

2023 Pingngupaa Challenge

Highlights & Feedback

\$30,297

THANK YOU!

170

Total Participants

\$48

Average Donation

359

Total Donations

58 %

Participants joined the fundraising campaign

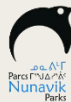
\$1,076

Most Generous Individual Participant Congratulations Zoé Lafond!

Corporate Donation



Draw Sponsors (March 28, 2023)



Testimony

"I am one of these social drinkers. I seriously thought I would never be able to go through 28 days without drinking, mostly because I like to gather with my friends, have fun with them all night and because I have a strong fear of missing out. I never want to be the first one going to bed, imagining that people would forget about me in moments of craziness that we keep talking about years after years. This year, I decided I would seriously try the 28 days without alcohol and as how surprising it was for me, I still can't believe I made it. Mainly, this first challenge on my end made me realised that it is possible to have fun with my friends even if I am not drinking, because our mental state allows us to get use to it and to re-appropriate ourselves in sober nights with whomever, friends, family, work environment, etc. I never thought this would be possible, but more and more the month was passing, more it was becoming easy for me to be sober in gatherings, and mostly, to actually enjoy it. I also thought I would be looking forward March 1st the whole challenge, but it was way easier than I thought to just forget about it. I could never have imagined myself on March 1st not even wanting a drink, which made me extra proud. I was also impressed how weekends were way longer when we are in a good shape waking up on Saturday mornings, at 9 o'clock instead of noon. Mondays were so much easier when you feel like you had enough time for yourself in your weekends. (...) So Nakurmiik a lot for this commitment in the communities, it made me change my whole vision of alcohol drinking habits." - Kuujjuamiut

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Alasie Kakayuk

It was fun doing the challenge until I relapsed but I made a choice again to challenge myself not to drink everyday but only once in a while

Like Reply 4w



Aupalu J Qumaaluk

It's my first time joining the challenge also I've been surrounded by alcoholics makes me want to drink. But I've been really strong to hangout with them i just keep saying "must be boring that they will have a hungover" lol

Wow Reply 5w



MIKPII KPIIK

February 17 · 🌐

16 days challenge and 20 days sober I did good before I was drinking 3 to 4 times a week for long 20 days was hard in the beginning got easier but then thing with flashbacks panic attacks were not helping to cope more but today more like this evening I had to have alcohol not because I was weak it's cause I'm tired of flashbacks. Anyways thank you I will do this again but more like not to do the challenge only by my self.

For people who are still on challenges please keep going you guys doing a amazing job just remember you not alone doing this.



Kudluk Susieanne

February 19 · 🌐

Day 19 of sobriety!!

It gets sort of lonely at times but i'm grateful for the ones that have been there with me. It was quite difficult the first few days not knowing what or who to turn to when faced with the social pressure of drinking. I had a bad case of FOMO (fear of missing out). What helped was keeping my mind busy and active when times get that way by going to the gym, sewing and cooking. I have been more aware and kinder to myself, my body and mind. Self care has been my main priority this month. From being mindful of who i let in my life and what i put in my body, to eating better, drinking water and listening to my body/mind when it needs rest.

This challenge has been teaching me that I am more capable than I thought and that my will power is stronger than I thought it was.

Nakurmiik Isuarsivik for this great initiative. Kajusittsiata ilauqatikkaa!! WE GOT THIS



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2023 Sponsor Draw

March 28, 2023 - 10 AM



Christine Nakoolak	AIR INUIT ROUNTRIP TICKET
Sarah Beaulne	HAND CRAFTED WOODEN CUTTING BOARD
Brian Gleason	WINIFRED DESIGN SWAG
Eric Lemelin	NUNAVIK PARKS CAP & SHIRT
Vanessa Brown	RACCOON AND BEAVER FURS

2023 Participant Draw

March 28, 2023 - 10 AM



Marianne Colleratte	CABIN SOLAR PANEL KIT FROM TARQUTI ENERGY
Peter Nassak	AIR INUIT ROUNTRIP TICKET
Sheila Gordon-Purple Alain Labbé	HAND CRAFTED WOODEN CUTTING BOARD (2X)
Julie Saunders	WINIFRED DESIGN SWAG
Allen Gordon	NUNAVIK PARKS WATERBOTTLE & HOODIE
Betsy Palliser	SMALL SLED WITH STIHL HAND SAW, AXE & HAT
Catherine Walsh	COYOTE FUR