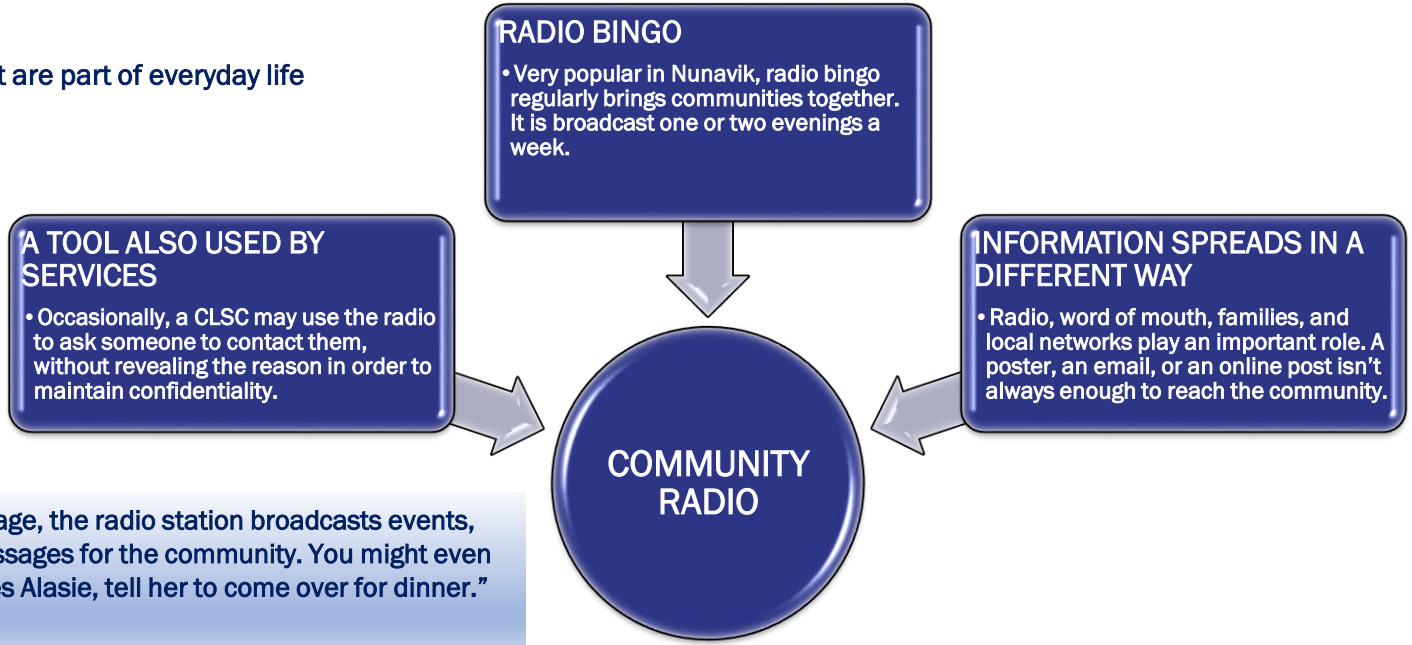


THE SAME SERVICE ≠ THE SAME CAPACITY

Two communities may both have a CLSC, a school, or municipal services without having the same staff, programs, or on-site resources.

LIVING AND COMMUNICATING IN A COMMUNITY

Local networks that are part of everyday life



Present in every village, the radio station broadcasts events, local news, and messages for the community. You might even hear: "If anyone sees Alasie, tell her to come over for dinner."

KEY POINTS FOR UTHC EMPLOYEES

To reach the community, you also need to understand the unique ways each community communicates.

BEYOND FORMAL SERVICES

Community life takes many forms

In Nunavik, community initiatives do not always depend on a specific organization. They evolve according to needs, the people involved, available spaces, and funding opportunities.



LOCAL INITIATIVES

• Wellness Committees • Elders Coordinators (NV) • Resident groups • Community-led initiatives



ORGANIZATIONS AND PARTNERS

• Family centers • associations • youth centers • Saqijuq • regional organizations • NPS • NI



SPACES THAT ADAPT

• NV facilities • churches • available buildings or spaces • community spaces • locations on the land



A WIDE VARIETY OF ACTIVITIES

• Sewing • leather tanning • on-the-land activities • gatherings • youth activities • events for Elders • sports and cultural activities

A resource is not always a service

It can also be a person, a place, an activity, or an initiative that brings the community together.

KUUJJUAQ

A regional hub, diverse community initiatives

Kuujjuaq is home to several organizations that provide support to the local population as well as to Inuit from other communities.

Supporting Inuit in their healing journey by incorporating Inuit values and on-the-land activities.

ISUARSIVIK — HEALING AND CULTURAL RECONNECTION

Mutual support, guidance, and activities that promote men's well-being.

QAJAQ NETWORK — SUPPORT FOR MEN

Supervised apartments and community support that promote independence and inclusion

IPPIGUSUGIURSAVIK — INDEPENDENCE AND INCLUSION

An initiative that raises awareness about hearing loss and facilitates access to hearing resources and care.

TUSAAJUIT — PREVENTION AND HEARING HEALTH

OTHER FORMS OF SUPPORT

Kuujjuaq is also home to the **Tungasuvvik** Women's Shelter **,** youth initiatives, and activities organized by various community partners. **"I Care, We Care"** is a community thrift store offering goods on a pay-what-you-can basis and promoting social inclusion.

A REACH BEYOND KUUJJUAQ

Several organizations based in Kuujjuaq have a regional mission. As a result, they also serve Inuit from other communities.

KANGIQSUALUJJUAQ

A community where family, culture, and the land play an important role.

QARMAAPIK — SUPPORTING FAMILIES

- The Qarmaapik Family Center supports parents and children through cultural activities, cooking workshops, and time on the land. It also provides a temporary safe haven for families in crisis.

KNOWLEDGE TRANSMISSION

- Elders pass down the Inuktitut language and traditional knowledge. An active youth committee organizes activities and outings that promote / foster / support intergenerational connections.

THE SEWING CENTER

- The sewing workshops serve as places for learning and gathering, where experienced individuals can pass on skills in sewing and skin preparation.

THE LAND AS A RESOURCE

- The northern village, the land corporation, and local organizations support on-the-land activities. A community boat and excursions facilitate access to traditional practices.

QARMAAPIK: A COMMUNITY-DRIVEN INITIATIVE

Launched in 2016, Qarmaapik was born out of a desire among community members to support families and prevent the placement of children outside their family environment.

RESOURCES THAT GO BEYOND FORMAL STRUCTURES

In Kangiqsualujjuaq, community support relies on families, Elders, youth initiatives, cultural activities, and the sharing of resources on the land.

TASIUJAQ & AUPALUK— Two small communities where resources take different forms

TASIUJAQ: A Community Where Knowledge Transmission and Sharing Play an Important Role



CULTURE AND KNOWLEDGE TRANSMISSION

The 2017 community profile describes fishing, foraging, carving, and sewing activities that promote / foster / support knowledge transmission and intergenerational connections.

SPACES FOR LEARNING

A sewing center and a woodworking shop were available in the community, providing spaces for learning, creativity, and knowledge transmission.

SHARING COUNTRY FOOD

The Hunter Assistance Program helps stock the community freezer and facilitates the sharing of traditional food, particularly with the Elders.

AUPALUK

a new care space designed with a different approach



QALLISARVIK — THE NEW CLSC

Opened in 2023, Qallisarvik was designed with an approach that views the CLSC not merely as a place people go when they are sick.

A SPACE FOR WELL-BEING

The building includes a space dedicated to social, cultural, and traditional activities, further integrating the Inuit vision of well-being into the care environment.

MORE THAN JUST A PLACE FOR HEALTH CARE

Health services, social services, community services, and youth protection are all housed in the building, promoting / fostering / supporting a more integrated approach.

A SMALL COMMUNITY DOES NOT MEAN FEW RESOURCES

In both Tasiujaq and Aupaluk, resources are based not only on services but also on people, community spaces, knowledge transmission, and local initiatives.

KANGIRSUK & QUAQTAQ— Two communities where healing, mutual support, and knowledge transmission take different forms

KANGIRSUKThe land at the heart of mutual aid and knowledge transmission



MAKITAUTIK — REINTEGRATION AND HEALING

As a community residential center for Inuit offenders, Makitautik promotes / fosters / supports reintegration and healing through programs in Inuktitut and on-the-land activities.

A COMMUNITY BOAT

The use of a community boat enables Elders and families without transportation to participate in hunting and fishing activities.

SHARING AND KNOWLEDGE TRANSMISSION

The country food brought back is shared within the community. These outings also promote / foster / support knowledge transmission from one generation to the next.

QUAQTAQ

initiatives rooted in healing and culture



AAQITAUVIK — HEALING AND WELL-BEING

Aaqitauvik offers healing workshops tailored to Inuit culture, particularly for people affected by trauma, addiction, and various personal challenges.

PANA — TRANSMISSION OF KNOWLEDGE

This association promotes / fosters / supports the transmission of traditional knowledge and practices through cultural activities, the crafting of equipment, and outings on the land.

THE SEWING CENTER — 2017 COMMUNITY PROFILE

The 2017 community profile describes workshops for making kamiks, tents, fishing nets, and ulus, which promote / foster / support learning and the transmission of knowledge across generations.

COMMUNITY-BASED RESOURCES

In both Kangirsuk and Quaqtaq, well-being also depends on mutual support, the land, culture, and knowledge transmission.

KANGIQSUJUAQ

A community where Elders, culture, and the land play an important role

MIANIRSIVIK — SUPPORT FOR FAMILIES

- A family center offering support, community and cultural activities, and a temporary safe haven for families.

QILANGNGUANAAQ — SUPPORT FOR ELDERS

- A living and care environment for Elders and people with reduced independence.

PINGUALUIT — THE LAND AS A RESOURCE

- The park and on-the-land activities promote intergenerational connections, knowledge transmission, and the preservation of cultural practices.

PASSING ON KNOWLEDGE

- The 2017 profile describes sewing, the making of kamiks and qamutiks, and opportunities for Elders to pass on their knowledge.



INTERGENERATIONAL CONNECTIONS

In Kangiqsujuaq, families, Elders, cultural activities, and the land all help keep traditional knowledge and community bonds alive.

PUVIRNITUQ

A SERVICE HUB FOR THE HUDSON COAST

Puvirnituq serves its own population but also hosts several resources with a regional reach.

PITUAT — FAMILY SUPPORT

A family center offering family activities, parenting support, and temporary shelter for families.

THE MATERNITY UNIT — A RECOGNIZED MODEL

Since 1986, the Puvirnituq maternity ward has combined Inuit knowledge with modern medicine. Its approach, replicated elsewhere in Nunavik, is now internationally recognized as a model of culturally appropriate care.

AANIAVITUQARQ — MENTAL HEALTH

IHC crisis and rehabilitation center offering specialized support to adults experiencing significant mental health challenges.

SAILIVIK — ELDER CENTER

A community-based resource enabling Elders in need of care and support to remain in their community.



UTHC PRESENCE IN PUVIRNITUQ — ATSANIRQ — GROUP HOME

Atsanirq is a regional UTHC group home for adolescents aged 12 to 17, located in Puvirnituq, while local health and social services are provided by the IHC.

INUKJUAK

DIVERSE COMMUNITY INITIATIVES AND REGIONAL RESOURCES

Inukjuak brings together unique local initiatives and a variety of resources that address community and regional needs.



SIRIVIK — FOOD SOVEREIGNTY

- Community kitchens, food assistance, hydroponic farming, and on-the-land activities help strengthen food self-sufficiency.



UNAAQ — SUPPORT FOR MEN

- The association promotes / fosters / supports Inuit knowledge transmission, intergenerational bonds, and the social reintegration of young men.



INUKROCK — YOUTH IN ACTION

- Rock climbing serves as a means to build self-confidence, leadership, and positive relationships among young people.



RESOURCES FOR VARIOUS NEEDS

- Ajapivik supports women and their children, Ayagutaq welcomes elders, and the IHC Reintegration Center helps adults achieve greater self-sufficiency.

UTHC PRESENCE IN INUKJUAK — QULLIQ — REHABILITATION CENTER

Qulliq is an UTHC regional rehabilitation center operating on an open-care basis, serving adolescent girls aged 12 to 17. It is located in a community where local health and social services are provided by the IHC.

KUUJJUARAPIK & WHAPMAGOOSTUI

TWO COMMUNITIES, TWO CULTURES, A SHARED DAILY LIFE

Kuujjuarapik (Inuit) and Whapmagoostui (Cree) live side by side. They have their own languages, cultures, and administrations, but they also share spaces, services, and initiatives.

MINNIE'S HOPE — GROWING UP BETWEEN TWO CULTURES

- Located between the two communities, the social pediatrics center supports Inuit and Cree children and families by combining professional services with the traditional knowledge of Elders from both cultures.

TASIURVIK — SUPPORT FOR FAMILIES

- The family center offers Inuit families cultural activities, support, and opportunities to pass down knowledge from one generation to the next.

QIMUTJUIT — CULTURE AND TRANSMISSION

- The association promotes the transmission of the Inuit language, knowledge, and cultural practices across generations.

TWO COMMUNITIES, TWO HEALTH NETWORKS

The Inuit of Kuujjuarapik are served by the IHC, while the Cree of Whapmagoostui fall under the Cree health network. However, some resources, such as Minnie's Hope, serve both populations.



UTHC PRESENCE IN KUUJJUARAPIK — PIRUTSAIVIK — GROUP HOME

Pirutsaivik is a regional UTHC group home for children ages 6 to 12 in Kuujjuarapik, where community health and social services are provided by the IHC.

UMIUJAQ & AKULIVIK— Two communities whose history reflects a deep connection to the land

UMIUJAQA new community, born of a collective choice



A COMMUNITY BUILT GRADUALLY

Before its official establishment in 1986, families had already settled temporarily on the site. The first permanent homes and infrastructure then allowed the community to take shape.

TURSUJUQ — THE LAND AS A RESOURCE

Tursujuq National Park contributes to local employment, cultural activities, and the transmission of knowledge.

YOUTH AND THE LAND — 2017 REPORT

The 2017 report describes outings and intergenerational activities that allow young people to learn about the land.

AKULIVIK

a community rebuilt through the determination of its residents



RETURNING TO THE TERRITORY

In the 1970s, families who had settled in Puvirnituq chose to return to live in Akulivik and rebuild their community.

SHARING COUNTRY FOOD — 2017 PROFILE

The profile describes a community freezer, Arctic char fishing, and various initiatives for sharing the catch.

FACILITATING ACCESS TO THE LAND — 2017 PROFILE

Outings allowed youth, women, and Elders to access the land, even when they did not have their own equipment.

THE LAND AT THE HEART OF COLLECTIVE DECISIONS

In both Umiujaq and Akulivik, the very history of the communities attests to the importance of the land in their development, cultural transmission, and community life.

SALLUIT & IVUJIVIK — Two communities in northern Nunavik, with different resources and realities

SALLUIT: A Community Where Services, Training, and the Land Come Together



IQITSIVIK — SUPPORT FOR FAMILIES

The family center offers parenting support, activities tailored to Inuit culture, and temporary shelter for families.

THE MATERNITY WARD — CARE AND TRADITIONAL KNOWLEDGE

The maternity ward allows women to give birth in their own communities. It also contributes to the training of Inuit midwives within their communities.

YOUTH AND THE LAND — 2017 REPORT

The report describes camps and on-the-land activities that allow young people to learn survival skills from local guides.

IVUJIVIK

A community where art and traditional knowledge play an important role



MEETING THE ICE

Quebec's northernmost Inuit community takes its name from the ice that accumulates due to powerful ocean currents.

ART AND SEWING — 2017 PROFILE

An art workshop and a sewing center provided spaces for creativity, gathering, and knowledge transmission.

SLED DOGS — 2017 PROFILE

The school had established a program allowing young people to learn how to drive dog teams and keep this tradition alive.

RESOURCES THAT TAKE MANY FORMS

In Salluit as well as in Ivujivik, community resources include organized services as well as cultural activities, people who pass on their knowledge, and local initiatives.



MONTREAL — Outside Nunavik, but Still Connected to Inuit Life

Montreal plays an important role in the lives of many Nunavimmiut. Some go there temporarily to receive medical care or pursue their studies, while others choose to live there.



ULLIVIK

A REGIONAL RESOURCE OF THE IHC

under the IHC's supervision, Ullivik accommodates patients from Nunavik who need to receive care in Montreal. It provides lodging, meals, and transportation to medical appointments.



QAVVIVIK

Health care tailored to the Inuit

Qavvivik facilitates access to culturally appropriate health services for Inuit living in southern Quebec.



NUNAVIK SIVUNITSAVUT

STUDYING AND PREPARING FOR THE FUTURE

This college program enables young Inuit to deepen their knowledge of Nunavik's history, culture, and contemporary realities, while developing their independence.



IVIRTIVIK

EMPLOYMENT SUPPORT

Ivirtivik supports Inuit in the Montreal area in their job search, professional development, and return to school.



SOUTHERN QUEBEC INUIT ASSOCIATION

COMMUNITY LIFE

The SQIA brings together and supports Inuit living in southern Quebec. It promotes community ties, cultural activities, and the preservation of Inuit identity.

MONTREAL: A TRANSIT POINT, BUT ALSO A PLACE TO CALL HOME

Inuit who are visiting or living in Montreal have different needs. The resources available to them help them maintain ties to their culture, their community, and Nunavik.

NUNAVIK COMMUNITIES ARE DIVERSE

This fact sheet has highlighted some of the resources, initiatives, and unique characteristics of the communities. It cannot cover everything: resources evolve, new initiatives emerge, and much of community life also depends on individuals, families, and local networks.

ONE LAST FACT SHEET TO COME

With this fact sheet on communities, we are nearing the end of the series. The final fact sheet will present the UTHC's IQI model and show how the knowledge covered in the series can be applied in practice to the way we work.

Getting to know Nunavik is the first step.
Learning to work with its realities is another.