

## **Talking about Justice in Nunavut: Episode 1: What do we need to know about family violence and abuse, and what can we do?**

*Podcast/Radio Program Transcript*

**HOST:** Welcome to Talking About Justice in Nunavut, a series of audio interviews presented by the Law Society of Nunavut.

Today we are going to talk about family violence and abuse. This can be a difficult topic, and you may find the information to be upsetting. Take care of yourself. You might want to take any steps that you need to emotionally prepare yourself. You should also think about what care you might need after listening to this program. We'll share some resources for support throughout this program, and we'll also share support resources again at the end of this program.

My name is Gloria Song, and I'm the access to justice coordinator for the Law Society of Nunavut. The Law Society has been partnering with Pauktuutit Inuit Women of Canada on a project to study and raise awareness about family violence and abuse in Nunavut.

For this program, we'll hear from a number of Nunavummiut from across the territory about what we should know about family violence and abuse, and what we can do. In particular, we'll talk about the Family Abuse Intervention Act, also known as FAIA, a law that meant to help Nunavummiut take action on family violence and abuse.

We'll hear from a Community Justice Specialist in Coral Harbour, who will talk about what family abuse is and how the Family Abuse Intervention Act can help deal with it. We'll also hear from a Community Health Representative in Baker Lake who will talk about healthy relationships, including healthy sexual relationships. A Community Mental Health Specialist in Iqaluit will let us know what emotional abuse can look like, as well as tips for mental wellness. Our partner Pauktuutit Inuit Women of Canada will share with us the stories that we heard from women with lived experiences when we traveled to different communities across the territory as part of this project. And we'll also hear from a facilitator and advocate from ilinniapaa Skills Development Centre about how to overcome difficult times and difficult feelings.

First up, we have **Ruth Eetuk Pootoolik** from Coral Harbour. Ruth has extensive experience working with the Family Abuse Intervention Act, including as a Community Justice Outreach Worker. Ruth, thank you for joining us.

**RUTH:** Thank you for having me. Thank you for having me. My name is Ruth Eetuk Pootoolik. I am a Community Justice Outreach Worker in Coral Harbour. As part of my job, I assist those who are in abusive relationships with orders under the Family Abuse Intervention Act, more commonly known by an acronym "FAIA".

**HOST:** My first question for you is, what is family abuse?

**RUTH:** Family Abuse is defined as emotional and mental abuse, physical abuse, sexual abuse as well as financial abuse and Elder abuse.

Some examples are:

- Threatening to hit someone
- Raising a fist at someone
- Punching, pushing or slapping someone
- Throwing objects in the house or at someone
- Calling names and put downs as a form of verbal and emotional abuse
- Punching holes in the walls to intimidate someone
- Threatening to harm themselves if you seek help
- Sexual abuse, including sexual contact that is coerced by force
- Not allowing someone to leave the house
- Forbidding someone to go to work
- Taking someone's debit card to withdraw money without their permission
- Deprivation of necessities of life – food, clothing, shelter, medical attention

**HOST:** That was Ruth Eetuk Pootoolik, Community Justice Outreach Worker and Acting Community Justice Specialist in Coral Harbour, talking about what family abuse is. We'll hear more from her later in the show, but let's first talk about the different kinds of abuse there are out there, and what a healthy relationship looks like.

Joan Killulark is a Community Health Representative based in Baker Lake, working for the Government of Nunavut, Department of Health. She joins us today with some advice about what a healthy relationship looks like. Hello, Joan.

**JOAN:** Thank you.

**HOST:** So what is a healthy relationship?

**JOAN:** A healthy relationship is about feeling good about who we are, about our body and about ourselves, A healthy relationship also promotes positive self-esteem. We feel respected, appreciated, and accepted for who we are. Everyone deserves to be respected in all their relationships.

**HOST:** Sometimes I see people talk about how their boyfriends or girlfriends can be jealous of them sometimes and they think it's kind of cute. I wanted to ask you, is jealousy a sign of love?

**JOAN:** No. Some people may see jealousy as being protective of their partner, but jealousy is often related to power, control and manipulation. Unhealthy relationships can turn into abusive relationships. Love is about communicating. Talk to each other and learn what your partner wants and what makes them feel good, safe, and loved.

**HOST:** That's good advice. And you mentioned how there's a risk of it turning into an abusive relationship, so I wanted to ask you a little bit more about those different types of abuse. Is it OK for your partner to threaten you if they do not hit you?

**JOAN:** No. Not all abuse is physical. Emotional or psychological abuse such as threats, excessive criticism, humiliation, or shouting and swearing are all signs of an unhealthy relationship. Abuse can also appear when dealing with finances such as someone spending your money on themselves. Abuse can also be sexual, like only having sex with you on their terms and not considering your feelings. Any type of abuse can cause harm and it is not OK.

**HOST:** That's really good to know. What about in other situations? For example, is it OK if your partner wants to know where you are every minute of the day?

**JOAN:** No. Constantly wanting to know where someone is or whom he or she is with by texting, calling or even stalking is unhealthy in any relationship. Healthy relationships are built on trust and communication between both partners.

**HOST:** Now earlier you mentioned about how abuse can be sexual, so I want to hear a little bit more about that. Let's say, if you start doing something sexual and your partner wants to stop, should you stop?

**JOAN:** Yes. Communication is the best way to improve your relationship. It is important to respect your partner's sexual limits and boundaries and to talk about the boundaries. If your partner is not comfortable at any time and wants to stop, you stop. Everyone has the right to have control over what happens to his or her body. People can choose when, with whom, or for how long any activity takes place. No matter how deep the level of intimacy. Even if the couple is actively engaged in sex, either person has the right to change his or her mind and stop the activity at any time. If someone says "NO", they are not consenting. If your partner continues to pressure you into any sexual activity, your partner is committing sexual assault.

**HOST:** That's really important to know. I'm glad you shared that, Joan. I have another question for you then. Is it OK to believe you can make your partner's problems go away?

**JOAN:** No. Problems that affect a relationship such as alcohol or drug use, lying or abuse can lead to unhealthy behaviours. Supporting your partner is important but if the problem is leading to any kind of abuse (such as, emotional or physical), this is a sign that the relationship may be harmful. Recognizing unhealthy relationships can be difficult. Help is available by talking with someone you trust or calling a telephone helpline.

**HOST:** I'm glad you shared that, Joan. I'm sure there's a lot of people out there who might be recognizing that there may be a problem that their partner has, and I think they'll really appreciate knowing what they can do about it. So I have another question

for you then. Is it OK when your partner spends time alone with family or friends without you?

**JOAN:** Yes. Spending time away from your partner helps you to have a more balanced life, where you are able to maintain other healthy relationships with family and friends. Someone who is jealous of the time you spend with other people may be trying to control you. It is important to set boundaries by communicating with your partner. Example, "I always attend family birthday parties as this helps me stay close to my family".

**HOST:** I think that's a really important message to hear too. Thank you, Joan. Why does sexual violence happen?

**JOAN:** Sexual violence or sexual assault is an act of power and aggression. It is not sexually motivated. It makes a person feel unsafe, uncomfortable, and vulnerable.

**HOST:** So in a situation like that, who is at fault when a sexual assault occurs?

**JOAN:** The offender is always at fault.

**HOST:** That was Joan Killulark, a Community Health Representative based in Baker Lake, giving us a better understanding of sexual abuse, and also what a healthy relationship looks like. We also spoke to Camilla Sehti, a Community Mental Health Specialist with the territorial Mental Health and Addictions team with the Government of Nunavut, in order to get a better understanding of what different kinds of emotional abuse there are. Hello, Camilla.

[*TIME STAMP: 10:04*]

**CAMILLA:** Thanks for having me.

**HOST:** What is emotional abuse?

**CAMILLA:** Emotional abuse is a common element of family violence. It can go hand-in-hand with physical forms of abuse. Emotional abuse can involve any of the following:

Verbal abuse, which means an individual uses words or verbal cues to hurt somebody else in the home. Yelling, insulting, or swearing at someone are all examples of emotional abuse. Making demeaning comments about one's clothing, hairstyles, or aspects of their physical appearance, or even threatening physical violence is emotional abuse.

There can be rejection. Some examples of rejection include constantly disregarding someone's thoughts, ideas, and opinions. Continually picking fights or withholding affection as a form of punishment.

This could be humiliating. That could look like calling someone names, making 'jokes' at another person's expense. Rejecting or insulting things they are interested in or their accomplishments.

Gaslighting and manipulation is also a common form of emotional abuse: Making someone doubt their feelings and thoughts, and even their sanity, by manipulating the truth. Refusing to take responsibility for their actions or how they made someone else feel. Blaming: messages of telling someone it's their fault. Dismissing someone's feelings, or calling them 'crazy'. Dramatic overreacting, or emotional often happens when there's emotional abuse in the family system.

There can be a lot of Isolation and control. So demanding to know where someone is and who they are with all the time. Reading their text messages or emails and making someone spend all their time with them. Isolating them from family and friends – so not allowing someone to go spend time at a friend's house, is a common example that we'll see of this isolation and control. Destroying or hiding someone's belongings, like a wallet, a phone.

**HOST:** How does alcohol play a role in family violence?

**CAMILLA:** Although alcohol is rarely the cause of family violence, it can often enable or trigger a violent episode. When a person's drinking becomes a problem, it can severely impact the entire family. A person under the influence might be quick to lose their temper or become violent. This can lead to a breakdown in trust among family members and can lead to feelings of resentment. Family members can experience anxiety, depression and shame related to their loved one's addiction.

**HOST:** That was Camilla Sehti, Community Mental Health Specialist. We'll hear more from her later to talk about mental wellness, and how to take care of your own mental health.

Next we're going to talk to Raha Ravasian, project manager for Pauktuutit Inuit Women of Canada. She used to be formerly an internationally trained lawyer from Iran. She played a key role in traveling to communities in Nunavut as part of this project to collect stories from women with lived experiences of family violence and service providers who worked with them. Hi, Raha.

**RAHA:** Hi Gloria. Thanks for having me.

**HOST:** What were some of the stories that were shared with you?

**RAHA:** First of all, I really want to thank the women who courageously participated and attended in the interviews, and shared their lived experiences with us. It takes courage and trust, and I'm really proud of them, and their resilience. I feel proud and honoured to have the opportunity. The research was mostly about family violence, and its root causes, and how people were aware of the Family Abuse Intervention Act.

We heard different stories, but sometimes with the same root causes of the family abuse and family violence in Nunavut. It was mostly about how violence impacted the lives of women who experienced violence, the children, and their loved ones who lived with them. There were stories about how women have a safety net and help each other and have difference codes and strategies to help each other.

There were also so many stories related to using and taking drugs and alcohol involved with family violence. And not to forget that some of the stories really shed the light on multi-generational and intergenerational aspects of violence.

[*TIME STAMP: 14:55*]

Some people that experienced violence and [were] impacted by violence had the experience of residential schools. And how they were witnessing abuse or experiencing abuse as a child impacted their lives, or the lives of their loved ones.

Other than that, there are also other stories about not having enough access to adequate housing and shelter make it really difficult for women, or even men, to leave. There is not enough shelter and safehouses for women. Not only for women, but also for men. If there is violence in the house, and there is no place to go, at the end of the day, people stay together and it causes a lot of problems.

There was also a lack of information and awareness about the legal options available to women. I think if we can use another opportunity to make this information available for women and let them know where to go and what is available for them when they face violence, that would be great ramifications of the research that we did.

The other thing that I really want to talk about is the different definitions of violence and abuse. Sometimes, in the Inuit way of living, something that by Western ideas are regarded as abuse, may be not received as the same definition for Nunavut and Inuit people. But mostly women were talking about physical abuse and after that, sexual. Some of the women were also aware of emotional abuse, verbal abuse. Some of them talked about even financial: withholding financial resources as an abuse. Not everyone was talking about this. Not everyone regards this as abuse, but some people regard this also as abuse. What we mostly heard about was about was physical and sexual abuse.

**HOST:** That was Raha Ravassian from Pauktuutit Inuit Women of Canada. She traveled to different communities in Nunavut as part of this project with the Law Society of Nunavut, to talk to women with lived experiences of family violence.

You're listening to Talking About Justice in Nunavut, an audio program hosted by the Law Society of Nunavut, and we're talking about family violence.

We've talked quite a bit now about the problem of family violence and abuse, the different kinds there are, and why it's a problem. Raha spoke about how there could be

more awareness about what legal options there are for dealing with family violence and abuse in Nunavut. So let's talk about some solutions about what we can do.

Earlier we spoke to Ruth Eetuk Pootoolik, a community justice outreach worker and Acting Community Justice Specialist in Coral Harbour, and she told us about what family abuse is. Let's go back to her to find out more about one of these options for dealing with the problem. She'll talk about the Family Abuse Intervention Act, one of the laws in Nunavut meant to help deal with it. Sometimes it's known as FAIA.

Ruth, What can someone do if they want help dealing with family abuse?

**RUTH:** You have the right to be in a safe environment and no one should suffer from family abuse. If you or someone you know is experiencing family abuse, please know that there is help available and resources out there.

The purpose of FAIA is to prevent family abuse and decrease the escalation of abuse. Community Justice Outreach Workers across Nunavut assist clients with Emergency Protection Order and Community Intervention Order applications. Neither of these orders are criminal charges.

**HOST:** So if someone is dealing with this, who can apply for help under Family Abuse Intervention Act?

**RUTH:** FAIA is applicable to:

- two people in a Spousal Relationship. For example: Husband and Wife.
- Intimate Relationship: For example, Boyfriend and girlfriend, whether they are dating currently or have dated before.
- Family Relationship: which means that the two people on the application are related by blood, marriage, or adoption. For example, Mother and son, or Father and Daughter or Adopted Brother and sister.
- Care Relationship: which means that one person is dependent on the other person for assistance in his or her daily life activities because of disability, illness, or impairment.

**HOST:** What are the different options available under the Family Abuse Intervention Act?

**RUTH:** Community Justice Outreach Workers can assist with two orders under FAIA. The first is Emergency Protection Order, which is often referred to by its acronym, "EPO". EPOs are designed to provide safety for applicants and children in urgent situations. EPOs are granted when family abuse has occurred, there is a likelihood that family abuse will continue, and the applicant, the children, the Elders and or anyone else living in the household are in need of immediate protection.

In an EPO application, you can request to

- Require the abusive person to be removed the family home for up to 90 days;
- Be granted custody of your children for up to 90 days;

- Not allow the abusive person to come to your home or follow you around town for up to 1 year;
- Not allow the abusive person to contact you for up to 90 days;
- Prohibit the abusive person from harassing or threatening you and any other person residing the residence;
- Prohibit the abusive person from taking or damaging your property or shared property;
- Anything else that can keep you and your family safe.

The second order is called a Community Intervention Order, which is often referred to by its acronym “CIO”. CIOs are designed to provide resources and referrals for families to attend counseling and address the root causes of the family abuse and to better incorporate Inuit Qaujjimajatuqangit Principles to address family abuse.

CIOs can provide:

- Access to counseling from Inuit traditional counselors as well as counseling with;
- Elders, Mental Health Nurse, Community Counselors or from other counseling resources in the community for all family members;
- A Calming period for up to 72 hours of no contact;
- Prohibiting someone from harassing or threatening you and your family.

**HOST:** So I just have one last question for you then, and you did talk a little about it in your answer. But Who can someone talk to if they want to apply for one of these orders under Family Abuse Intervention Act?

**RUTH:** If you would like to make an EPO or CIO application, there are Community Justice Outreach Workers in every community to help you fill out the application. You can also call 1-844-534-1038 to speak to a Community Justice Specialist on call.

**HOST:** I’ll just give that phone number again for speaking to a Community Justice Specialist for more information about getting an Emergency Protection Order or a Community Intervention Order application under the Family Abuse Intervention Act. It’s 1-844-534-1038.

Now let’s talk about an important part of going through a difficult situation, besides the law. Let’s talk about how to take care of oneself when overcoming challenges.

Noah Papatsie is a Facilitator and Curriculum advisor with ilinniapaa Skills Development Centre, born and raised in Iqaluit. He is also an advocate for disability rights, and a proud father. Thanks for joining us, Noah.

**NOAH:** Thank you very much. Great to be part of this interview. I really appreciate it.

**HOST:** We’re very happy to have you. I’m wondering if you could start off with telling us a little bit about yourself.



[TIME STAMP: 23:55]

**NOAH:** [*Inuktitut version available*] Well, my name is Noah Papatsie. I'm a father of seven, born and raised here in Nunavut. Iqaluit. I'm a disability advocate since after the accident.

**HOST:** I'm curious about what kind of advice you have for someone who is dealing with negative feelings and having mental health issues, perhaps struggling with a difficult situation. Do you have any advice on how they can deal with a challenging situation like this and heal?

**NOAH:** Yes. It is important to understand that we understand challenges are not barriers, as I understand when my first accident, after my accident, going back. It was a huge challenge for becoming a, as we all say, a disability. But in my words, I don't feel like, I don't have one. But I can achieve things to help other people. It is important we understand individuals can achieve on a daily basis, especially moving forth. Mental health plays a big role. But it is important we understand families, individuals, men, women, that everyone has a healing point. Or healing. Especially children. Children need to have a place to go. Before, there used to be [aunts and uncles] who assisted so much with these places. But during busy times, as we are all growing faster in a bigger space, we need to understand. It creates a bigger barrier not achieving the goal we're trying to achieve, to help individuals. Individuals, especially people with disabilities. We need to create a better system to make it work, instead of, you know "you're on your own. You're on your own to achieve [it]."

I myself, I've been trying to achieve until today, to achieve what I'm wanted to do. I'm happy that there's a lot of people who helped me along the way, because I wanted to be part of the system. Especially if people say I have a disability. I don't feel like it. But it is good that we can achieve together, in a better matter, in our society.

**HOST:** That was Noah Papatsie of Iqaluit with ilinniapaa Skills Development Centre, talking about the importance of not being discouraged by difficult situations.

Earlier we heard from Camilla Sehti, Community Mental Health Specialist, who told us about different kinds of emotional abuse. We're going to go back to Camilla now to talk about mental wellness and how to get mental health support when dealing with family violence .

Camilla, how does family violence affect mental wellness?

[TIME STAMP: 27:00]

**CAMILLA:** I think one of the main things to know is that mental wellness is a state of well-being, and that includes the capacity to feel, to think, and to act in ways that give us

joy in life. Good mental health allows us to deal with day-to-day challenges better. So when family members are worried, anxious, or ashamed of the violence that occurs in the home, mental wellness can be negatively affected. So that means mental health can be impacted by that.

**HOST:** So how can someone... How can I speak to and help someone who may be experiencing depression or anxiety because of family violence?

**CAMILLA:** I think the main thing is to encourage the person that you're noticing this with, to seek some help. The most important thing always is to support people in getting help, or having someone to talk to. You can reassure them that help is out there and that you will be there to support them through that process.

And don't be afraid to bring it up. I think sometimes, when we think about emotional abuse, when we think about violence, physical violence, a lot of times people are scared to have those conversations. They might observe or see something that looks unsafe. So it takes a lot of time for someone to say, 'I need help,' but it doesn't hurt to raise the subject yourself, as a friend or someone who cares about them, in a safe way.

Try to be open about things that are happening, and acknowledging the difficult emotions, and know that it's OK to talk about what they're experiencing.

Sometimes you don't have to explicitly say "Let's talk about family violence" just to find out how someone is doing. But it can be as simple as texting, just to say "I'm here for you. Would you like to meet up? Can I bring something over? Can we go for a walk?"

It's really also important not to blame somebody, especially not saying that it's someone's fault for why it's happening. Try not to blame them for feeling anxious or depressed, or tell them to 'pull yourself together' or 'just leave.' I think a lot of times people are already blaming themselves, or criticizing themselves for some of their decisions that they're making, so it's not helpful to make them feel worse. The tough love approach isn't always a good approach, especially when it comes to family violence.

Be patient. Someone with depression may become irritable and be more liable to misunderstand others or feel misunderstood themselves. They just need reassurance. They need to know that somebody is there.

And they need someone to listen to them. Someone who wants to share their thoughts or listen to how their feeling, but maybe isn't ready to receive advice or potential solutions. So sometimes just being a listener can be really helpful, and you're not going to give feedback, you're just going to be there, to be present.

[*TIME STAMP: 30:00*]

**HOST:** I think that's really helpful advice about how to help someone who might be dealing with a situation like this. You mentioned earlier that it's really good to encourage

them, if it's appropriate to get some help. What kinds of help and supports are available in the communities?

**CAMILLA:** There's different ways that people can access services. One of the main ways is traditional family counselling and elders that exist within communities. So that can be a first line of where to go get service and help. You can also go to your local health centre. There's always a Family Service team and a mental health team, and they can provide immediate support. Sometimes in more critical situations, they can help somebody flee if they need to, the situation, depending on what the circumstances are.

There are several help-lines available to phone for free, confidential support. So that could be if you're looking for some feedback or you're just looking to talk to someone, you can call the Nunavut Kamatsiaqtut Help Line, and this offers anonymous and confidential telephone support 24 hours a day, seven days a week. The number is 1-800-265-3333. Again, that's 1-800-265-3333.

We also have the Kids Help Phone. Family violence, like we talked about, impacts everybody and it impacts all of our mental wellness. For young individuals who might be witnessing or experiencing this in their home, the Kids Help Phone line offers no-judgement counselling for young people. No matter what you want to talk about, they will listen. It's free, confidential and available 24 hours a day, seven days a week. The number is 1-800-668-6868. Once again, that's 1-800-668-6868.

Hope for Wellness Help Line offers confidential counselling and crisis intervention to all Indigenous peoples across Canada. That program is also 24 hours a day, seven days a week. Toll Free number is 1-855-242-3310. So Hope for Wellness Line, just to repeat that, is 1-855-242-3310.

I just wanted to add that recently, Mental Health and Addictions have worked in collaboration with NIHB to create a program called "Healing By Talking". This program is catered to help people get long term counselling services and support. Anyone who is eligible for NIHB benefits is also able to access the program for mental health counselling, which covers up to 22 sessions per fiscal year. It's a really easy referral process. You could contact the program coordinator. Her name is [Musey], at 897-975-5367. That number is 897-975-5367. Or you could email [healing@gov.nu.ca](mailto:healing@gov.nu.ca) for any information about the program. The main thing is that the program is accepting referrals across Nunavut. It allows individuals to have long-term counselling with the same clinician for up to 22 sessions per year, to address the various issues, and we have counsellors across the country who are trained in different areas of specialization, assisting with this service. If anyone is interested, we really look forward to having referrals. So please reach out if you like.

**HOST:** I think it's really helpful for people to know who they can call or talk to in terms of getting support, particularly if they want to talk to someone about their mental

wellness. What help is there for the people who want to deal with family violence and keep the family together?

**CAMILLA:** People can apply for a Community Intervention Order to help build strength in relationships, aligning with the Inuit Societal Values, keeping the family together and restoring harmony and balance. There are five Cultural Wellness Organizations and Healing Centres in Nunavut that offer community-based services and programs. These are Ilisaqsivik Society in Clyde River, Department of Healthy Living in Cambridge Bay, Pulaarvik Kablu Friendship Centre in Rankin Inlet, Tukisigiarvik Society in Iqaluit, and Aqqiumavvik Society in Arviat.

**HOST:** I think those resources are going to be really helpful for people to know. I'm wondering if you might have some practical tips about what is the best way to improve one's mental well-being?

**CAMILLA:** I think it's really important that we take care of our mental and physical health, and the way we live our lives has a direct influence on them both. There are lots of small things we can do to improve or maintain good mental health and well-being. For example: our diet. Eating fresh fruit and vegetables daily helps provide the nutrients needed to nourish your mind and body. Choosing country foods or store-bought foods that are not processed will also help. Avoiding harmful substances like drugs, cigarettes, or alcohol can also be really helpful in maintaining that our mental health is feeling strong.

Sleep is also really important. I think sometimes it's something we overlook, just because it just seems like a natural thing to do. But making sure we are sleeping a lot really helps improve our mental health. Sleeping too long, or not getting enough sleep, can be enough to create a negative impact on our mental health and wellness. Adults should aim for 7 to 8 hours of sleep a day.

Being outdoors: There is strong evidence to suggest that the combined mix of colours, sounds and smells we find outdoors act together to stimulate our senses, which helps increase our overall well-being. This means that going out on the land, berry-picking, fishing, and having a picnic are all activities that will help with your mental health.

Exercise: Walking, running, swimming, doing push-ups, or other forms of physical activity are all things that will make you feel stronger and healthier, and that's both within the body and within our minds. When you exercise, your brain chemistry changes by releasing 'feel good' hormones called endorphins. So that makes us feel better. So if sometimes we're feeling low or we don't want to get out of bed, even just getting up and doing something that activates that part of our brain can be really helpful in changing our mood.

Socialization: Having a support system of friends and family is also associated with improved mental health. Having those you can trust and talk to in your life provides a sense of belonging and community, reinforcing that you are not alone.

And so those are some quick tips on how to improve our mental health. A lot of it is about what are we doing in our day-to-day to make sure that we're taking care of ourselves.

[*TIME STAMP: 37:05*]

**HOST:** That was Camilla Sehti, Community Mental Health Specialist, who told us about mental wellness and how to get mental health support, especially when dealing with family violence.

In this program, we've heard people talk about the different kinds of family violence and abuse, and what we can do about it. We talked about the Family Abuse Intervention Act, also known as FAIA, a law to help Nunavummiut take action on family violence and abuse. We also talked about the stories we heard while working on this project from women with lived experiences of family violence, service providers who help them, and other community members. We also heard about how to take care of our mental health while dealing with difficult situations and difficult feelings.

Family violence is a problem that exists everywhere in the world, not just in Nunavut. The Law Society of Nunavut and Pauktuutit Inuit Women of Canada's project on looking at family violence has really showed that it's important to make sure people understand that they are not alone. Everyone needs to stand together and break the silence on family violence and abuse.

As we come to the end of the program, I'd like to thank the people who participated in these interviews to provide their insights: Ruth Eetuk Pootoolik, Joan Killulark, Camilla Sehti, Raha Ravassian, and Noah Papatsie. I would also like to thank Margaret Piercey at the Government of Nunavut's Department of Health and Christine Aye from the Government of Nunavut's Department of Justice for helping to coordinate some of these interviews. Thank you to our partners at Pauktuutit Inuit Women of Canada for working with us on this important project about access to justice for family violence.

And of course, we are thankful to our funders, the Law Foundation of Ontario through its Access to Justice Fund, as well as the Department of Justice Canada. While this project was financially supported by our funders, the Law Society of Nunavut and Pauktuutit Inuit Women of Canada are responsible for the content.

If you want to listen to this recording again, this recording can be found on the Law Society of Nunavut's website, along with other resources about family violence that we've developed with our project partners. For more information about this project on family violence or these resources, you can also call the Law Society of Nunavut toll-free at 1 (844) 979-2330. That's 1 (844) 979-2330.

It's been a pleasure Talking about Justice in Nunavut. We hope you all stay safe and healthy.