ᕕᕈᐊᕆ 1-ᒥᑦ 28-ᒧᑦ, 2025 FEBRUARY 1-28, 2025

ᐱᖃᑕᐅᓗᑎᑦ ᐃᒻᒥᓂᒃ ᐱᕈᕐᐸᓪᓕᐊᓂᕐᒧᑦ

JOIN A JOURNEY OF SELF-GROWTH

ᐊᑌ ᐊᑕᐅᑦᓯᒃᑯᑦ ᐱᓇᓱᐊᖃᑎᒌᓚᐅᕐᑕ ᓄᓇᑦᑎᓐᓂ ᐊᐅᓚᓂᖃᕐᓗᑕ
ᖃᓄᐃᖏᑦᓯᐊᕋᓱᐊᕐᓂᒧᑦ!

Let’s do it together as a regional movement
to raise awareness on recovery in Nunavik!

ᐱᖕᖑ ᐹ ᐊᕐᕕᑕᕐᓂᖓᓄᑦ PINGNGUPAA TOUR
ᐃᓚᐅᒋᑦᓯ ᓄᓇᓕᑦᓯ ᓱᖃᑦᓯᓂᕐᓄᑦ ᐱᖕᖑ ᐹ ᐊᕐᕕᑕᕐᓂᖓᓄᑦ ᐃᓕᖓᔪᓄᑦ. Join the local activities as part of the Pingngupaa Tour.*

ᔭᓐᓄᐊᕆ January ᕕᕗᐊᕆ February ᒪᔨᒃ March

27-28 ᓴᓪᓗᐃᑦ
Salluit

3-4 ᐳᕕᕐᓂᑐᖅ
Puvirnituq

16-17 ᐊᑯᓕᕕᒃ
Akulivik

2 ᐃᒥᕐᑌᓕᓂᕐᒧᑦ
ᐅᒃᑯᐊᓯᓂᖃᓛᕐᑐᒍᑦ
ᑰᑦᔪᐊᒥ
CLOSING SOBER

EVENT (Kuujjuaq)

30-31 ᑲᖏᕐᓱᔪᐊᖅ
Kangiqsujuaq

6-7 ᐃᓄᒃᔪᐊᒃ Inukjuaq 20-21 ᐅᒥᐅᔭᖅ
Umiujaq

10-11 ᑲᖏᕐᓱᐊᓗᑦᔪᐊᖅ
Kangiqsualujjuaq

24-25 ᐊᐅᐸᓗᒃ
Aupaluk

13-14 ᑕᓯᐅᔭᖅ
Tasiujaq

27-28 ᑲᖏᕐᓱᒃ
Kangirsuk

ᐊᐱᕐᓲᑏᑦ? | Questions?
challenge@isuarsivik.ca

2025

*ᐅᓪᓗᖁᑎᖏᑦ ᐊᓯᑦᔨᑐᐃᓐᓇᕆᐊᓖᑦ ᓯᓚᐅᑉ ᖃᓄᐃᓕᖓᓂᖓᓄᑦ. Schedule is subject to change due to weather conditions.

ᓵᖕᖓᓯᖃᑕᐅᒋᑦ ᐊᑐᕆᐊᓕᓐᓂᑦ ᒪᓕᓪᓗᑎᑦ TAKE THE CHALLENGE IN 5 EASY STEPS !

ᐃᓚᐅᒐᓱᐊᕈᑎᓐᓂᐅᕕᑦ ᐊᓪᓚᓗᑎᑦ
ᐃᓱᐊᕐᓯᕕᒻᒧᑦ ᐅᕗᖓ ᔭᓄᐊᕆ 27,
2025-ᒧᑦ

Register until January
27th 23:59PM at

ᐃᒥᕐᑌᓕᒪᓂᕐᒥᑦ ᐃᒻᒥᓂᒃ

ᑐᕌᒐᑦᓴᓂᐅᕕᑦ ᐋᕐᖀᓗᑎᑦ ᐊᒻᒪ
ᓇᓗᓀᑦᓯᐊᓗᒋᑦ ᐃᒻᒥᓂᒃ ᑲᒪᒋᓗᑎᑦ
ᖃᓄᖅ ᐱᓇᓱᐊᒻᒪᕆᓚᖓᒻᒪᖔᕐᐱᑦ!

Choose your sobriety
goal by selecting one
of the six objectives that
best fits your reality

ᓵᖓᓯᒐᓱᐊᕐᓃᑦ
ᑲᔪᓯᑎᑦᓯᐊᓗᒍ

Take the
Challenge

ᐱᖃᑕᐅᓗᑎᑦ ᑕᒡᒐᓂ

2025-ᒥ ᐱᖕᖑᐹᒥᒃ
ᓵᖕᖓᓯᓚᖓᒻᒪᖔᕐᐱᑦ
Facebook-ᑦ ᐱᓇᓱᐊᖃᑎᓐᓂᒃ

Engage on our 2025
Pingngupaa Challenge
Facebook group

ᐱᖃᑎᓐᓂᐅᕕᑦ ᐃᑲᔪᕐᑎᖃᑦᓯᐊᓗᑎᑦ
ᐊᒻᒪᓗ ᐃᓱᐊᕐᓯᕕᒻᒧᑦ ᐱᓇᓱᐊᖃᑕᐅᓗᑎᑦ

Get your peers to support
you and Isuarsivik’s
mission

1 2 3 4 5

ᓄᐊᑦᓯᓗᑎᑦ ᐊᒻᒪᓗ/ᐅᕝᕙᓗ ᑐᓂᓯᓗᑎᑦ
ᐊᒥᓲᓂᕐᐹᖃᕐᑎᓪᓗᒍ $50.-ᒥᒃ
ᐊᒧᔭᑦᓵᐅᓛᕈᒪᒍᕕᑦ ᑭᖑᓪᓕᐹᒥᒃ
ᐊᒧᓯᓕᕐᑎᓪᓗᒋᑦ!

Collect and/or donate

minimum 50$ to be eligible
for the final draws!