

- *Ui-Minuinniutau* -

individual and collective well-being in residential architecture in Uashat.

The project takes place in the Innu community of Uashat, one of the only urban Aboriginal communities in Quebec. It is located on the Côte-Nord and has 1,600 inhabitants that are living in 3 communities. In this community, as in many others, housing questions are influenced by different issues. The project focuses on the Manikénish school sector, at the end of the entry route of the community. The school sector is underused, near a concentration of sporting and community facilities. The project proposes the addition of a street that would allow the continuity of the Montagnais boulevard and adding homes in the heart of the community.

The project's foundations

The project suggests to address the relationship between the built environment and mental health. *Gentelet* has been interested in representations of health and illness among the Innu. It seems that health is primarily a way of feeling and being. Health would be the overall well-being. The themes of individual well-being and living together are in the project, addressed through the community housing. According to *Bouchard and Gagnon*, cohousing allows a grip of their living environment for residents, it helps to strengthen neighborhood ties and produce and maintain friendly environments.

Thus, the project aims to develop culturally significant living environments that promote social interaction between families and individuals in the Innu community of Uashat, building on innovative and diverse collective dwelling types that support wellness.

Meeting Places

One objective is to provide public spaces at different scales; urban, neighbourhood and dwelling to hold various community activities and live different proximities that can strengthen neighbourly ties while allowing privacy. The project bets on higher density of collective living to support meeting places. Houses are implanted to promote the link with the street as a public space of sociability complementary with backyards that present themselves as more community spaces. Progress and setbacks guided by prevailing winds and sunshine help create comfortable subspace making it flexible in uses and appropriated. Two types of housing have different relationships to public space: the paired and multifamily. Multifamily face the gathering places; the community hall and the school playground. They frame the footpaths and help increase natural surveillance and sense of security. Paired maintain contact with the road and help close the existing block. At the intersection of flow and in contact with the playground and sports equipment take place a community hall. Shared kitchens and a large room stretch outward. The space is additional to what is offered at the school, where there is currently no cafeteria.

Transition Places

The project articulates the homes around communal spaces to encourage social interaction while allowing a gradation between intimacy and social spaces. Generous front balconies allow to maintain contact with the street. These balconies can be fully opened or closed by panels of canvas for cooler seasons to create SAS. This covered balcony becomes a workshop for repair or skinning. At times, the buildings are far from the street to make room for the appropriation of the front yard. Terraces also allow to enjoy the backyard which take place huts shared with varied uses. Each cottage is colored according to the choice of the occupants in a palette ranging from cloudberry to wild blueberry.

Private spaces

The project would also provide a variety of housing types adapted to different clientele needs in alternative to the existing offer. The project comprises 39 new units, 27 in paired formula and 12 multifamily formula. This offer may be suitable to those for whom it would be advantageous to live near services such as seniors. Single-parent families account for about half of the families or young couples may settle there. To facilitate the appropriation of housing, day rooms are combined and open-plan to promote flexibility of space. Bedrooms which can extend to the parts of life can meet to practice Innu, lounge camping. The limits of space are porous and defined by the activity being performed. The units also have a generous amount of natural light and views of the outdoor areas. From the second floor, one can see the river in the horizontality of the landscape. Density can offer slightly larger rooms that can also accommodate a desktop which, without foster isolation, propose more peaceful and quiet places in the dwelling.

Horizontal wood paneling is use as exterior cladding to create a residential landscape in relation to the territory and the natural environment. On the doors and between the windows, huts' colors are used and differentiate housing.

Finally, the project supports the ability to offer different models of collective housing echoing the Innu culture. He wishes they can promote social interaction between community members while promoting the well-being of everyone.