



EEYOU/EENOU FAMILY VALUES

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COURAGE

- Speaking up - you have your own voice
- Having faith to do something without fear
- Talking
- Saying Hello to superiors, chiefs and leaders
- Having courage to face all challenges
- Building an ancestral lodging
- Following the trail of our ancestors
- Getting out of your comfort zone
- Bravery in hard situations
- Having the courage to be the change and chase your dreams
- Facing your fears
- Acting even when you're scared
- Making sacrifices that will have a lasting impact
- Courage is a choice for you to ignore or face your fears



HUMILITY

- Accepting that you are not perfect
- Letting others be first
- Servicing
- Recognizing your qualities
- Knowing you will never stop working on yourself and that's ok
- Being humble
- Acceptance
- Laughter
- Acknowledging my limits, that I'm only human
- Putting others before oneself
- Showing honor to people such as elders, leaders



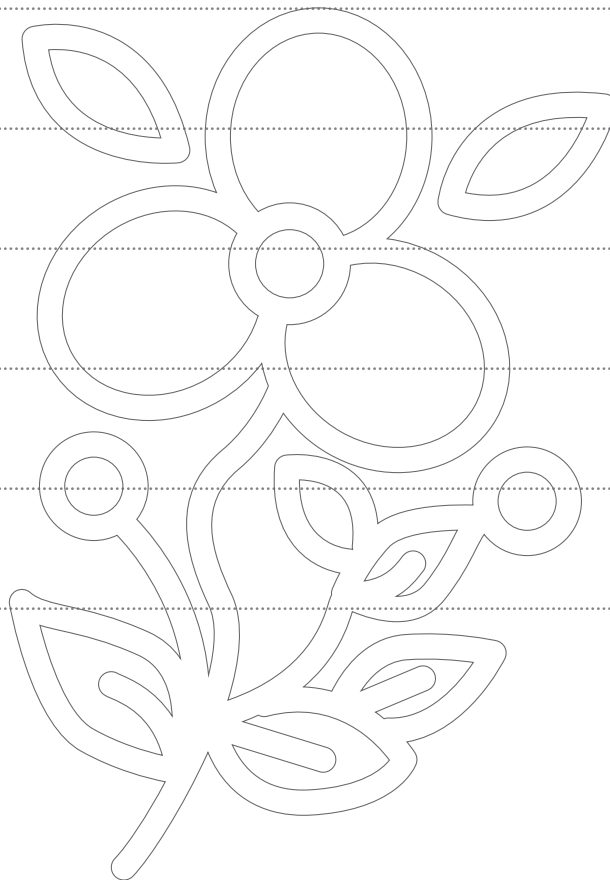
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GOOD CHILD REARING

- Walking out ceremony
- Hugging / loving
- Being there / listening
- Being empathetic
- Patience
- Communication
- Having discipline and guidance
- Being a role model
- Showing love
- Good eating habits, cleanliness (good hygiene)
- Praising and encouraging them
- Teaching them spirituality at an early age and to continue
- Teaching them chores at an early age so that they will build up their self-esteem
- Being positive
- Motivating them
- Teaching them about good relationships (male and female) and their siblings
- Doing both roles as a parent, mother and father
- Interacting with your child (playing with them)
- Showing affection such as giving a hug, holding hands
- Connecting and spending time with children



HAPPINESS

- Being out on the land
- Dancing
- Music
- Having a hobby such as sewing / beading / sports
- Joy
- Hugging, kissing
- Laughing
- Giving smiles
- Positive thoughts
- Love
- Truth
- Family and friends
- Doing things for a person to make them happy
- Finding true happiness with yourself and your surroundings
- Family celebrations
- Happiness comes from the heart
- Loving one another
- Learning Cree language (dab eeyou ayimoon)

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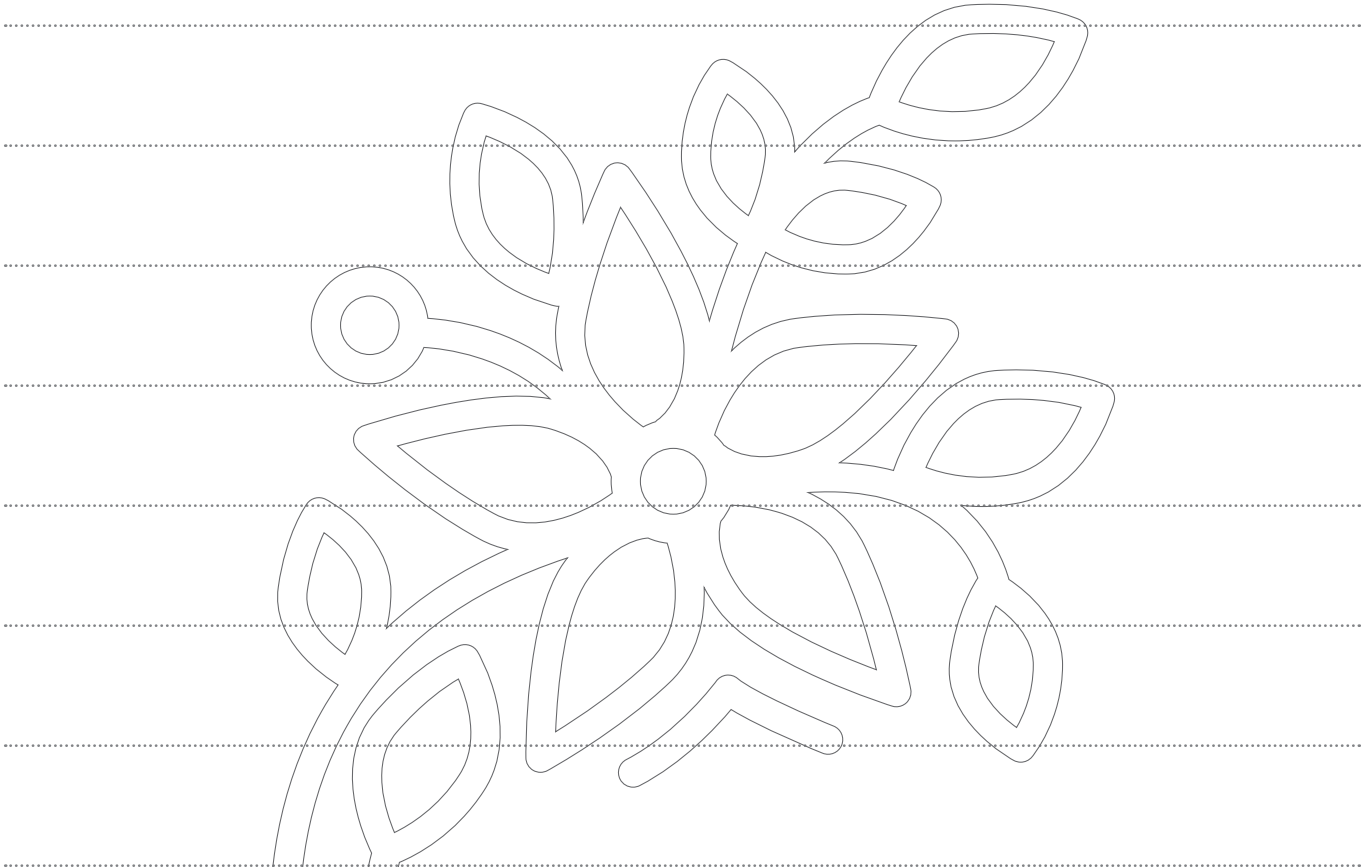
HARMONY

- Peace
- Patting on the back
- Positive text messages
- Helping elders
- Singing drum songs out in the land
- Camping with family
- Equal efforts
- Good singers make good harmony, good families make good relationships
- Being happy no matter what



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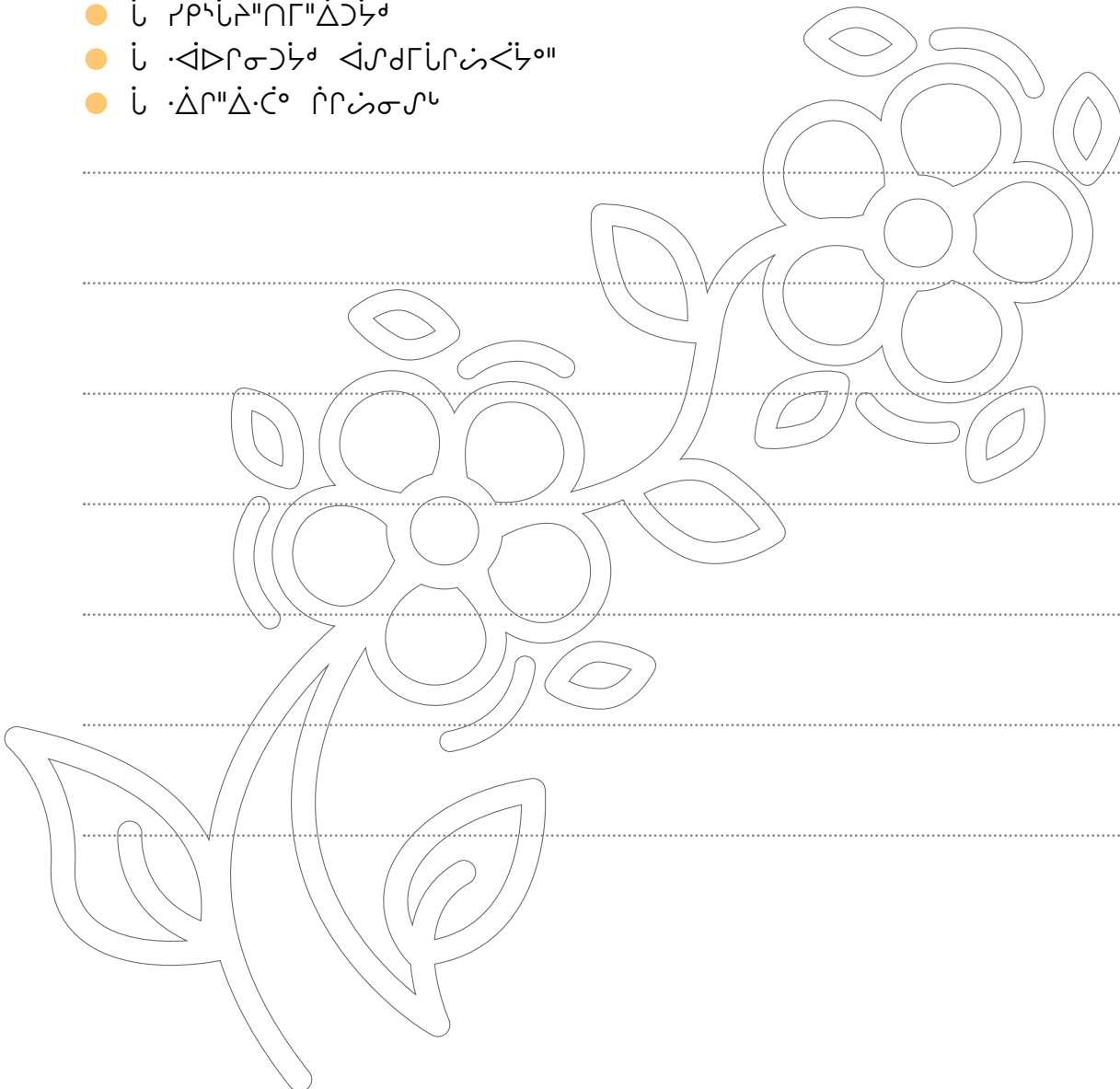
KINSHIP

- Gatherings, family events
- Promoting equality
- Laughter / humor
- A teacher when teaching requires patience
- When making snowshoes
- Give patience when dressing up your child
- Having patience in living with children and family members
- Showing patience in making a canoe
- Spotter
- Saying Hi to one another
- Being outgoing
- Being like a brother or a sister
- Security
- Giving hugs every morning
- Helping your siblings and others



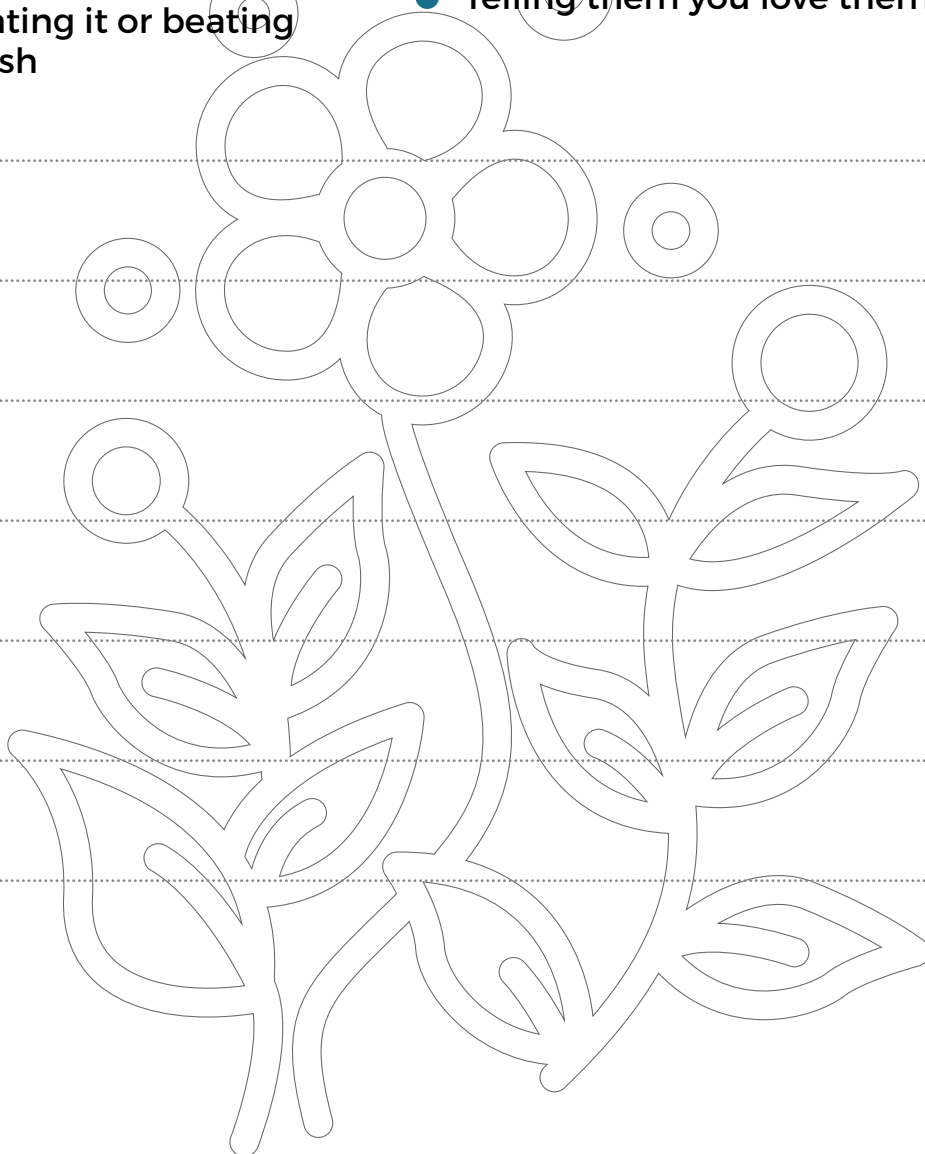
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HONESTY

- Thinking before you speak
- Saying what you mean and meaning what you say
- Communicating in an open and honest fashion
- Not shooting the messenger when someone tells you the truth
- Thanking others for their honesty and treating the information provided as a gift
- Simplifying your statements so that everyone clearly understands your message
- Telling the truth like it is, rather than sugar coating it or beating around the bush
- Presenting both sides of each issue to provoke fairness
- Being honest to your partner
- Be true – telling someone you've wronged them to make the situation and friendship better
- Telling someone the truth, even when it might hurt
- Telling someone if you accidentally broke their stuff
- Being real
- Knowing yourself
- Being honest to yourself
- Telling them you love them often



HOPE

- Succeeding at the highest education
- Curing from sickness
- Accomplishing what you are working on
- Believing that you can do it
- Hoping for the community to find healing
- Living with foster children
- Having hope in people around you when they are at their lowest
- Hoping to reach your goals
- Positivity
- Patience, if you love someone you need a lot of patience
- Hope is to never give up on yourself when it gets hard
- Bringing back our songs from the land in our language

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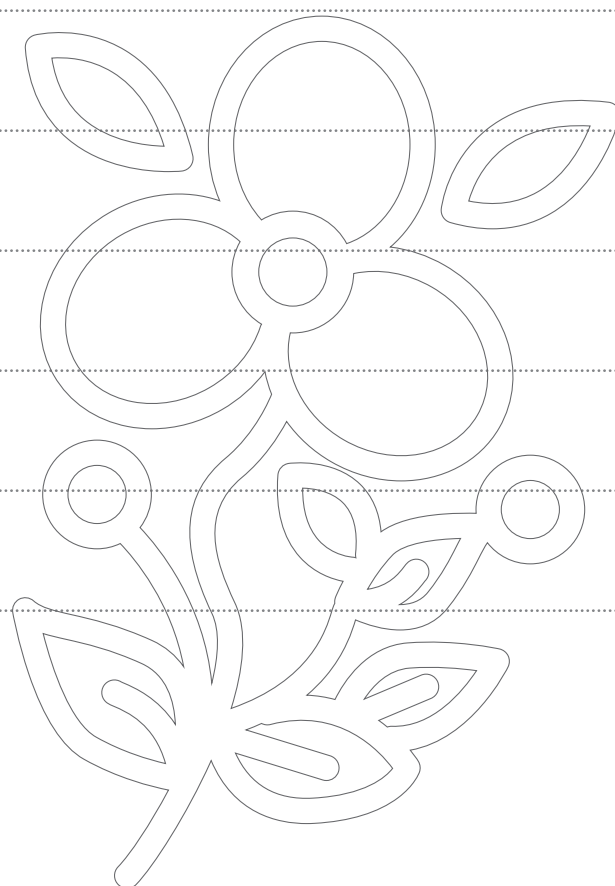
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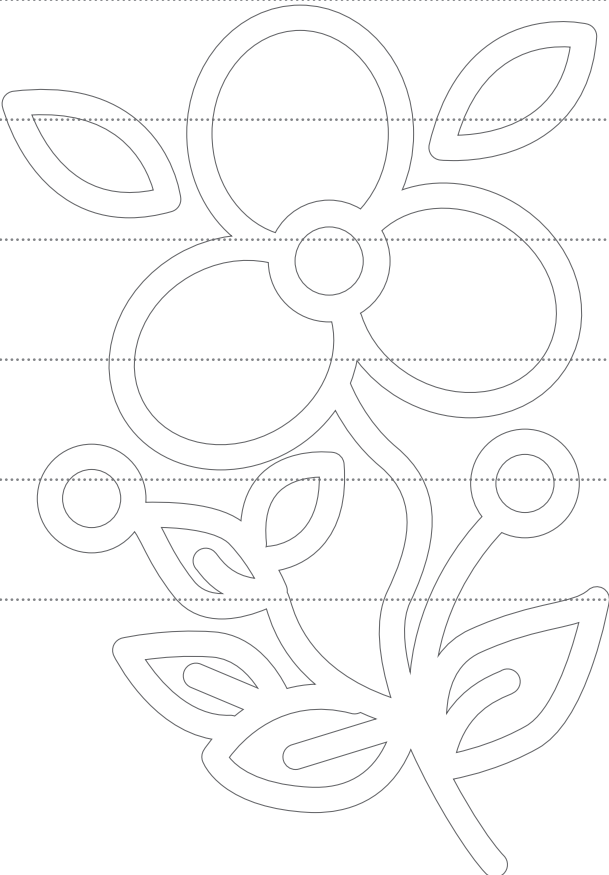
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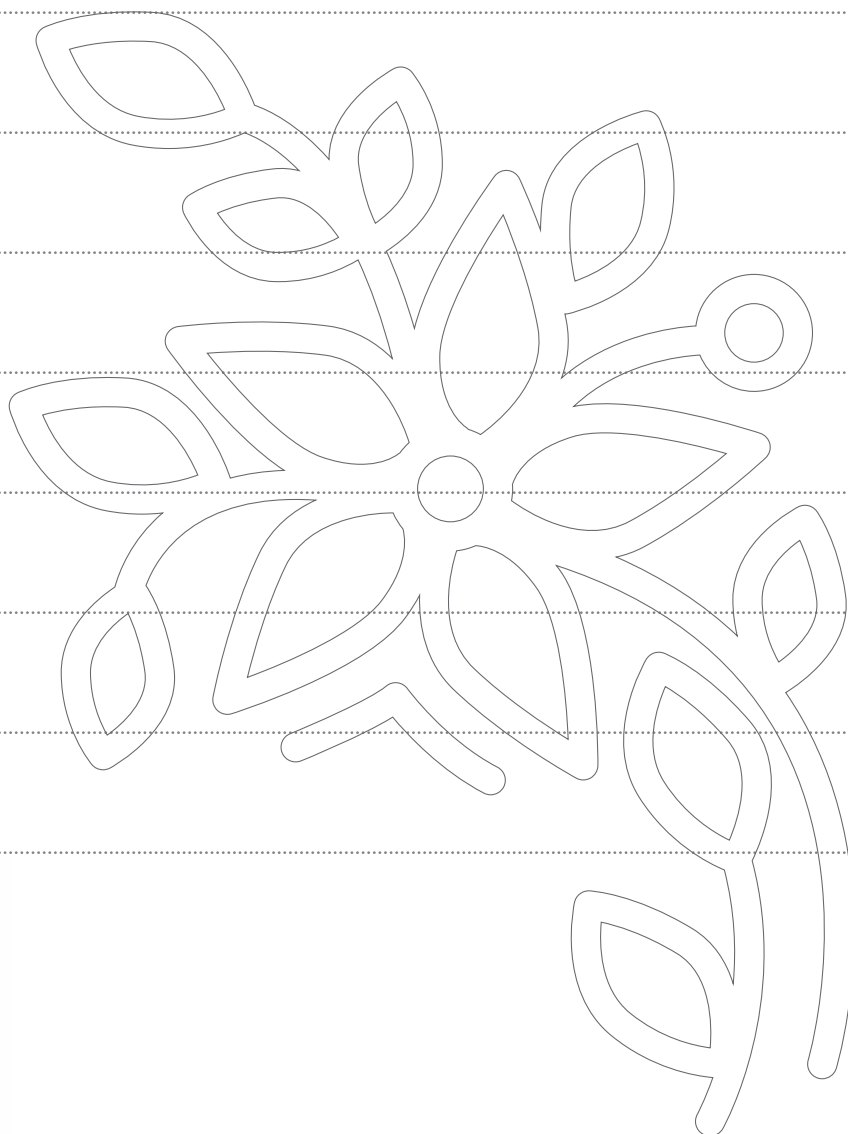
KINDNESS

- Active listening
- Donating food
- Showing that you care for others
- Showing that you love them
- Showing support to others
- Smiles
- Hugs
- Sharing everything that you have with inviting guests / anybody
- Sharing wealth
- Accepting everyone
- Avoiding gossip
- Helping people in trouble
- Being kind to one another
- Loving thy neighbor
- Loving your enemies even though it is hard
- Using humor
- Praising one another
- Holding the door for someone
- Waiting for the last person in your group
- Giving food to eat
- Paying my brother's phone bill
- Helping out with no hesitation
- Generosity
- Giving to the less fortunate, for example: a meal, drive, personal items
- Saying please and thank you! And sorry



RESPECT

- Not passing an elder
- Honoring a child like an elder
- Land, culture & others
- Listening
- Hunting
- Acknowledging and listening to people who share life experiences
- Showing others compassion
- Acknowledging their feelings / beliefs
- Acceptance of others for who they are
- Family
- Doctors, nurses, teachers, church leaders
- Listening to someone talk
- Respecting everyone despite their past or where they came from - everyone deserves respect
- Respecting other's decisions
- Not judging a person's ways or looks
- Maintaining the household
- Giving handshakes
- Listening to elders
- Helping an elder in need



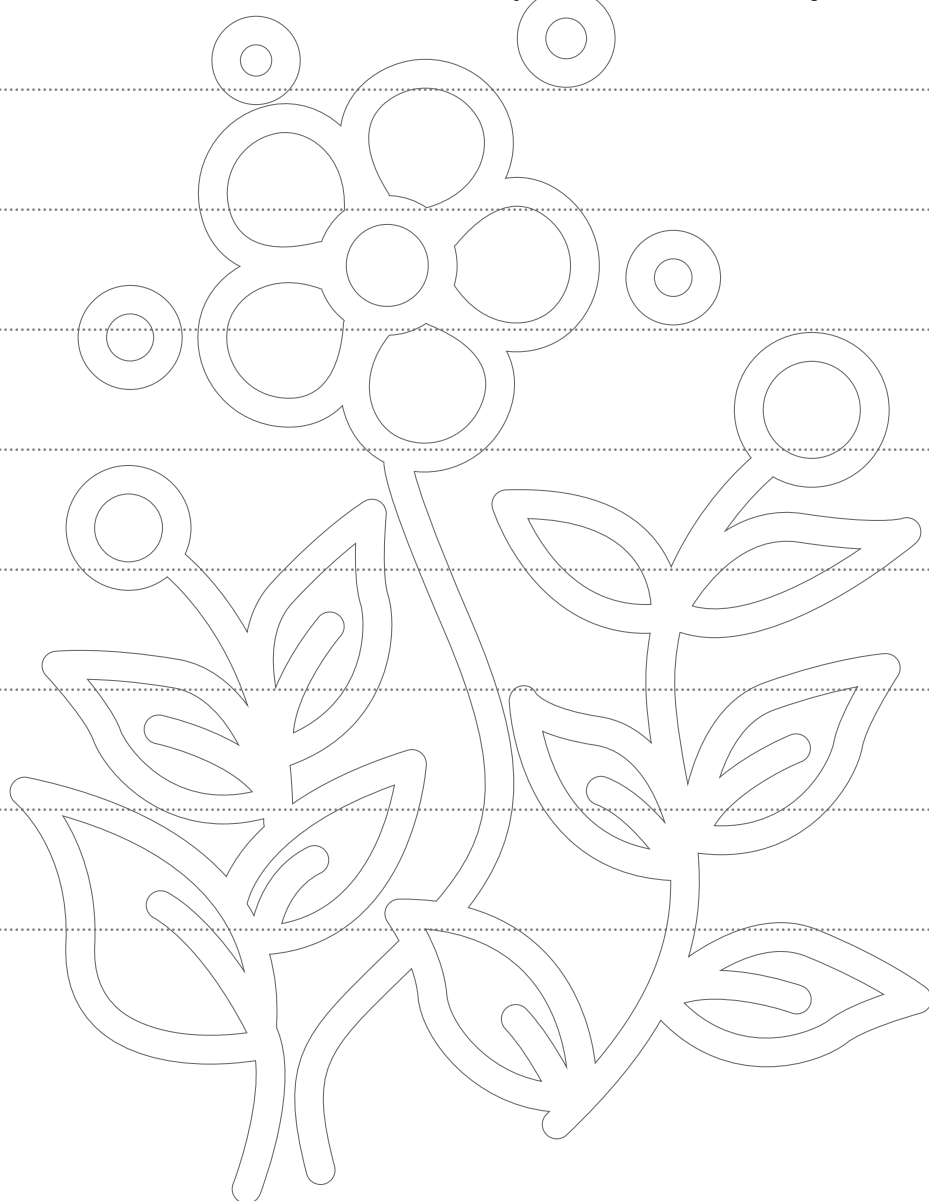
LOVE

- Yourself
- Hugging, kissing, holding hands
- Humor
- Self
- Relationships
- Supporting family members in sickness
- Showing empathy
- Love is everything – honesty, kindness, respect
- Just by saying I love you
- Spreading the love to one another
- Always show your love towards everyone
- Love is putting your kids first
- Loving one another
- Giving a gift to a person you love
- Giving a hug to show you care
- Listening from your heart
- Touching with gentleness
- Praying for the person
- Asking how you can assist them



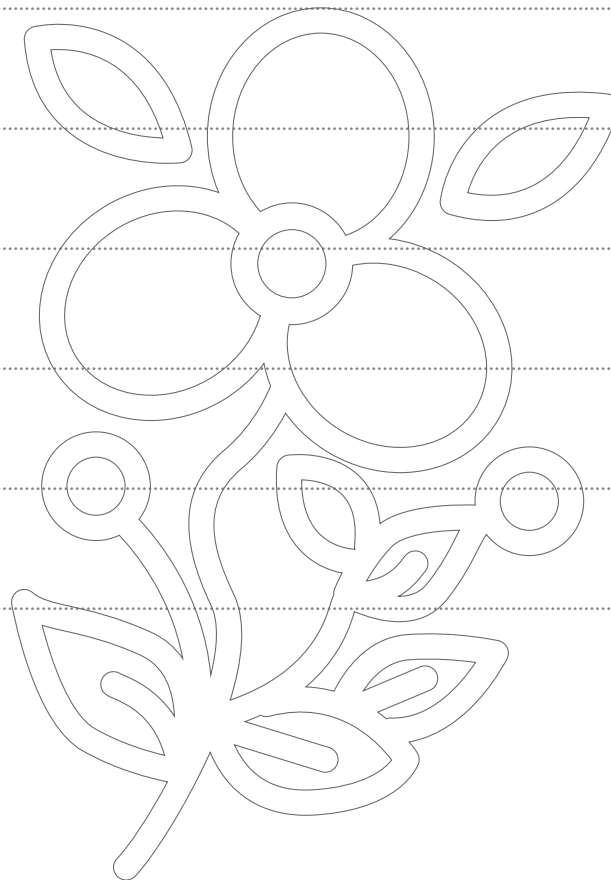
OBEDIENCE

- To be alcohol and drug free
- Active listening
- Respecting the land
- Respecting Cree values
- Learning and observing Cree teachings
- Keeping our Cree language and teaching the young so we can keep our language
- Following traffic signs etc.
- Listening to your parents, grandparents, siblings, teachers, friends, elders, leaders
- Going to meetings, conferences, workshops
- Getting involved with activities
- Discipline
- Consistently saying no to bad foods
- Listening when others talk
- Boundaries
- Sowing the seeds of a fruitful, loving and peaceful life
- Listening to orders as if your life depends on it, it may someday will



PATIENCE

- Waiting for geese to fly over the blind
- Being present
- Listening
- Waiting for food to come running
- Waiting in line
- Waiting for calm waters to go out in the bay
- Being patient with yourself, good things come to those who wait
- Bead working and other traditional crafts
- Being patient for someone to change their ways
- Being calm with the things that take time
- Being mindful
- Accepting
- Giving a child/elder your time
- Waiting for someone to finish talking before replying
- Patience at the table: wait for everyone to finish eating before getting up



TRUTH

- Believing in your life
- Bible teachings
- Traditional knowledge
- Praying
- Being true to others and to yourself
“It does not take many words, to tell the truth”-chief Sitting Bull
- The truth is like the sun, it will always come out
- The truth will set you free
- Telling your truth is healing
- If you tell the truth, you don't have to remember anything
- No lies

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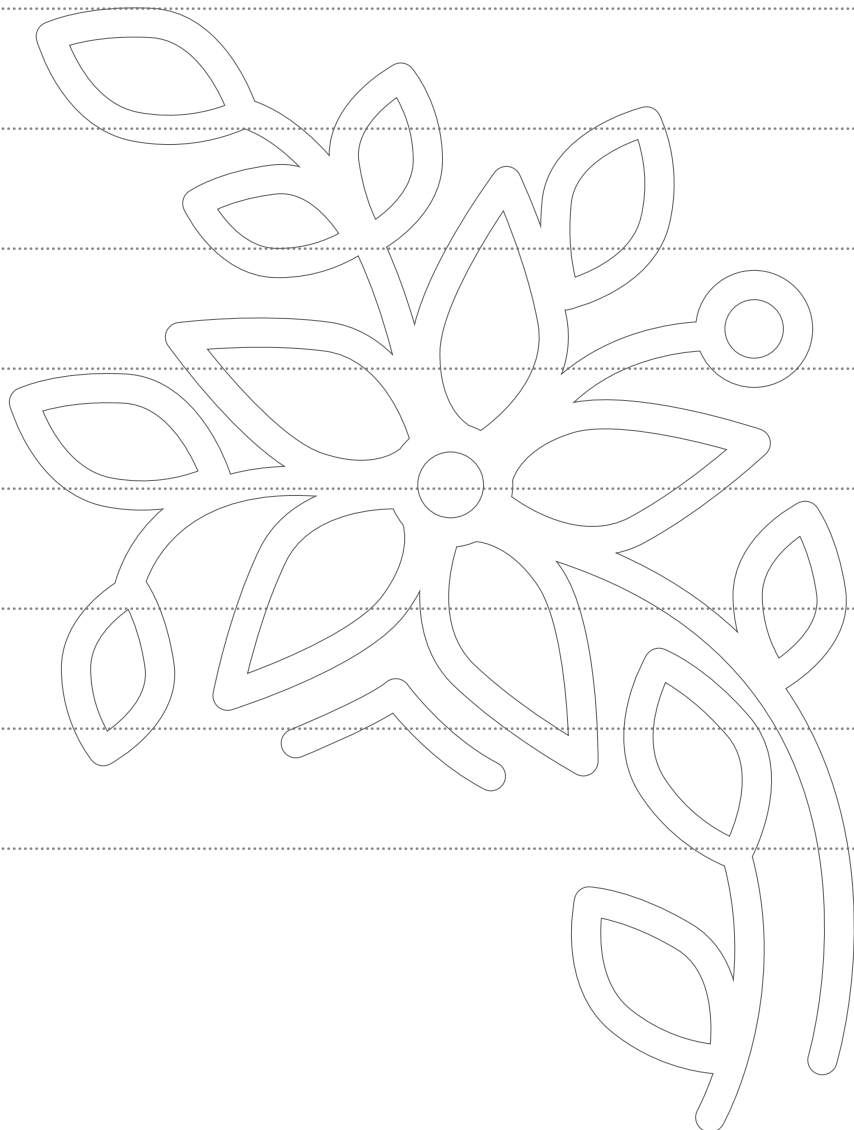
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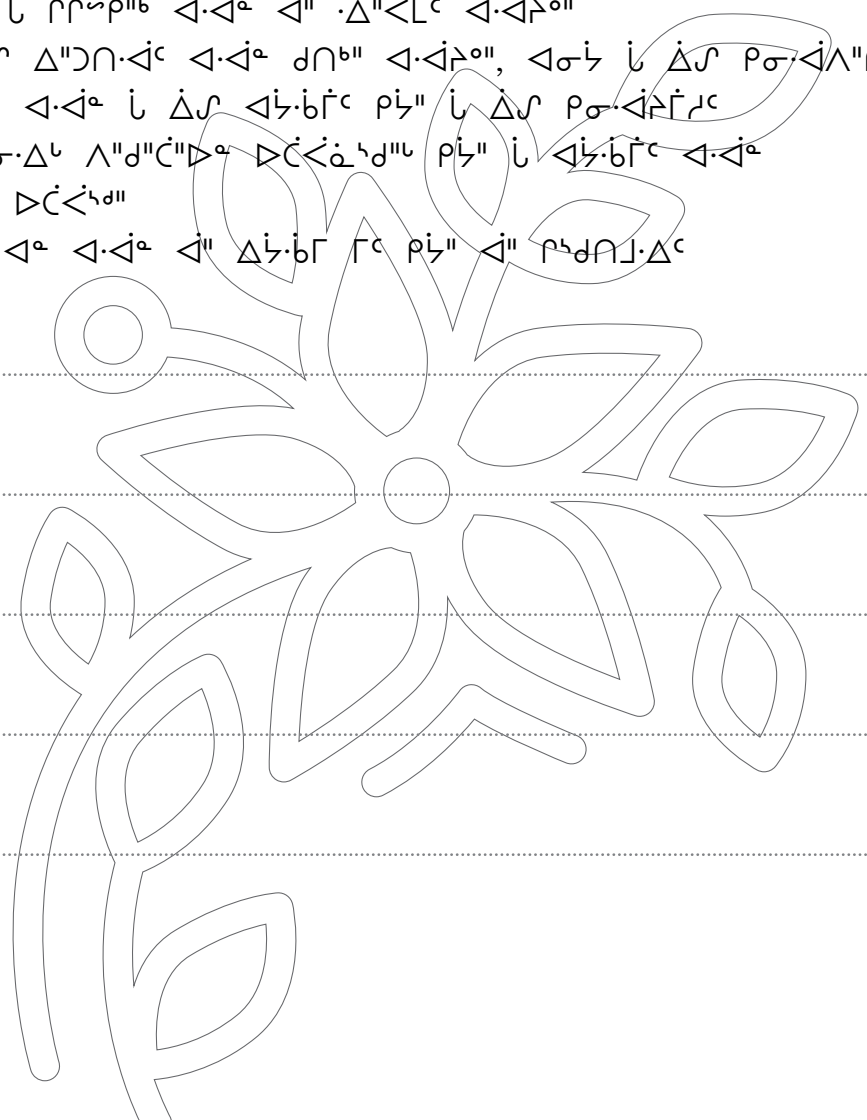
SAFETY

- Sex education
- Prevention & awareness workshops
- Giving advice
- Communicating with family, friends
- Learning the boundaries of danger
- Home teaching children
- Car license, boat license
- Teepee watching fire
- Checking ice safety
- Complete stopping at stop signs
- Teaching someone to put on a helmet
- Proper form and precaution when working out
- God
- Condoms
- Obeying, boundaries
- Being cautious
- Promoting safety and prevention
- Putting seatbelt on all the time and driving safely
- Having trust in someone when you give them a teaching



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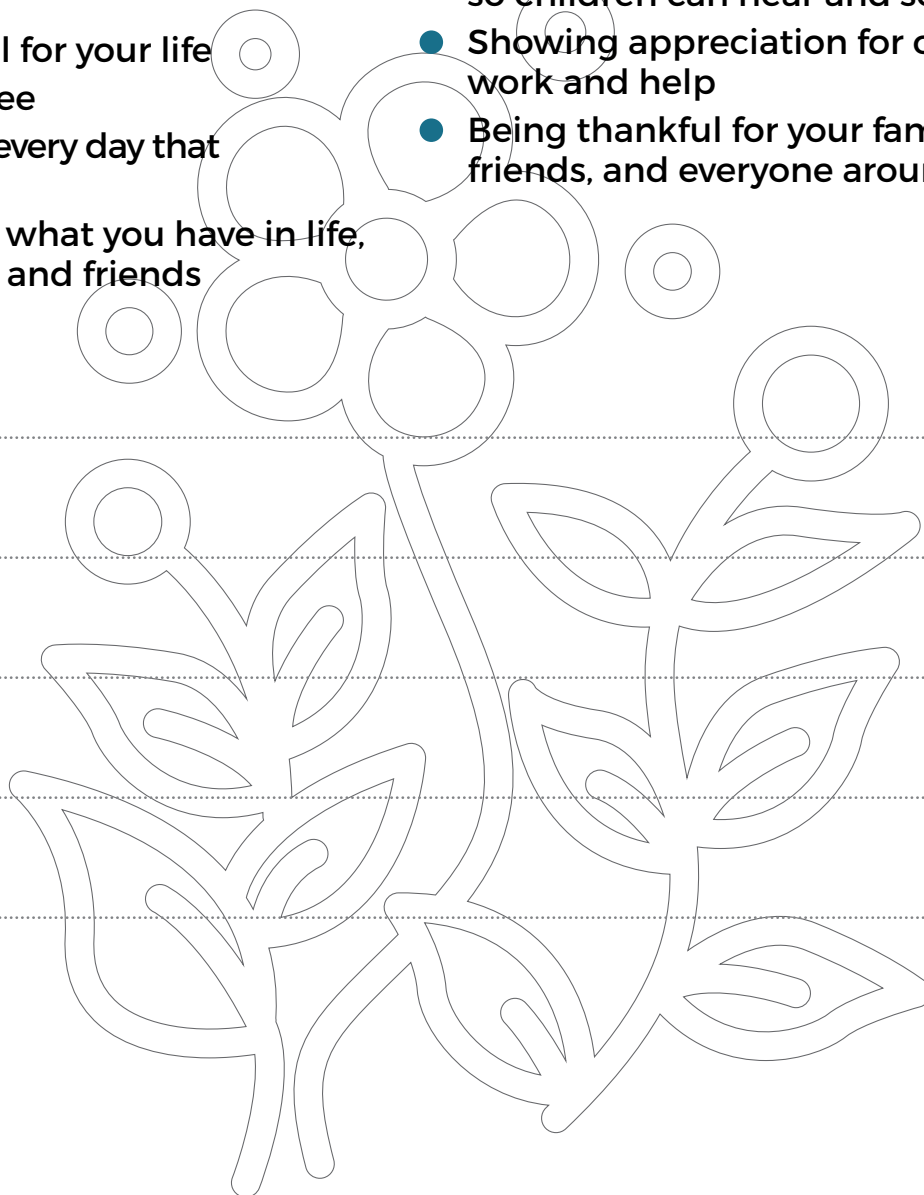
SHARING

- Love, thinking, food
- Telling stories about life experiences
- Lending my boat and fishing net
- Giving freely without expecting anything in return
- Loving one another
- Skills
- Tools, feast, stories, games
- Potluck supper
- Sharing food you killed with people you love
- Sharing stories with friends
- Giving half a sandwich to someone who is hungry
- Being open
- Selfless giving
- Sharing a hug
- Sharing what you have to whoever is in need
- Having more birthday parties
- Listening to what you are told by elders
- Traditional food with elders and family
- Giving what you have to other people



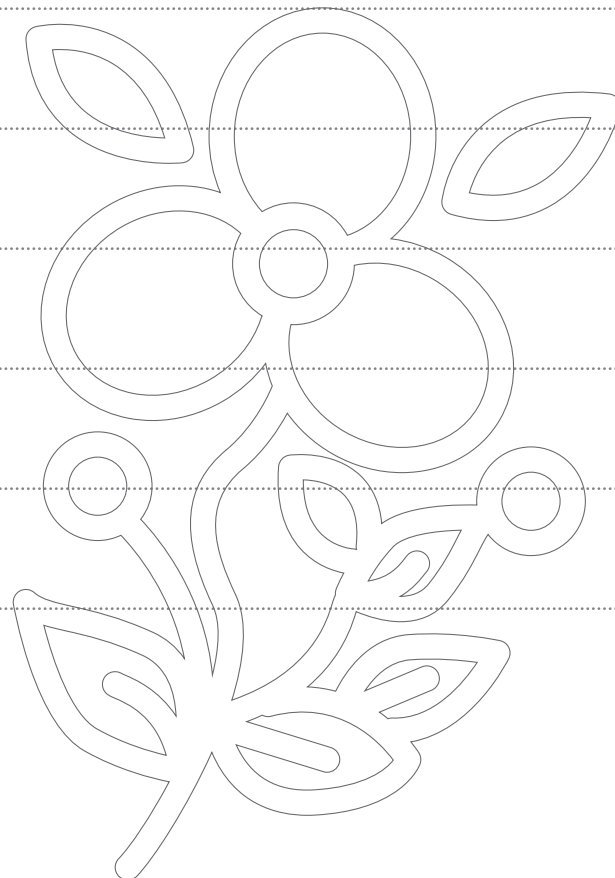
THANKFULNESS

- Job
- Saving another's life
- Cooking for family and others
- Giving thanks to God for life, the air you breathe, freely given
- Giving thanks for wild meat
- Giving thanks to sunshine and any kind of weather
- Giving thanks to little babies - the next generation
- Giving thanks to friendships, siblings
- Giving thanks to fire, warmth
- Nodding
- Being thankful for your life
- For being a Cree
- Thanking God every day that you are alive
- Being glad for what you have in life, such as family and friends
- Thankful for someone holding the door for you
- Being grateful
- Thanking teachers/instructors
- Showing gratitude
- In everything, giving thanks everyday
- Singing with praise to the Creator
- Acknowledging your appreciation for others when a hard task is accomplished
- Giving thanks by praying often
- Saying/giving thanks out loud so children can hear and see
- Showing appreciation for others' work and help
- Being thankful for your family, friends, and everyone around you



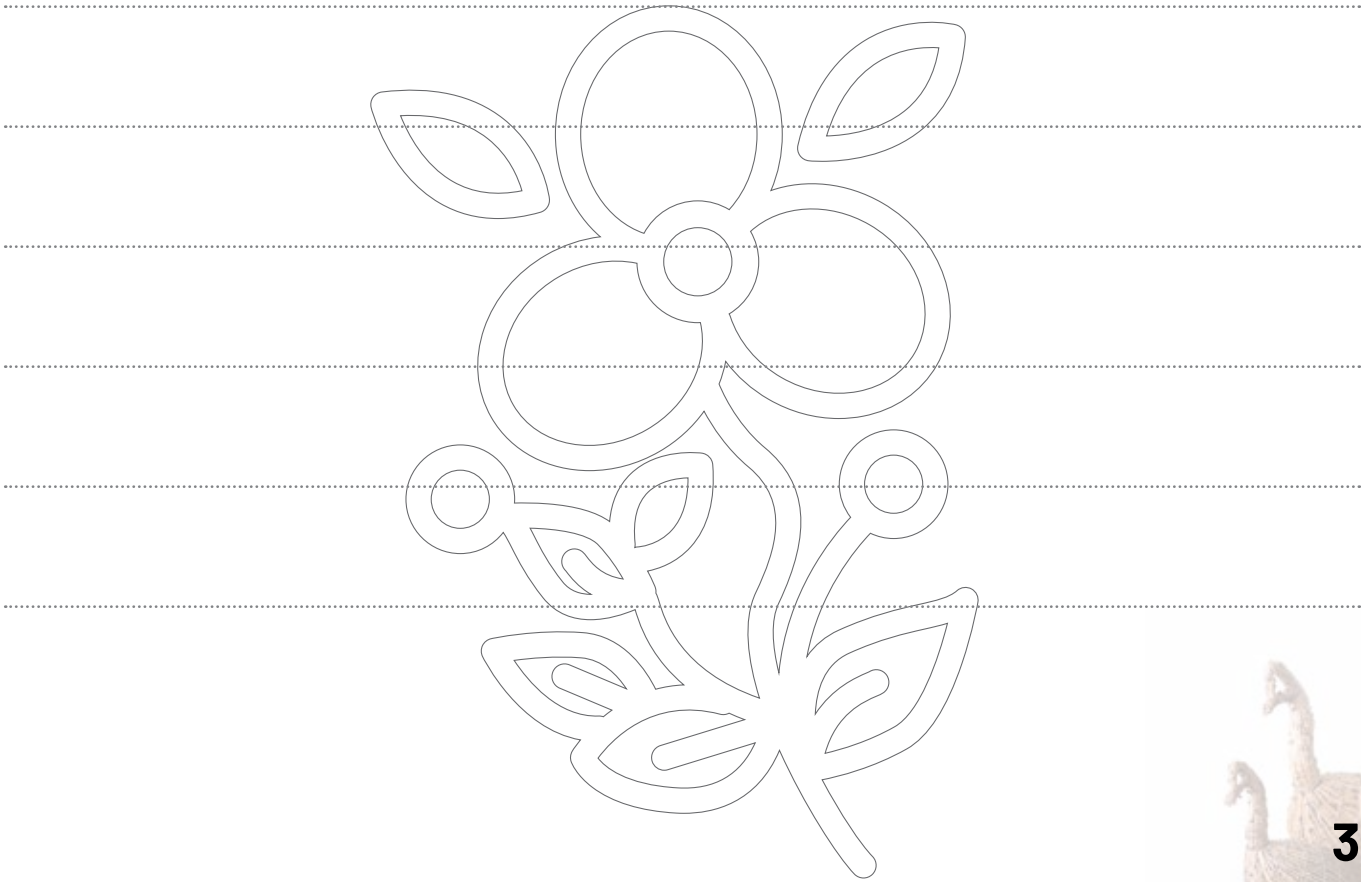
TEACHING

- Teacher talking to a child
- Enhancing language
- Passing knowledge to child, granddaughter
- Learning to receive knowledge from people, peers
- Following the path to a good life
- Knowing what is good compared to what is desired
- Sitting and gaining wisdom from our elders
- Being the mature person in a situation
- Knowledge in action
- Learning from elders
- Without rain nothing grows, learning to embrace the storms of your life
- Keep learning and try to understand the true meaning and purpose
- Gaining by learning and listening
- Listening to elders' teachings



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FAITH

- Praying every day
- Singing, rejoicing, dancing
- Being present
- Elders and leaders
- Passing on your wisdom, what you know and do
- What you have learned
- Learning from life experiences and passing that knowledge
- Having an open mind
- Non judgmental
- Trusting in God
- Experience
- Pushing yourself to do better
- Keep going, even when there is nothing
- Believing in yourself and others
- Prayer
- I believe nobody is a bad person



Thank you to all who assisted:

Participants at Chisasibi Suicide Prevention Conference 2019

Cree Nation Youth Council Conference Eastmain 2019

Participants at Parenting Conference Mistissini 2019

Lawrence Spencer, Information Officer,
Pimuhteheu department CBHSSJB for the cover message

Stephanie Bobbish, Administrative officer for Technical support

Cree School Board

Pimuhteheu Department CBHSSJB

Special thanks to everyone who gave their support and encouragement to this prestigious initiative

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Design: Le zeste graphique





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CONSEIL CRI DE LA SANTÉ ET DES SERVICES SOCIAUX DE LA BAIE JAMES
CREE BOARD OF HEALTH AND SOCIAL SERVICES OF JAMES BAY



February 2021