

[An introduction to Health and Social Services in Nunavut](#)

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Welcome to Nunavut

On April 1, 1999, history was made in Canada with the creation of a third territory, Nunavut. The name of the territory comes from the Inuit languages of the people of Nunavut and means “Our Land.” Nunavut was initially comprised of three regions, determined by physical geography, history, flora and fauna, language and dialectical differences. The western section of Nunavut is known as the Kitikmeot, the central area as Kivalliq, and the eastern area as Qikiqtani. Currently, there is discussion about whether Iqaluit, due to its significant population, should be designated as a separate, fourth region.

In terms of the physical environment, Nunavut remains much as it did 10,000 years ago, after the retreat of the last ice age. The land is sparsely vegetated and ice caps still overlay islands of the Arctic. Nunavut is a land of startling beauty and diversity, from serene plains to majestic mountains, from inland to coastal communities, from remote communities to the capital of Iqaluit. Nunavut is a unique and wonderful blend of Inuit tradition and modern technology where diverse cultures meet and work together.

The Department of Health and Social Services

Our Mission

The Department of Health and Social Services has the responsibility to finance, manage and design the delivery of health and social services in Nunavut. In accordance with this responsibility, the Department sets and monitors standards for the provision of quality health and social services throughout the territory.

Our mission is to promote, protect and enhance the health and well-being of all Nunavummiut, incorporating Inuit Qaujimagatuqangit and Tamapta at all levels of service delivery and design.

Our mission is intended to support effectively the achievement of Inuuqatigiitiarniq (the healthy interconnection of mind, body, spirit and the environment) through the decisions of Nunavummiut to lead healthy and productive lives as individuals, families and communities.

Our Vision

The vision is to support people to live in safe and healthy communities assuming leadership and enjoying self-reliant and productive lives.

Our Principles

Our decision making, operations and everyday activities are guided by the following principles:

- People-orientation: all activities of the health and social services system will support an approach that places people first.
- Culturally sensitive: programs and services represent the values, knowledge, beliefs and cultural distinctiveness of the people of Nunavut.
- Continuum of care: activities of the health and social services system will support the full continuum of care through promotion, prevention, treatment, continuing care and rehabilitation services.
- Seamlessness: programs and services will fit together and be integrated with other government and non-government services.
- Sustainability: the health and social services system will operate in a way that is accountable, sustainable and is responsive to the needs of its people.
- Responsibility: individuals, families and communities have responsibility in achieving health, well-being and self-reliance.
- Prevention-oriented: activities of the health and social services system will support

the maintenance of physical, social and mental health in addition to the treatment of illness and injury.

Our Values

- Integrity - in everything we do, we are honest and fair in our dealings with clients and employees.
- Service – we will continue to improve our services by becoming more effective, prompt, courteous and accessible.
- Harmony – we can only achieve our vision through unified leadership and working together with the communities and stakeholders we serve.
- Respect – for every individual. Our clients are served with respect, dignity, courtesy and understanding. Our employees are recognised in a professional manner.
- Inuit Qaujimajatuqangit – we will maintain positive innovations guided by Inuit knowledge, wisdom, values and beliefs.

Health & Social Services

Centres :

Arctic Bay:
Health Centre / Social Services
Arviat:
Health Centre / Social Services
Baker Lake:
Health Centre / Social Services
Qikiqtarjuaq ;
Health Centre / Social Services
Cambridge Bay:
Health Centre / Social Services
Cape Dorset:
Health Centre / Municipal Social Services
Chesterfield Inlet:
Health Centre / Social Services
Clyde River :
Health Centre / Social Services
Coral Harbour:
Health Centre / Social Services
Gjoa Haven:
Health Centre / Social Services
Grise Fiord :
Health Centre
Igloolik:
Health Centre / Municipal Social Services

Iqaluit :
Hospital /Public Health
Kimmirut:
Health Centre / Social Services
Kugluktuk:
Health Centre / Social Services
Nanisivik :Health Centre
Pangnirtung :
Health Centre / Social Services
Pelly Bay:
Health Centre / Social Services
Pond Inlet :
Health Centre / Social Services
Rankin Inlet:
Health Centre / Social Services
Repulse Bay :
Health Centre / Social Services
Resolute Bay:
Health Centre / Social Services
Sanikiluaq :
Health Centre / Social Services
Taloyoak :
Health Centre / Social Services
Whale Cove :
Health Centre / Social Service

Nunavut Health and Social Services

The Nunavut Health and Social Services Department provides a wide range of programs and services to the residents of Nunavut, including:

CHILD AND FAMILY SERVICES:

Child Protection Services:

Protection services, including investigations, interventions, and residential services, are provided by child protection workers under the Child and Family Services Act, to ensure a child's safety, security and development when parents are unable to care for their children.

Residential placements may be made for reasons of illness, neglect, abuse, abandonment, behavioral/emotional difficulties, and pre-adoption placement. Provisional, regular and specialized foster parents are recruited, trained and utilized as required within Nunavut. Some children, such as medically-fragile children, may be placed in foster homes outside of Nunavut if the child's needs cannot be met within the Territory.

Beliefs & Principles

The fundamental principles guiding the provision of services to children and families are:

- The best interests of children are a fundamental responsibility of society.
- The family is the basic unit of society and its well-being should be supported and preserved.
- The family is the basic source of care and nurture of children and parents have the primary responsibility to ensure the well-being of their children.
- Families and children have the right to the least interference with their affairs to the extent compatible with the best interests of children and the responsibilities of society.
- Children have a right to a continuous family environment in which they can grow.
- Families and children are entitled to be informed of their rights and to participate in the decision affecting them.
- Families are entitled to receive preventive and supportive services directed to preserving the family unit.
- Families are entitled to services which respect their cultural heritage.
- Decisions to remove or place children should be based on the best interests of the child and not on the basis of the family's status.
- Communities have a responsibility to promote the best interests of their children and families and have the right to participate in services to their families and children.

- Aboriginal peoples are entitled to the provision of child and family services in a manner which respects their culture, language and traditions.

Voluntary Services for families and children

In conjunction with the Child and Family Services Act and other Acts and Policies, support for families is given for changes and long-term planning. A range of the following services may be offered and provided based on availability within the specific community or region:

- Wellness Counseling
- Child Sexual Abuse Counseling
- Home Care, Special Needs Items
- Family Violence intervention and Counseling
- Parent and Family support
- Psychological assessment services
- Respite Care/Day Care

ADOPTION SERVICES:

The Department of Health and Social Services, under the Adoptions Act and the Aboriginal Custom Adoptions Act, is responsible for all adoption services in the Territory. The Director of Adoptions is responsible for departmental, private, family, stepparent, and international adoptions in the Territory. The Director's involvement in each of these types of adoptions as educator and facilitator varies. The Director is also responsible for filing court documents for Departmental Adoptions.

Adoption is a lifelong experience that affects adopted children, adults, and both birth and adoptive families. It is both a legal and a social process. The purpose of adoption is to provide every child legally available for adoption with the stability and security of new and permanent family ties, giving paramount consideration to the child's best interest.

Beliefs & Principles

The following values guide adoption practice for children who are legally available for adoption:

- Children require permanence, and the earlier this occurs, the more beneficial it is for them
- Every child needs a permanent legal family; therefore adoption must be thoroughly considered for every child
- All types of families and parent compositions should be actively explored as potential adoptive placements.
- Children, birth parents, prospective adoptive parents and caregivers should be provided with an understanding of the lifelong implications of adoption with complete information to assist them in making informed decisions.

- Openness in adoption enables members of the adoption circle to maintain family and cultural connections and relationships and assists the child in developing a strong, healthy identity.

Special considerations for Inuit children

- In no way does the adoption of an Inuit child limit or add to any existing aboriginal rights that a person may have.
- Services to ensure that the cultural identity of Inuit children in care is preserved are provided within the context of the importance to the child of having a permanent life plan.

Inter-Country Adoptions

- The Convention of Protection of Children and Co-operation in Respect of Inter-country Adoptions (The Hague Convention) has the force of law in Nunavut and guides adoption practice for children who are involved in inter-country adoption.
- When working with countries in which the convention is not in force, the principles and practices outlined in The Hague convention are honored and followed wherever possible.

Interprovincial Adoptions

- Practice in interprovincial adoption is guided by the Adoption Act and the “Provincial/Territorial Protocol on Children and Families Moving Between Provinces and Territories” (March 2001).

GUARDIANSHIP SERVICES:

Under the Guardianship and Trusteeship Act, the Office of the Public Guardian is responsible for reviewing all guardianship applications and documents before they are presented to the Court. The Public Guardian can be appointed by the Court to represent a person that has no family members or friends who are willing, suitable or able to act as a guardian. Guardians make decisions regarding the health and well-being of the client, including where to live, what activities to participate in and healthcare decisions. The Public guardian is not responsible for the financials affairs of the client. The Office of the Public Guardian in Nunavut works collaboratively with other jurisdictional Public Guardian offices to ensure that the best interests of Nunavut clients placed out of Territory are being met appropriately.

ADULT SUPPORT SERVICES:

Adults with a variety of disabilities and related needs are provided a range of support services, including counseling. Due to the long-term nature of these disabilities, families are often included as recipients of services. Due to limited resources within Nunavut, many of these adults are referred out-of-Territory. Adult Alternative Family Homes and Supported Independent Living models are two resources that are greatly needed in Nunavut. Due to the complex nature of the problems (e.g. homelessness, behavioral issues, involvement with the Criminal Justice system), viable solutions require interdepartmental collaboration with creative solutions. More community-based facilities are required in light of the increasing proportion of aged members in the population.

FAMILY VIOLENCE SERVICES:

Description

The Family Violence Program is a non legislated program intended to respond to the needs of victims of family violence. Currently, Social Services involvement in the Family Violence Program encompasses several main areas including:

1. Family Violence Relocation program
 - Social Services Workers are available to assist with women and children fleeing family violence by assessing their situation and organizing a relocation to a safe shelter or to a safer location
2. Shelter Consultation Process
 - Social Services unit in HQ is working in consultation with Nunavut shelters to ensure standards of programs and practice.
3. The development of a Nunavut Family Violence Strategy
 - The Social Services Unit recognizes that shelter programs are only a small part of a family violence continuum framework therefore has undertaken the development of a **Nunavut Framework for Spousal Assault Intervention and Prevention**

COMMUNITY CORRECTIONS: & (Youth Criminal Justice Act)

In communities where Justice has not assumed the work, and at the request of Justice, the Probation Officer's roles are performed by social workers such as: supervision of offenders sentenced to periods of probation, conditional sentence or conditionally released from imprisonment; surveillance of the conduct of released offenders to ensure conditions are met; counseling; assisting and supporting the offender; taking action with regard to serious breaches or required modifications to the probation order; preparation of reports for Court, supervision

of youth under probation and monitoring of community services performed by young offenders; restitution and victim-offender reconciliation programs; co operating with parole authorities to suspend conditional release of offenders as appropriate; and organizing and developing community service work.

PROGRAM DELIVERY:

The services and programs are delivered in diverse locations throughout the communities of Nunavut; in clinics, in client homes, outpost camps, health centers, Government/Municipal offices and at the Baffin Regional Hospital, in Iqaluit.

Community Services

The departmental programs Managers and clinical Supervisors in each region oversee the provision of social services throughout Nunavut by providing supervision of staff and program delivery support. The scope of Community Services is comprehensive, including a full range of mental health, social services and community health services.

Mental health professionals offer a variety of services, which differ from region to region. These include family violence councilors, community mental health specialists, child sexual abuse prevention, specialists, psychologists, alcohol and drug specialists, psychiatric nurses and social workers.

Community Health and Social Services Managers are responsible for the social work, nursing and support staff in the Community Health Centres. In Baffin (Qikaqtani) they are also responsible for the staff of the Regional Home Support Program, Home Care and Public Health in Iqaluit.

Community Health Representatives, usually an Inuit person from the community, also works at the Health Centre, helping to provide culturally appropriate health promotion activities.

The Role of the Social Worker in Nunavut

Social Work in the Community

Community Social Work in Nunavut is a unique and rewarding experience, where social workers have greater autonomy and additional responsibilities. Health and Social Services Managers / Supervisors oversee the provision of program delivery by Social workers and Community Social Services Workers in the communities throughout Nunavut.

Social Services program delivery is generic in nature allowing the social worker exceptional freedom to provide immediate intervention in the context of an interdisciplinary team approach.

The Programs

- Services for Children and Families
- Services for Adults and the Elderly
- Services for victims of family violence
- Community Corrections (some communities)

The Legislation

- Child and Family Services Act
- Adoption/s Act
- Guardianship and Trusteeship Act

The Duties

- Identifying high risk children/families
- Aggressive provision of services
- Community development
- Foster parent recruitment and support
- Child protection investigations
- Apprehension and placement
- Court process and attendance
- Adoptions work
- Services for aged / challenged
- Plan of care / Voluntary agreements
- Referral residential care
- Family Violence

Placement Resources in Nunavut

- Group Homes for Developmentally-Delayed Children and Adults
- Elders' homes
- Family Violence Shelters and community safe homes
- Facility for Medically Fragile Children and Adults
- Approved Foster homes

Primary Health Care Connector Resources

- Wellness counselors/A&D counselors
- Early childhood development programs
- Community programs/organizations
- Informal supports, family, elders, faith community
- School counselors
- Community Justice groups
- Nurses / CHR's
- RCMP

Facts About Nunavut

Population (2006) census:	29,474
Birthrate (1991):	Nunavut 33%, Canada 15%
Population under 25 years of age (1991):	Nunavut 59%, Canada 35%
Languages spoken:	Inuktitut, Inuinnaqtun, English, French
Employed Population (1994):	7,417
Proportion of families that rely on hunting and fishing for their meat:	59%
Average personal income (1992):	\$25,440.00
Size:	1.9 million square kilometers
Size of Inuit – owned lands:	355,842 square kilometers
Capital:	Iqaluit

Weather in Nunavut

Nunavut is a huge territory, and the weather can vary widely. As a rule, in July and August, inland areas are warmer than coastal regions and the western regions are warmer than the Qikiqtani (Baffin region).

Spring temperatures are more consistent throughout Nunavut with average daytime highs between -20°C and -10°C . Cool days are tempered by sunshine. From late March to the end of May, sun reflected off the snow and ice can cause severe sunburn.

In the winter be prepared for cold temperatures and short days. The further north one goes the shorter the winter days get. Communities north of the Arctic Circle don't see the sun for stretches at a time. Conversely, during the summer the further north you go the more 24 hours of daylight you experience.

Low humidity reduces the impact of the cold, making a -20°C day feel like -5°C in southern Canada. January, February, and March are the coldest months. Wind chill factors are often more significant than the actual air temperature.

Most of the Arctic is a polar desert making for long stretches of cloudless days without precipitation. Throughout most of Nunavut, cool temperatures mean that snow cover generally doesn't finish melting until June. On most of the land, the only months without snow are June, July and August. Sea ice finishes melting later. Most rain falls after the sea ice breaks up, usually between mid-July and the end of August.

Blizzards are most common in October and November and in spring, February through April. Travel can be severely affected at these times due to visibility. In summer travel can be hampered by strong winds, unpredictable cloud cover, and fog.

Length of Midnight Sun and Arctic Night in Select Nunavut Communities

Community	24 hours Sunshine	24 hours Darkness
Grise Fiord	April 22 – August 20	Oct. 31 – Feb. 11
Arctic Bay	May 6 – August 6	Nov. 11 – Jan. 30
Clyde River	May 13 – August 9	Nov. 22 – Jan 20
Repulse Bay	June 4 – July 9	No 24 hour darkness
Igloolik	May 18 – July 26	Nov. 26 – Jan. 15
Pelly Bay	May 21 – July 22	Dec. 4 – Jan. 7
Gjoa Haven	May 22 - July 21	Dec. 3 – Jan. 9
Kugluktuk	May 27 – July 17	Dec. 10 – Jan. 2

The Communities of Nunavut

The communities of Nunavut are scattered over vast distances: Clinton Point (western edge of Nunavut) to the eastern tip of Baffin Island: 2,500km. Alert (northern tip of land) to Manitoba border: 2,500km. Nunavut offers a wide variety of landscapes and wildlife.

There are twenty-eight communities in Nunavut, some dating back as meeting places for hundreds or even thousands of years. Some were established during the 1920s and 1930s during the time of Arctic trading, and others in the 1950s & 1960s when the government began to take a more active role in the Arctic.

All Nunavut communities have in recent years seen an astonishing rate of new construction and upgrading. Typically, all communities have at least one (usually two) general and food merchandise stores and a small hotel with restaurant. Every community derives its electrical power from diesel generators and the majority of building heat is from fuel oil. Telephone services are via satellite. CBC radio and cable television are available in each community. All communities have schools. English stream education is available in the larger communities of Cambridge Bay, Rankin Inlet and Iqaluit. In small communities, the first language of the community, either Inuktitut or Inuinnaqtun, is taught in the Primary grades. Then there is a “transition year” or two of the English language. Most junior and senior high school courses are taught in English. Additionally, Iqaluit offers education in French from Kindergarten to Grade Eight and will extend this with the building of a French School. Many communities have an arena or community center.

Communities are serviced by frequent air transport and “sealift” in the summer. There are no roads linking Nunavut to the rest of Canada. With the exception of small boat, snowmobile or dog team travel, all movement between communities is by air.

Nunavut Community Profiles

KITIKMEOT REGION

The Kitikmeot Region is located on Nunavut's western boundary and is comprised of seven communities.

Bathurst Inlet (Qingaq)

Population: 5

The Inuit name for Bathurst Inlet means, “the nose” and refers to a hill behind the community. Bathurst Inlet is located south of Victoria Island. The area has been likened to an Arctic oasis where caribou, musk oxen and many species of birds can be seen.

Bay Chimo

Population: Unspecified

Cambridge Bay (Ikaluktutiak)

Population: 1,475

Cambridge Bay, located on southern Victoria Island, is the regional center for the Kitikmeot communities. It's Inuktitut name means, “fair fishing place.” There is an abundance of wild life near the community, including musk oxen, and several roads providing great access for hiking and camping.

Gjoa Haven (Ursuqtuq)

Population: 1,065

Located on King William Island, Gjoa Haven' story is closely linked to the search for the Northwest Passage. This area was the most difficult part of the passage; channels to the north and west were often choked with ice year round. The Inuktitut name for Gjoa Haven means, “place of plenty blubber,” because of the once plentiful seal. The community is one of the fastest growing communities in the Kitikmeot. In 1961, its population was estimated at 100.

Kugluktuk (Coppermine)

Population: 1,305

Kugluktuk, formerly known as Coppermine, is located on the Coppermine River and the shores of Coronation Gulf on the Arctic Ocean. The final signing of the Nunavut Land Claim took place in Kugluktuk in July 9, 1993.

Kugaaruk (Pelley Bay)**Population: 690**

The Inuit name for Pelly Bay means, “place with lots of bowhead whales.” Pelly Bay is located along the coastal mountains of Kugaarjuk, on the Simpson Peninsula south of the Gulf of Boothia. The area has long been occupied by the Netsiligmiut, or “people of the seal”, and has provided hunting and fishing over the centuries.

Taloyoak (Spence Bay)**Population: 810**

Located on Spence Bay, on the Boothia Peninsula, Taloyoak is located in the heart of the Northwest Passage. The name refers to a large stone blind traditionally used by Inuit to corral and harvest caribou.

KIVALLIQ REGION

The Kivalliq Region is located in Central Nunavut and is comprised of eight communities.

Arviat

Population: 2,060

The name Arviat comes from arviq, Inuktitut for “bowhead whale.” Arviat can be found on old maps as Eskimo Point. Arviat is situated on the southwestern coast of Hudson Bay and has been an important trading spot since the late 1600s. The area is vital to nesting waterfowl.

Baker Lake (Qamanittuaq)

Population: 1,725

Baker Lake’s Inuktitut name means, “big lake joined by a river at both ends.” The two rivers joining Baker Lake are designated Canadian heritage rivers, the Kazan and Thelon rivers, Baker Lake the only non-coastal Inuit settlement in Nunavut, has long been known for its fine arts. During the 1950s artists from Baker Lake pioneered the art of printmaking in the north, achieving global recognition for their skill.

Chesterfield Inlet (Igluligaarjuk)

Population: 335

Chesterfield is the oldest continuing community in Nunavut. The Inuktitut name means, “place with few houses.” It is located at the mouth of Chesterfield Inlet and overlooks Fish Bay. The community has a fish plant that processes Arctic char for southern markets.

Coral Harbour (Salliq)

Population: 770

Coral Harbour, also known as Salliq, means, “a large flat island in front of the mainland.” The community sits on an island on the northern side of Hudson Bay and has long served as a strategic point for Sallirmuit Inuit, Scottish whaler and fur traders for the Hudson Bay Company. It’s name is derived from fossilized coral that once grew in northern Canada. The area provides an abundance of walrus, whales, polar bears, and caribou. Attractions include the magnificent Kiroffer Falls and excellent Thule sites at Native point.

Rankin Inlet (Kangiqliniq)

Population: 2,355

Rankin Inlet, on the western shores of Hudson Bay, is Nunavut’s second largest community. Located at the head of Rankin Inlet, about 20 km from Hudson Bay, the community developed as a result of nickel mining activity in the area. The Thule people, once fished the mouth of the nearby Meliadine River building stone weirs to channel Arctic char into shallow water where they could be speared. The community began to flourish after the government of the Northwest Territories moved its regional headquarters there.

Repulse Bay (Naujaat)

Population: 745

The Inuktitut name for Repulse Bay means, "baby seagull." The name is derived from a cliff near the community which serves as a nesting site for seagulls. Repulse Bay, is known for its innovative carving. The community led the way in providing some of the North's most famous carvers whose pieces are displayed in museums worldwide. The community is situated on the Arctic Circle.

Sanikiluaq

Population: 745

Sanikiluaq, Nunavut's most southern community, lies on the Belcher Islands in southeastern Hudson Bay. The Belcher Islands area is comprised of about 1,500 islands and is the largest archipelago in Hudson Bay. Traditionally Inuit living on these islands utilized bird skins for clothing. Now, eiderdown is collected from nests and made into beautiful duvets and modern clothing.

Whale Cove (Tikirarjuaq)

Population: 355

The Inuktitut name for Whale Cove means, "longest point." The community is small, largely traditional and located south of Rankin Inlet, on the west coast of Hudson Bay. People still depend on hunting and fishing to supply food and raw material for crafts.

QIKIQTANI REGION

The Qikiqtani region of Nunavut encompasses Baffin Island and the islands to the north.

Arctic Bay (Ikpiarjuk)

Population: 690

Arctic Bay is also known as Ikpiarjuk, “the pocket”, because of the hills that surround it. Located on a small inlet, surrounded on three sides by high hills, Arctic Bay offers a natural, protected harbour. Arctic Bay is connected to the mine at Nanisivik by a 21 km road. The world’s most northerly marathon is held here and attracts competitors from all over the world.

Qikiqtarjuaq

Population: 475

Qikiqtarjuaq formerly Broughton Island, sits off the west coast of Baffin Island. The wild life and scenery draw visitors from all over the world. The view of the glacier topped fiord coast of Baffin Island is spectacular, sightings of icebergs and whales are common.

Cape Dorset (Kingait)

Population: 1,235

The community of Cape Dorset lies on the northwest shore of Dorset Island. Cape Dorset is often considered the Inuit art capital for its world famous prints. It’s Inuktitut name means “tip of the island.”

Clyde River (Kangiqlugaapik)

Population: 820

Clyde River sits on a flood plain and is the contact point for travel into Sam Ford Fiord and other fiords in central Baffin. There are opportunities to see narwhal, bowhead whales and polar bears. Clyde River is on Baffin Island’s east coast in the shelter of Patricia Bay.

Grise Fiord (Ajuittuuq)

Population: 140

Canada’s most northerly community, Grise Fiord lies on the southern shore of Ellesmere Island in the far north. It is considered the most picturesque place in the Arctic with high hills, sweeping vistas and 24 hours of sunlight in the summer. It’s Inuit name means, “place that never thaws.”

Hall Beach (Sanirajuk)

Population: 650

Hall Beach lies on the shore of Foxe Basin. For great fishing and the chance to see walrus, seals and other Arctic wildlife Hall Beach has few equals. Arctic Char can be caught from the shore in town and flocks of geese, swans, ducks and other waterfowl nest in the surrounding area. This is an important hunting and camping site for the Thule and modern Inuit. The land around Hall Beach is flat and featureless.

Igloolik

Population: 1,540

Located on a small island in Foxe Basin, this traditional community offers interesting sites on land as well as the rare sight of nesting loons, ducks and snowy owls in season. Sights of habitation go back 4000 years, and include examples of both Dorset and Thule cultures. Igloolik is often considered the cultural capital of the Qikuqtani and Nunavut, because of the cultural continuity that has been preserved in traditions and language.

Iqaluit (Capital of Nunavut)

Population: 6,185

Iqaluit, the largest city in Nunavut, is also the capital of the new territory. Iqaluit, on the month of Frobisher Bay, overlooks Koojesse Inlet. It's name means "place of many fish." Iqaluit is the hub of the Qikiqtani, with northbound flights form Ottawa and Montreal. Iqaluit's runway, the longest in the Canadian Arctic, also provides an ideal refueling spot for international flights.

Kimmirut

Population: 410

The word Kimmirut means, "heel", and the community is named for the rocky outcrop in the shape of a human heel located about 60 meters across the water, facing the community. Kimmirut is well known as an art colony with its carvers producing some remarkable pieces, noted for the colour of stone and artistic merit.

Nanisivik

Population: 51

The Nanasivik townsite was developed in the 1970s to support a lead /zinc/ silver mine, which has now closed. It is a mountainous area with open sweeping slopes and extensive rocky scree. During the summer, fitness enthusiasts run the Midnight Sun Marathon along the 21km road to nearby Arctic Bay.

Pangnirtung

Population: 1,325

Pangnirtung is also known as the "place of the bull caribou." The community lies on the Cumberland Peninsula and is bisected by both Akshayuk and Kingnait Passes, which provide an overland route from Cumberland Sound to Davis Strait. The community is set at the foot of the mountains, at the mouth of a river and on a fiord. Pangnirtung is famed for it's art particularly it's woven tapestries and prints.

Pond Inlet

Population: 1,315

Pond Inlet is also known as Mittimatalik, the “place where Mittima is buried.” Pond Inlet is richly endowed with scenery, which includes mountains, glaciers, and icebergs. There is an abundance of marine wildlife to observe. The Community looks out on Eclipse sound and the mountains and glaciers of Bylot Island. Both the Dorset and Thule people lived in the area for centuries leaving behind many interesting sites.

Resolute Bay

Population: 230

Resolute Bay is located on the south coast of Cornwallis Island and is Canada’s second most northerly community. The Northwest Passage passes directly in front of the community and can be walked in the winter months. Resolute Bay was established after Inuit families were moved there by the Canadian government from Pond Inlet and the northern Quebec community of Inukjuak.

Clothing

In Nunavut wearing the “right” clothing is essential.

Spring and Fall:

- Foot wear: Rubber boots (insulated for early spring)
Hiking Boots
Running shoes
Warm socks
- Head wear: Toque or Baseball cap
Head Band
Sunglasses
- Body wear: Light jacket (lined)
Sweaters
Wind / Waterproof jacket
Warm clothing

Summer:

- Foot wear: Hiking boots
Running shoes
Socks
- Head wear: Baseball cap / Headkerchief
Sunglasses
- Body wear: Cotton pants
Jeans
Sweatshirts / T-shirts
Light jacket

Winter:

- Foot wear: Thermal snow boots rated to minimum of -40C
- Hand wear: Windproof mittens
- Head wear: Wool, fur or thermal hat
Full facial mask
Neck warmer or scarf
- Body wear: Down filled parka designed for Arctic wear, hood with fur trim
Snow / Wind pants
Thermal underwear, warm socks

Contact Information

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Cambridge Bay

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Kivalliq (Keewatin) Region

Executive Director

Rankin Inlet,

Phone: (867) 645- 2171

Qikiqtani (Baffin) Region

Executive Director

Pangnirtung

Phone: (867) 473-8944

Recommended Web Site's

www. Nunavut.com
www. Arctictravel.com
www.gov.nu.ca

Recommended Reading

Nunavut Hand Book
The Inuit Way