EIGHT URAJAIT /ROCKS MODEL FOR YOUTH HEALTH AND EMPOWERMENT CAMPS

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This model was developed for youth wellness and empowerment camp programs in Nunavut that are being developed with feedback from Nunavut youth. It is part of a larger project at Qaujigiartiit exploring Child and Youth Mental Health and Wellness in Nunavut with funding from the Public Health Agency of Canada.

Healthy Relationships
Learning about balanced relationships, communication skills, healthy sexuality & Piniaktaavavut Principles.

Improving Coping Skills
Learning to deal with uncomfortable emotions and working on problem solving through activities. Nunavummiut role modelling and sharing.

Increasing Awareness of Body & Mind
Campers will engage in physical activity routine & basic meditation. Enjoy country food, healthy food preparation & Inuit games!

Exploring Creativity
Local artists, carvers & seamstresses are invited to share their talents and teach campers how to make something of their own choice.

Celebrating Inuit Culture
2 days spent camping with elders and learning/practicing traditional land, hunting & cooking skills. Inuit Qaujimajatuqangit sharing.

Promoting Healthy Choices
Learning about and practicing skills to cope with peer pressure. Group activities, learning, sharing & FUN!

Self Discovery & Future Planning
Campers will complete personal interest surveys and learn about various education & career choices. Guest speakers from N3, Arctic College and other professions will be invited to share their inspiration.

Increasing Self-Esteem

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