

News Release

For Immediate Release

Launch of Women and Girls Wellness Program

Iqaluit, Nunavut (May 18, 2023) – The Department of Health, in collaboration with the Department of Culture and Heritage, Department of Family Services, Department of Education and the Nunavut Arctic College, is launching a Women and Girls Wellness program from May 20 to May 23, 2023.

This program is free and open to Nunavummiut staying at the Sailijaaqvik and Tammativvik boarding homes who identify as a woman or a girl. Women or girls travelling with an infant or toddler of any gender are welcome.

The event will commence with a prayer and ceremonial lighting of the qulliq at 10 a.m. on Saturday, May 20, 2023, followed by a few words from Minister of Health John Main and Deputy Minister Megan Hunt.

“This event will incorporate Inuit-specific, culturally-safe activities and resources to increase health literacy, build confidence and empower women and girls to become advocates for culturally-safe services throughout their healthcare journey,” said Minister Main. “Educational workshops will also be held for healthcare providers to enhance capacity to offer culturally-safe and relevant healthcare experiences within the Nunavut healthcare system.”

The program will be facilitated by Dr. Terri Aldred, a well-respected, Indigenous physician who specializes in women's health. Her methods focus on cultural safety and anti-racism approaches that integrate holistic and western practices together.

This multi-department approach acknowledges the unique way women experience health and wellness, and the way they navigate the healthcare system.

This program will offer a safe space for healthy conversation and strengthening relationships through cultural activities. Additionally, staffed information booths will line the halls of the foyer to provide program information and answer questions.

Interpretation services will be available.

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