



Nunami is a land-based mental wellness and prevention program developed by the NRBHSS.

Through traditional activities, participants are invited to connect with the land as a way of learning and healing.

Through projects such as fishing, hunting, harvesting and preparing traditional food, cultural knowledge is shared based on the population's values and interests.

Anyone who has an idea for an on-the-land project is invited to submit it to Nunami to receive funding and support to organize it in their community.



Department of Planning and Programming



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819 964-2222



[nrbhss.ca/en/nrbhss/
planning-and-programming/
mental-health/nunami](http://nrbhss.ca/en/nrbhss/planning-and-programming/mental-health/nunami)



NunamiNunavik



nunami_nrbhss@ssss.gouv.qc.ca

On-the-land Program





Nunami's Mission

- Using on-the-land and cultural activities as a way of healing
- Increase cultural identity, self-esteem and sense of belonging
- Support family relationships, parenting skills, and support networks
- Creating healthy coping mechanisms, communication and problem-solving skills
- Harm-reduction approach to substance abuse
- Promote physical health and wellness through active lifestyle



Criteria for funding

- Project should take place on the land and/or be related to culture
- Strongly recommended to have local organizational support
- Project should involve passing on cultural knowledge
- Meet local needs and interests



Examples of project ideas

- Group outings
- Berry picking
- Fishing & hunting
- Butchering and food preparation
- Day trips
- Tool making
- Sewing, tent making
- Setting nets for fish & seals
- Youth expedition
- Elder's day
- And much more



How can the Nunami team could help?

- Support local initiatives, by helping with the planning, funding and coordinating those projects.
- Support the applicants in the delivery of the activities.
- Be present during the activities and accompany the participants.



Eligible expenses

- Human resources, for example: guides, elders, cooks
- Food: healthy store-bought or traditional food
- Vehicle rentals: snowmobiles, trucks, ATVs, boats and canoes
- Cabin and tent rentals
- Gas
- Materials for sewing projects, etc.



How to apply



[nrbhss.ca/en/nrbhss/
planning-and-programming/
mental-health/nunami](http://nrbhss.ca/en/nrbhss/planning-and-programming/mental-health/nunami)

Fill out the application form and send it to



nunami_nrbhss
@ssss.gouv.qc.ca

Or call



819 964-2222

to reach a Nunami agent for an application.

You will receive the confirmation for funding and an NRBHSS officer will accompany you through all the steps to prepare your activity.