



# EEYOU/EENOU FAMILY VALUES

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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









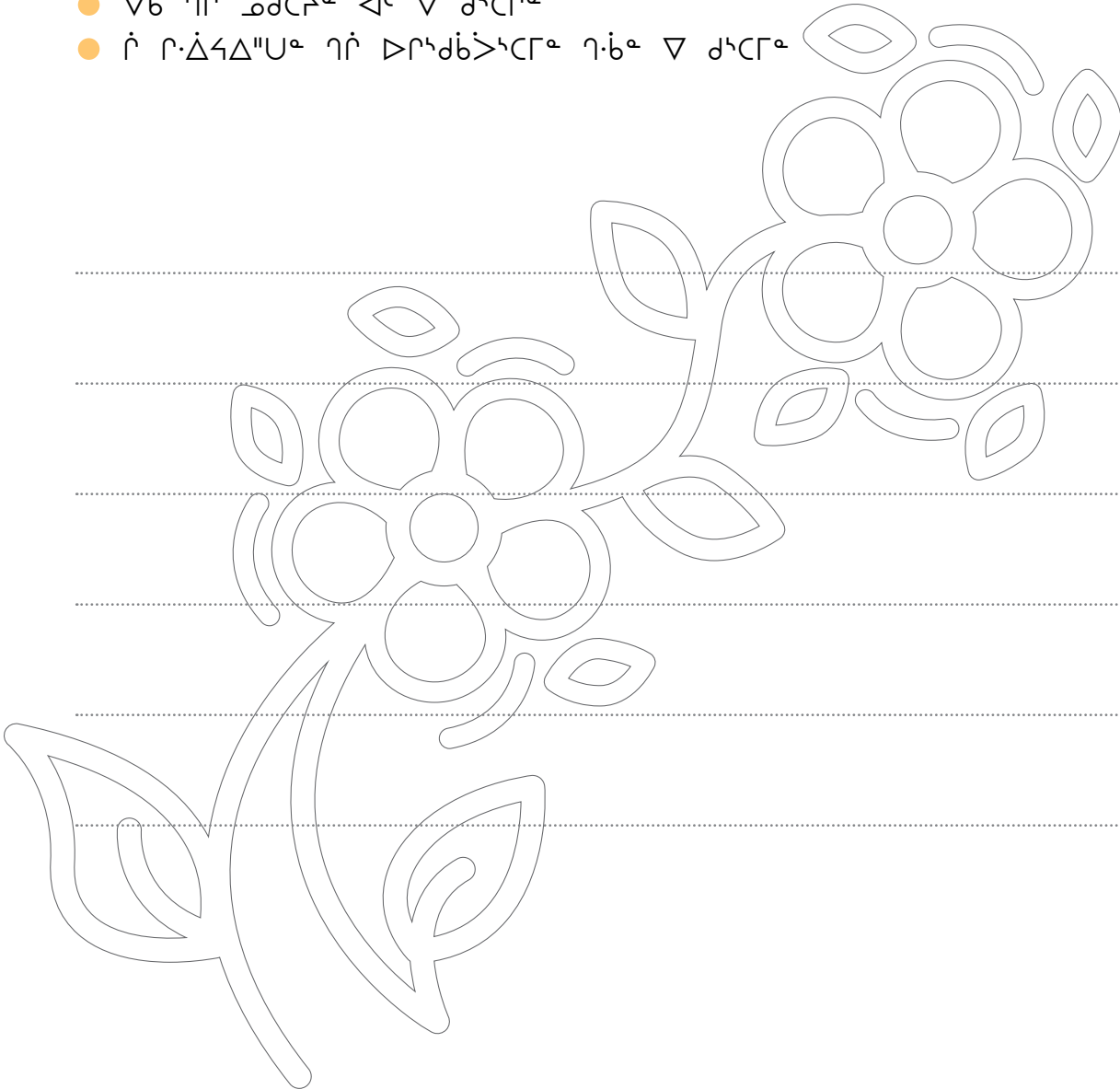
# COURAGE

- 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



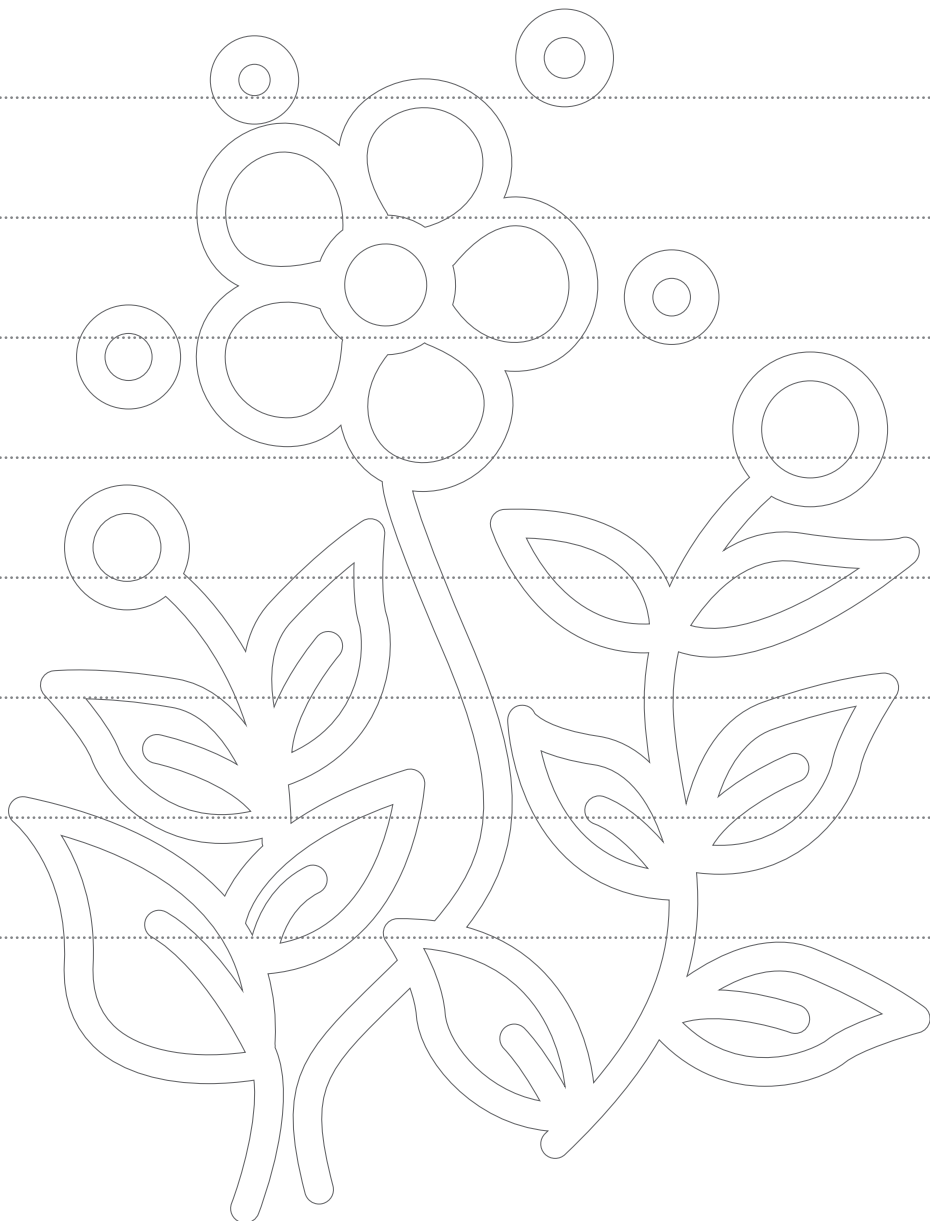
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# HUMILITY

- 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





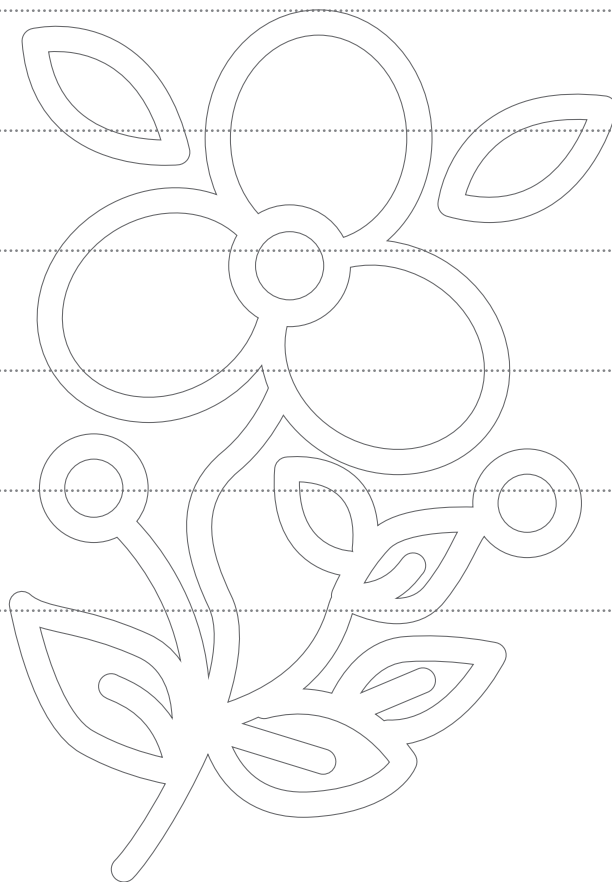
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# GOOD CHILD REARING

- 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



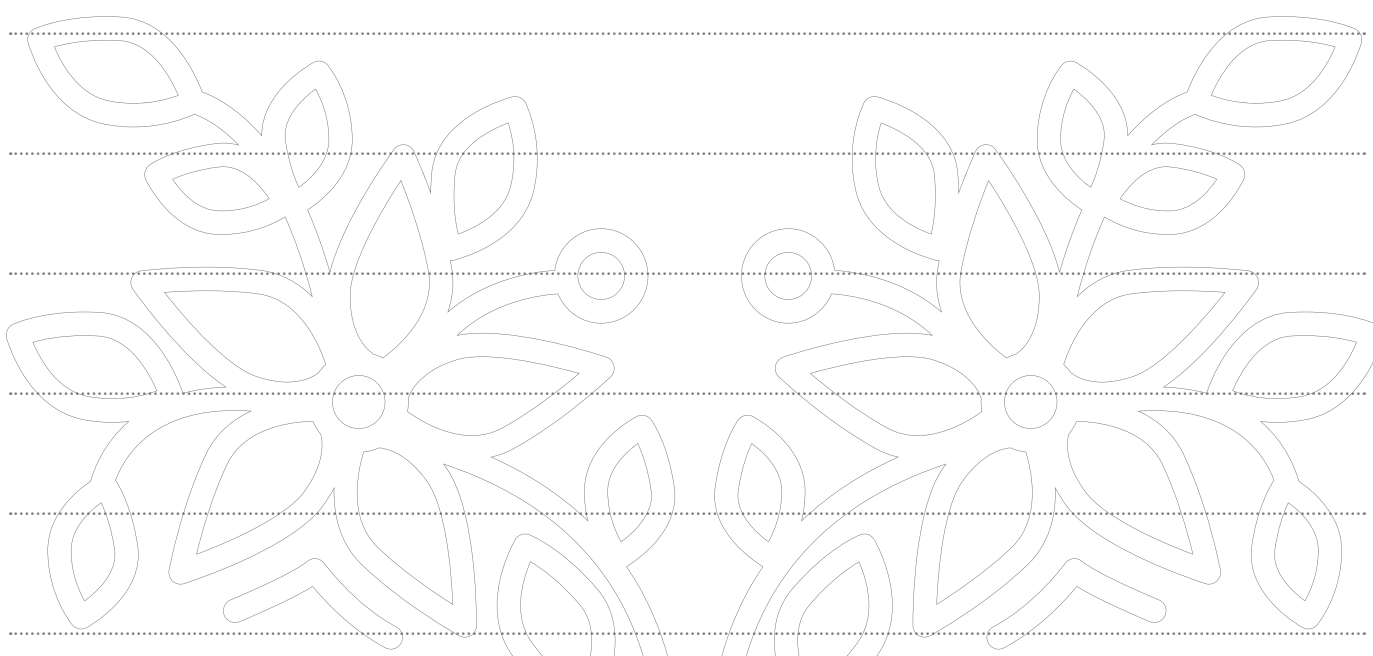


# HAPPINESS

- Being out on the land
- Dancing
- Music
- Having a hobby such as sewing / beading / sports
- Joy
- Hugging, kissing
- Is 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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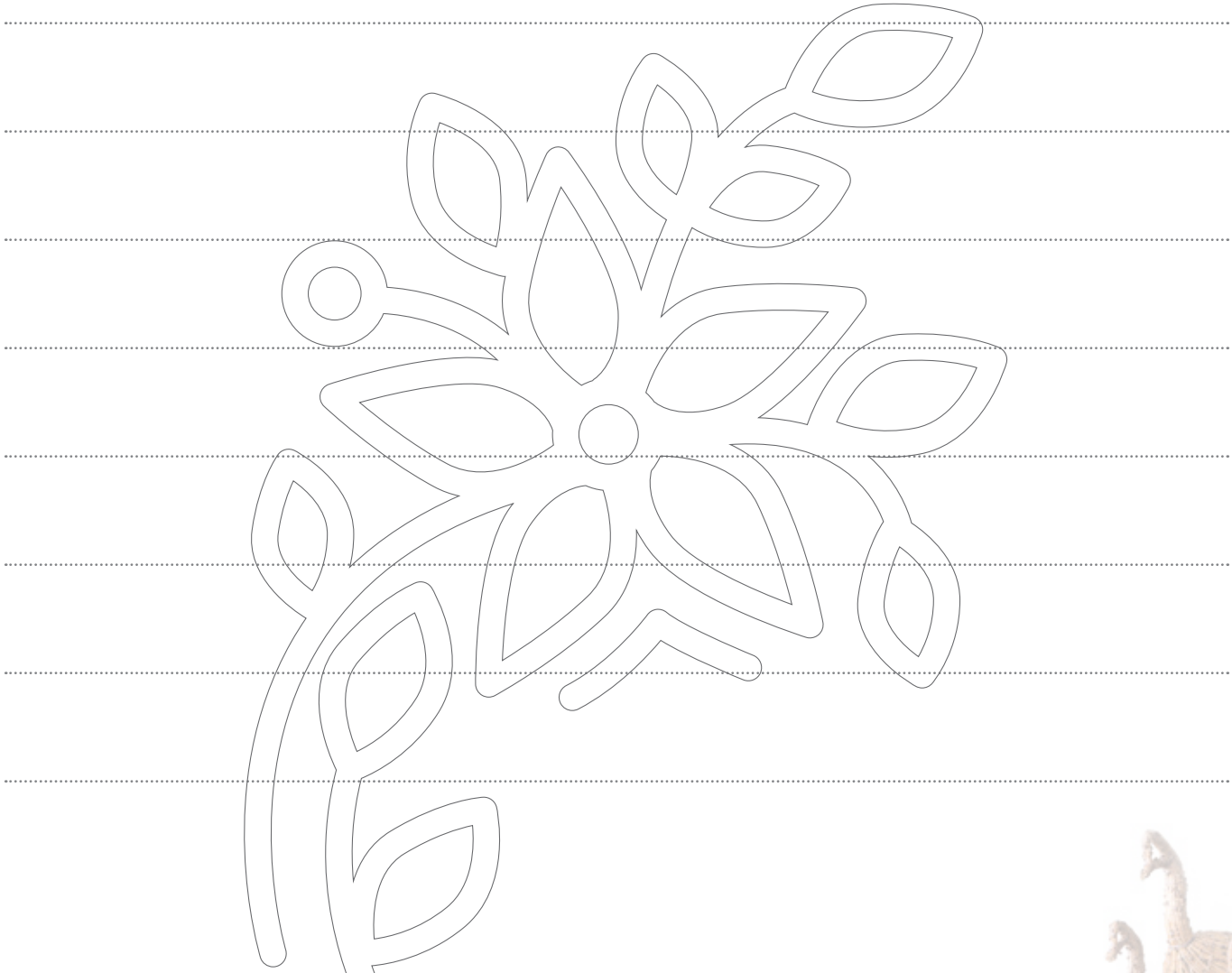
# HARMONY

- 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

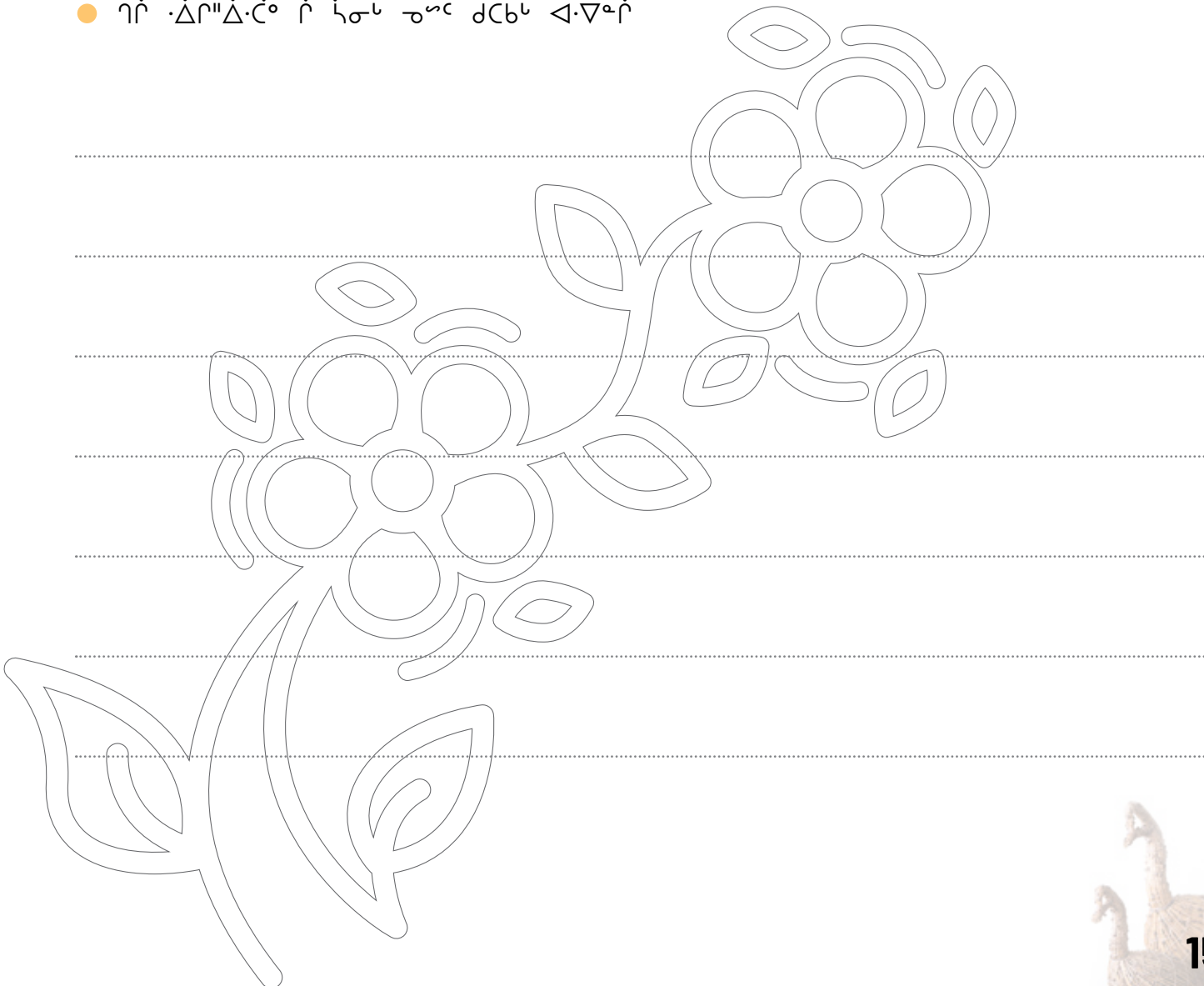
- Gatherings, family events
- Promoting equality
- Laughter / humor
- A teacher when teaching requires patience
- When making snowshoes
- Give patience when dressing up your child
- Having patience in living with children and family members
- Showing patience in making a canoe
- Spotter
- Saying Hi to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





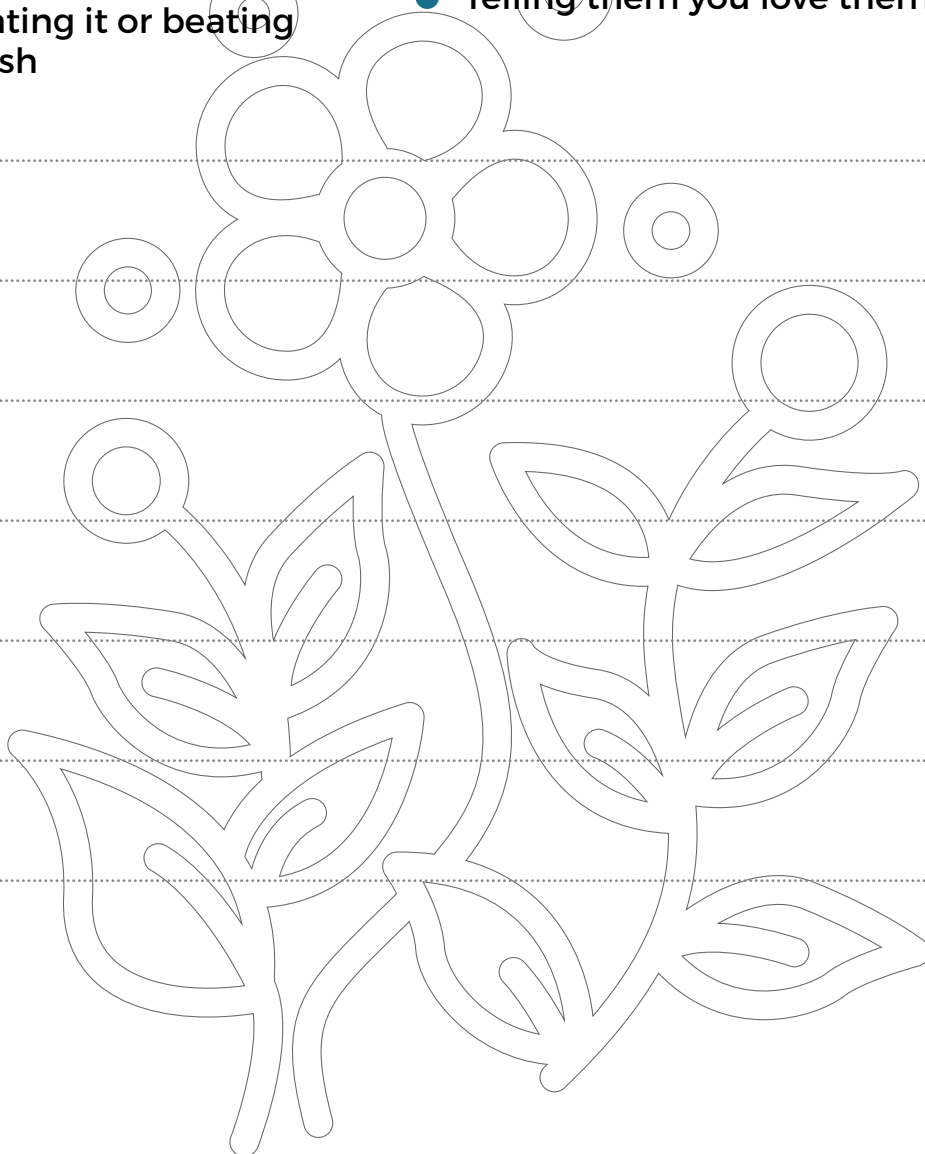
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# HONESTY

- 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







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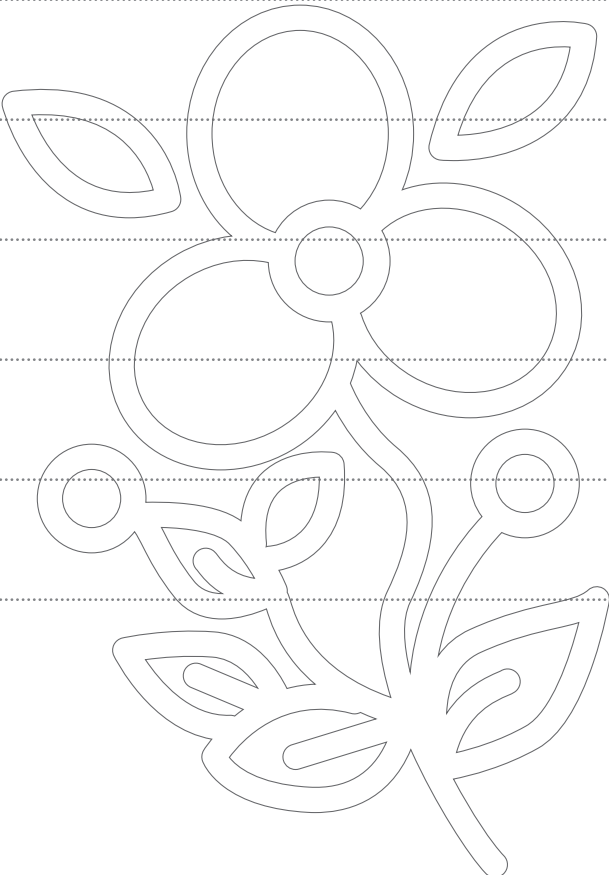
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# KINDNESS

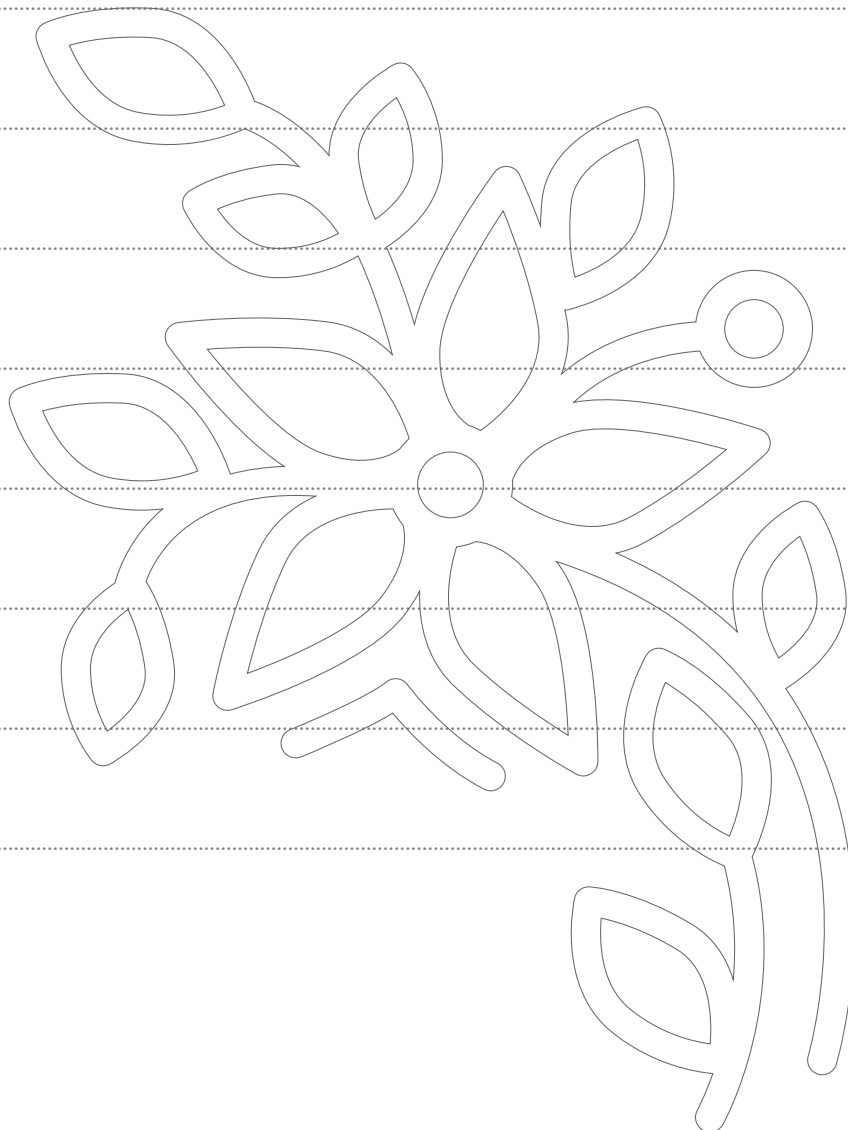
- Active listening
- Donating food
- Showing that you care for others
- Showing that you love them
- Showing support to others
- Smiles
- Hugs
- Sharing everything that you have with inviting guests / anybody
- Sharing wealth
- Accepting everyone
- Avoiding gossip
- Helping people in trouble
- Being 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

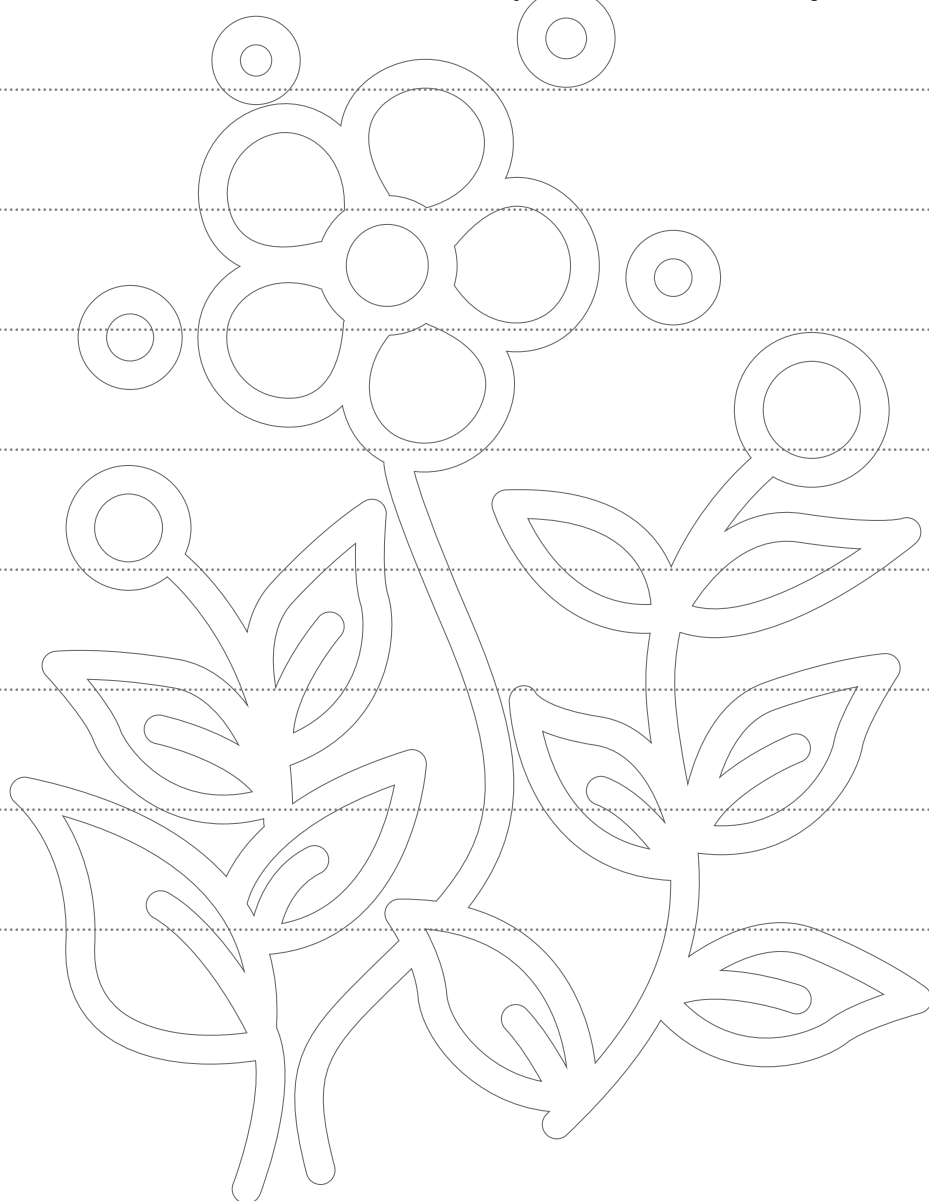
- Yourself
- Hugging, kissing, holding hands
- Humor
- Relationships
- Supporting family members in sickness
- Showing empathy
- Love is everything – honesty, kindness, respect
- Just by saying I love you
- Spreading the love to one another
- Always show your love towards everyone
- Love is putting your 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





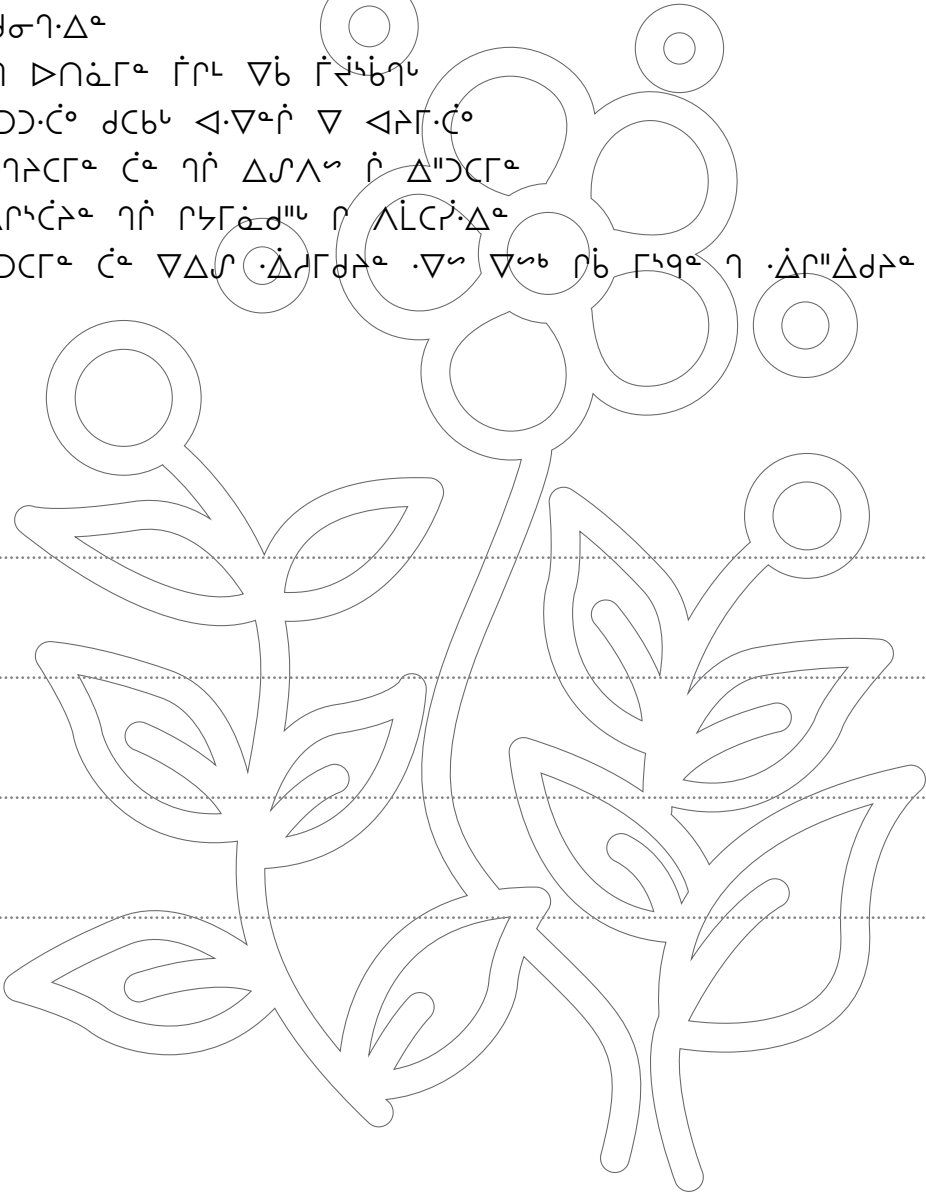
# OBEDIENCE

- 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
- 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



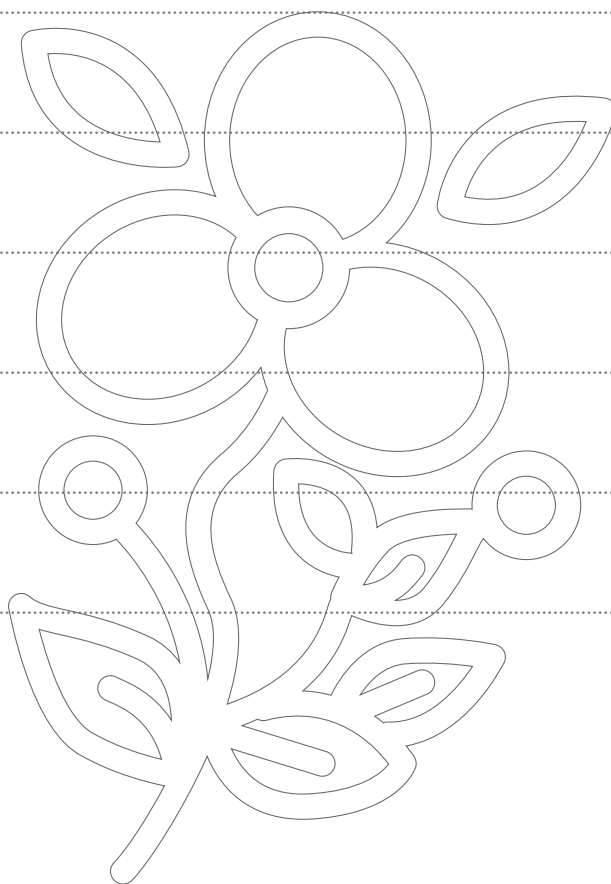
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# PATIENCE

- 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

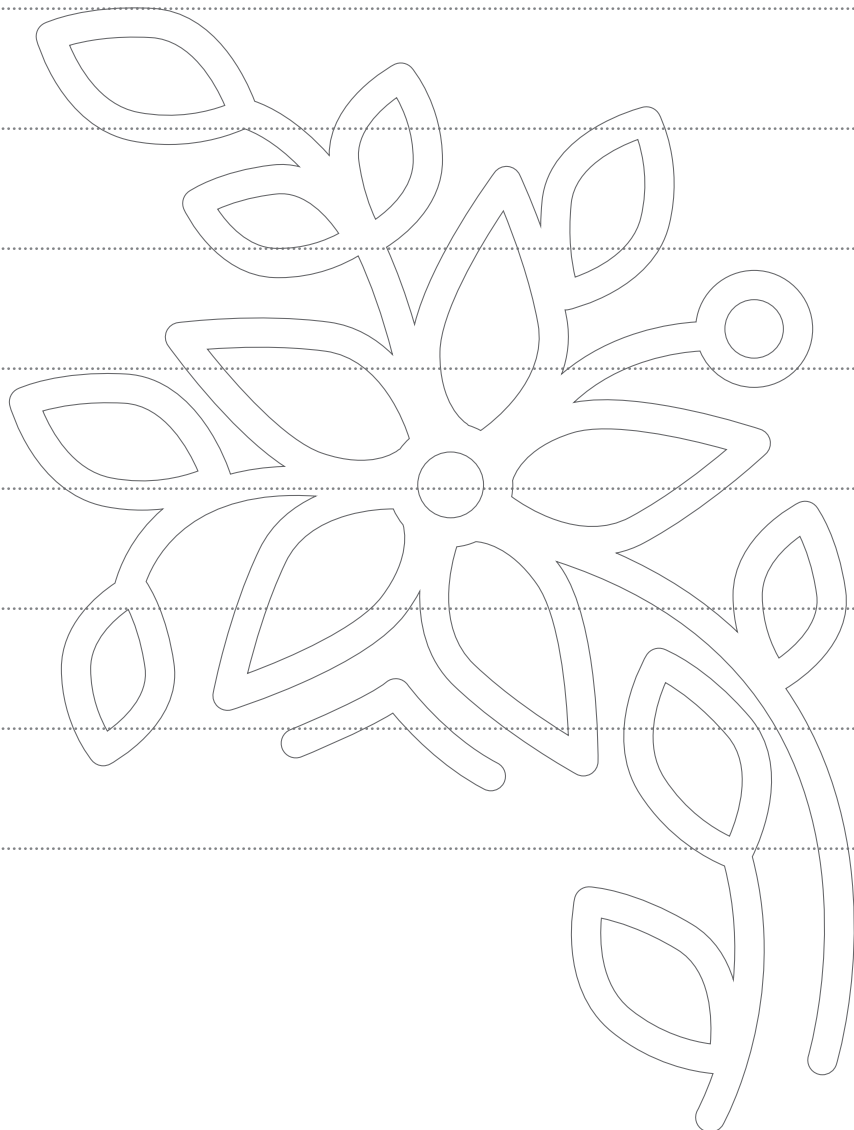






# SAFETY

- 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





# 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



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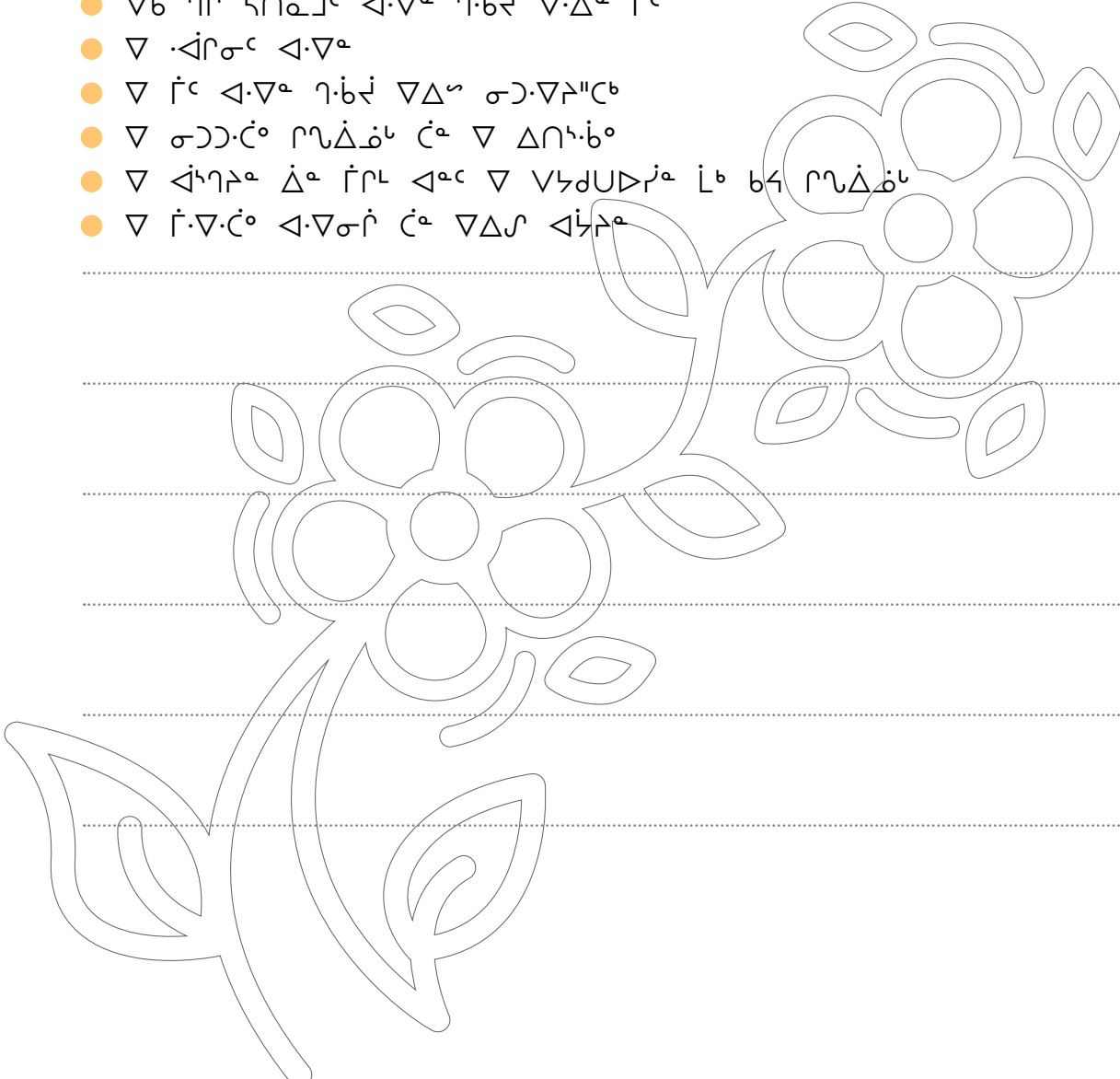
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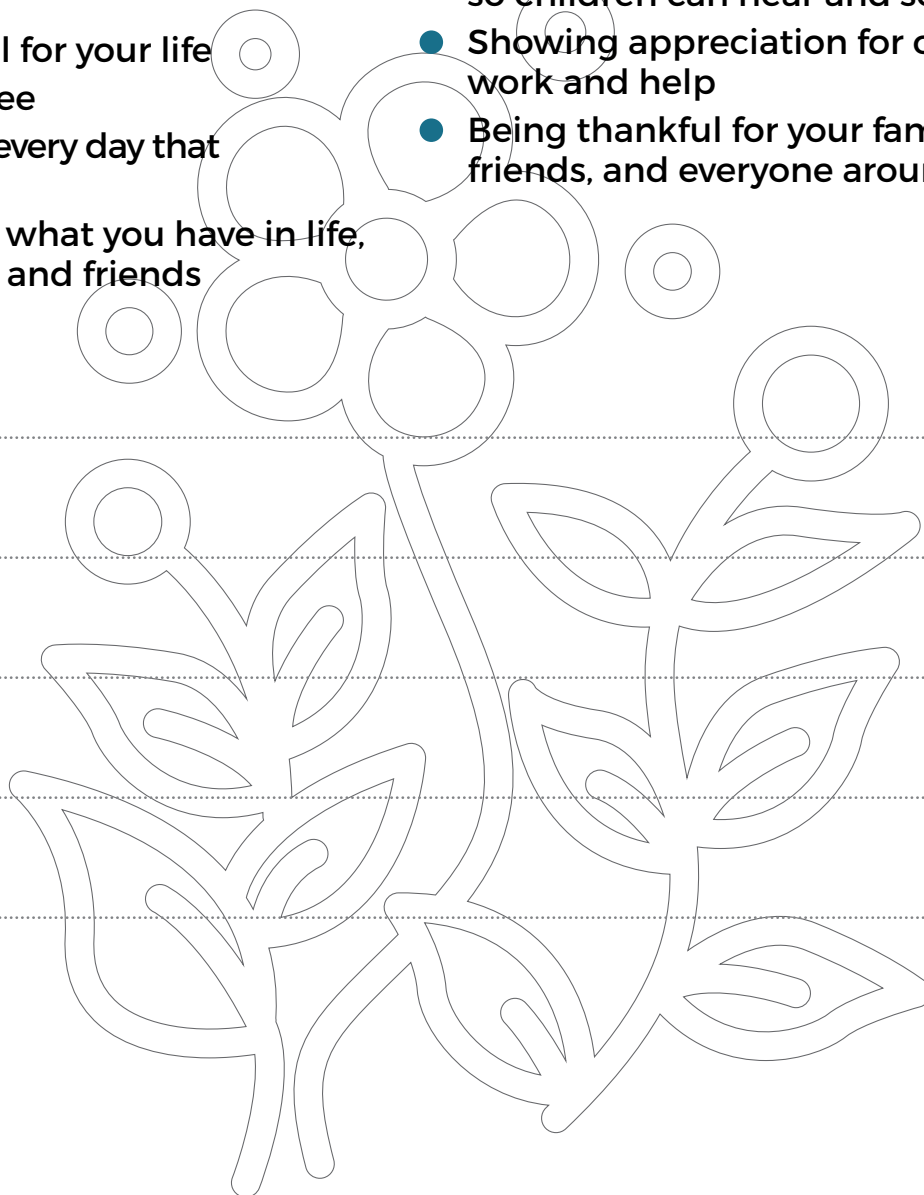
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# THANKFULNESS

- 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, grandchild
- 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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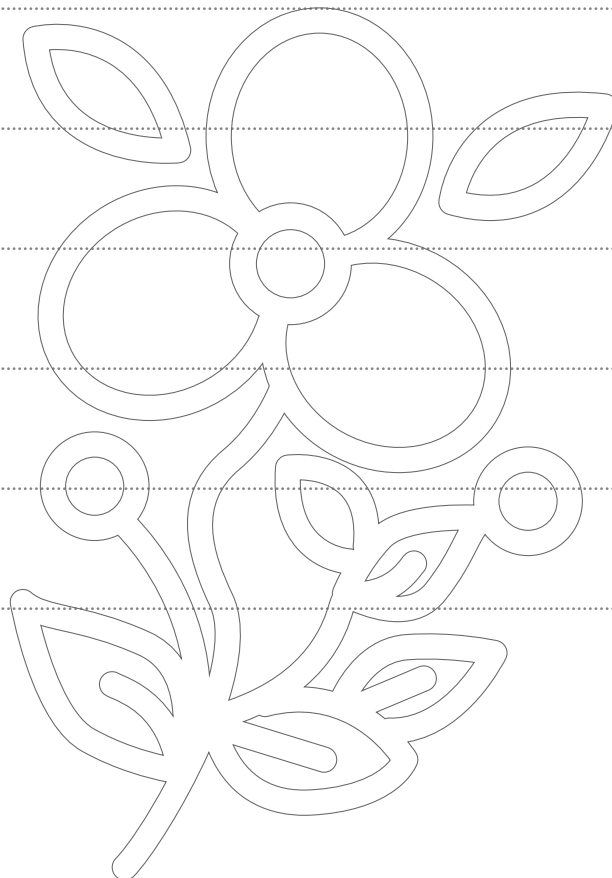
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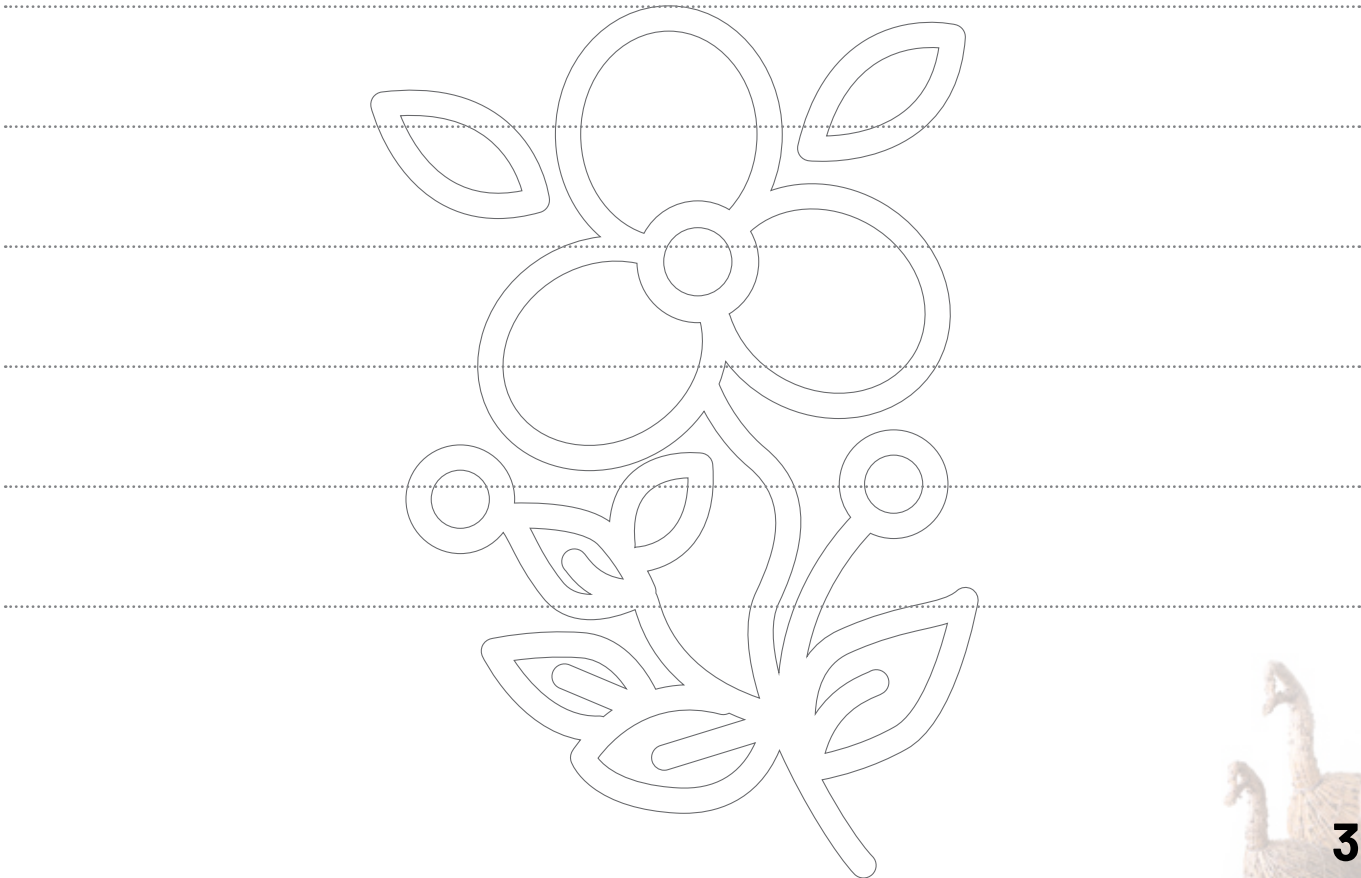
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# FAITH

- 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

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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