

# Understanding the Needs of Urban Inuit Women

**Fact Sheet:** INUIT WOMEN ARE IN THE CITY  
- WHAT DO THEY NEED?

## Economic Needs

### HOUSING

Finding housing is a major challenge in big cities, and can be a confusing process. It's also important that the housing is safe and stable.

### HEALTH AND ACCESS TO SERVICES

Most Inuit women don't know what services are available to them in large cities, or also don't know where to access them. This often results in negative experiences for the women in the cities such as human trafficking, gangs, addiction, and sexual abuse and assaults. If there is earlier support, like showing Inuit women where the services are and how to use them, there would be fewer problems.

### EMPLOYMENT, TRAINING AND INCOME

Being part of a learning program(s) or having a job is positive for Inuit women and their families for financial security, purpose and social interaction. This is a big reason why they move/stay in cities.

### IDENTITY

Some Inuit women have a hard time with individual identity, such as: not knowing/meeting other Inuit in the cities, being far away or disconnected from Inuit communities, and feeling invisible in a big city or being targeted for being Inuit.

### IN CONCLUSION

Women's experiences show that the current resources and services only offer material things like housing and jobs; they don't consider the cultural and community needs of Inuit women.

Healing and connections with other Inuit and Inuit culture have the most importance for Inuit women's well-being in big cities.

The North and south are two very different places, but the experiences of Inuit women make a strong connection between the North and the south.

## Social Needs

### CULTURAL PRACTICES

Keeping a strong connection with Inuit culture and values in the south and participation in cultural events/activities make the women feel connected and welcome.

### SOCIAL NETWORK

Connecting with other Inuit in the city makes women feel like they are part of an Inuit community, which is a very important system of support.



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