

# Your lifestyle change starts here!

You are part of a community of hundreds of participants from Nunavik and beyond willing to embark on a positive and supportive period of reflection on the place of substance use in your life. At all times, keep in mind that you are capable, and you deserve this lifestyle change!

**Now, start reflecting on your alcohol, drug use or unhealthy habits and the potential changes you might be open to making this February.**

Identify and mark down your main goal for the Challenge, whether it is:

- > Reducing your overall daily alcohol or drug use.
- > Only drinking or using on specific days.
- > Stop drinking or using for the 29-day challenge.

**Next, we invite you to look for one or more people to sponsor your participation.**

You can find sponsors on social medias or by talking with a co-worker or a relative. Your sponsors will have to donate using your fundraising page (you received an email when you registered to create this page). You are responsible for collecting a minimum of \$28 to be eligible to the draw, but there is no minimum donation per supporter.



“ Recovery is a process. We have to give ourselves the space and time to learn and grow as we change.”

## Pingngupaa Tour

Join the local activities of the **Pingngupaa Tour**, an initiative made possible by Isuarsivik's Continued Care Services team.

### February

1-2-3	Kuujuaq	14 to 17	Inukjuak
4	Puvirnituaq	19-20	Tasiujaq
5-6	Puvirnituaq, Salluit	21-22	Aupaluk Kangirsuk
7	Kuujjuaraapik Salluit	23	Kangirsuk
8	Kuujjuaraapik	24-25-26	Quaqtaq
9	Umiujaq Salluit	27-28	Kangijsujuaq
10-11	Umiujaq Ivujivik	29	Kuujuaq
13	Kangijsualujuaq Akulivik		



Schedule is subject to change due to weather conditions.

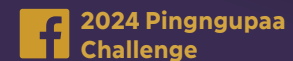


## Participant Booklet



Questions? [challenge@isuarsivik.ca](mailto:challenge@isuarsivik.ca)

Follow us on Facebook for daily support:



## Let's first ask you a few questions!



### Why are you taking this Challenge?

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### What is your main goal regarding your alcohol or drug use for this month?

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### What does that change mean to you?

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# General rules

## 1. CHALLENGE DURATION

It starts on February 1st at 12:00 a.m. and ends on the last day of February at 11:59 p.m.

## 2. ELIGIBILITY

The Challenge is focused on the population of Nunavik, but all residents of the province of Quebec are eligible. Anyone, whether they want to change their substance use habits or not, can join and identify recovery goals that are realistic for them and respectful of their reality.

## 3. PARTICIPATION CRITERIA

### 3.1 Registration

To become a participant, the individual must complete the Registration Form before the deadline for registration. A participant in the Challenge may submit only one entry form during the Contest Period and provide a valid email and mailing address.

### 3.2 Participant Engagements

All Pingngupaa participants commit to:

- Do their best to respect their main goals identified at the beginning of the Challenge.
- Collect a minimum of \$28 donation.

### 3.3 Collecting Donations

Each participant is responsible for finding at least one supporter using an online fundraising page through Zeffy. Upon registration, the participant will automatically create their fundraising page and an email will be sent with a link to share on their social media platforms or by email. The participant is responsible for collecting a minimum of \$28, but there is no minimum donation per supporter.

### 3.4 Success

Each participant has their own challenges and values in taking part in the Pingngupaa Challenge. No matter if they achieve their initial goal or not, their participation in itself is an important step towards recovery and a rare occasion to reflect on the place of substance use in their life. For these reasons, participants will not be tested after the Challenge to confirm their monthly sobriety.

## 4. DONATION

All funds from the yearly Pingngupaa Challenge will benefit Isuarsivik's cause by providing additional resources and making the Centre's services easily accessible to the 14 communities of Nunavik.

## 5. TAX RECEIPT

Tax receipts are issued automatically to supporters by email through Zeffy.

## 6. DRAWS

### 6.1 Pingngupaa Participant Draw

Each participant who complies with the conditions in 3.2 Engagements will be eligible for the Pingngupaa Participant Draw. This draw will take place live on our Facebook page once all the donations are received.

### 6.2 Individual Supporter Draw

Each person who makes a donation to a participant of at least \$28 will be eligible for the Individual Sponsorship Draw. If a supporter donates a minimum of \$28 to more than one participant, they will have as many chances as the number of participants they have supported.

## 7. PRIVACY/USE OF PERSONAL INFORMATION

By participating in the Contest, participants consent to the collection, use, and disclosure of personal information by Isuarsivik solely for the purpose of administering the Contest and awarding the prizes.



Reflecting on your alcohol or drug use is an important step, especially if your goal is to make slow progressive changes to your use. For those who are considering a period of abstinence (alcohol or drugs), please consult a health care professional (i.e., CLSC) to ensure that you are doing so safely.