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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

Cree Board of Health and Social Services of James Bay
©June 2020



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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

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This activity book was created to help you and your family keep busy while at home. It contains activities appropriate for all ages and includes educational puzzles, colouring pages and more.

With deconfinement around the corner, we are still encouraging everyone to stay safe, wash your hands and limit interactions with big groups.

Please share photos of your work from this activity book with us on social media **@CreeHealth** and use the hashtag **#ProtectEeyoulstchee!** We hope you enjoy it!

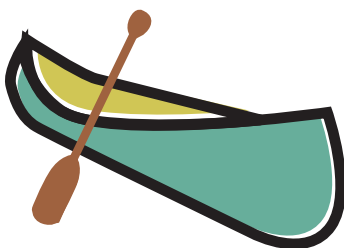
Word Search



GOOSE
BREAK

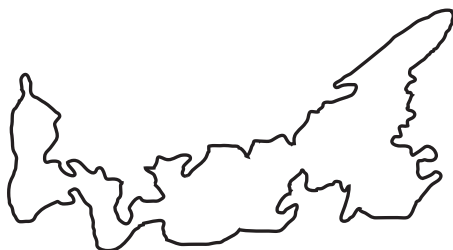
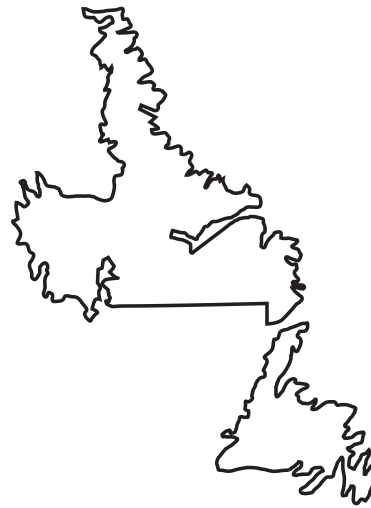
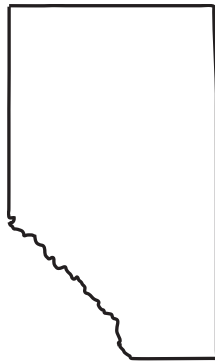
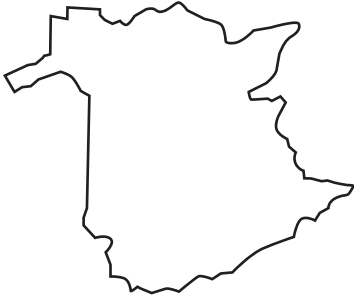
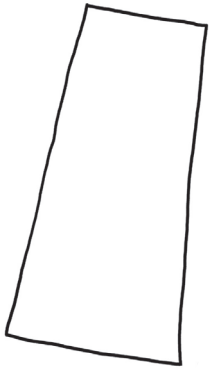
- ☐ Balsam
- ☐ Bannock
- ☐ Blueberry
- ☐ Canoe
- ☐ Chisasibi
- ☐ Eastmain
- ☐ Embroidery
- ☐ Fishing
- ☐ Handwashing
- ☐ Hockey
- ☐ Hunting
- ☐ Mistissini
- ☐ Moccasin
- ☐ Moose
- ☐ Nemaska
- ☐ Oujé-Bougoumou
- ☐ Paddle
- ☐ Rainbow
- ☐ Ribbon
- ☐ Shaptuan
- ☐ Ski-doo
- ☐ Soap
- ☐ Spring
- ☐ Spruce
- ☐ Sunshine
- ☐ Tamarack
- ☐ Toboggan
- ☐ Trapline
- ☐ Walleye
- ☐ Washaw sibi
- ☐ Waskaganish
- ☐ Waswanipi
- ☐ Water
- ☐ Wemindji
- ☐ Whapmagoostui

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| N | L | Z | Q | I | Z | W | J | Y | C | Y | F | P | A | O | S | I | G | E | B | H | C |
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| V | P | Q | Q | T | P | H | Q | X | N | I | N | I | S | S | I | T | S | I | M | A | V |
| S | K | R | U | L | K | J | Y | S | W | I | B | M | A | I | N | S | U | B | S | L | K |
| X | Y | Y | T | J | H | I | G | Z | A | E | M | W | M | U | G | O | R | K | I | Q | I |
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| C | P | R | E | O | I | L | T | J | H | N | H | A | W | U | I | G | G | N | L | I | E |
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Can you identify the provinces and territories?

(They've been made roughly the same size to make it trickier!)



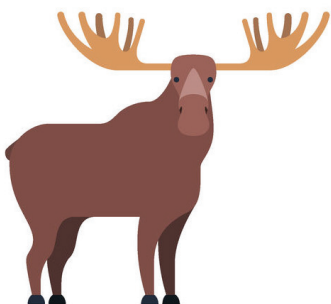
auhkaanich / awesiisich

Animal Word Search



- ☐ AAHCHIKW
- ☐ AANIKUCHAASH
- ☐ AAPIKUSHIISH
- ☐ ACHIKAASH
- ☐ AMISKW
- ☐ ATIHKW
- ☐ ATIM
- ☐ CHISHAAYAAKW
- ☐ IYIK
- ☐ KAAHKAACHIU
- ☐ KAAKW
- ☐ KUIHKUHAACHAAU
- ☐ MIHCHAASHIU
- ☐ MIHIIHKIN
- ☐ MISTISIU
- ☐ MUUS
- ☐ MWAAKW
- ☐ NIMAAS
- ☐ NIMAAU
- ☐ NISK
- ☐ PIIHPHCHAAU
- ☐ PISHIU
- ☐ PIYAASHIISH
- ☐ SHIISHIP
- ☐ SHIKAAKW
- ☐ SIHKUS
- ☐ UHUUMISIU
- ☐ WAAPUSH
- ☐ WIISHKICHAANISH

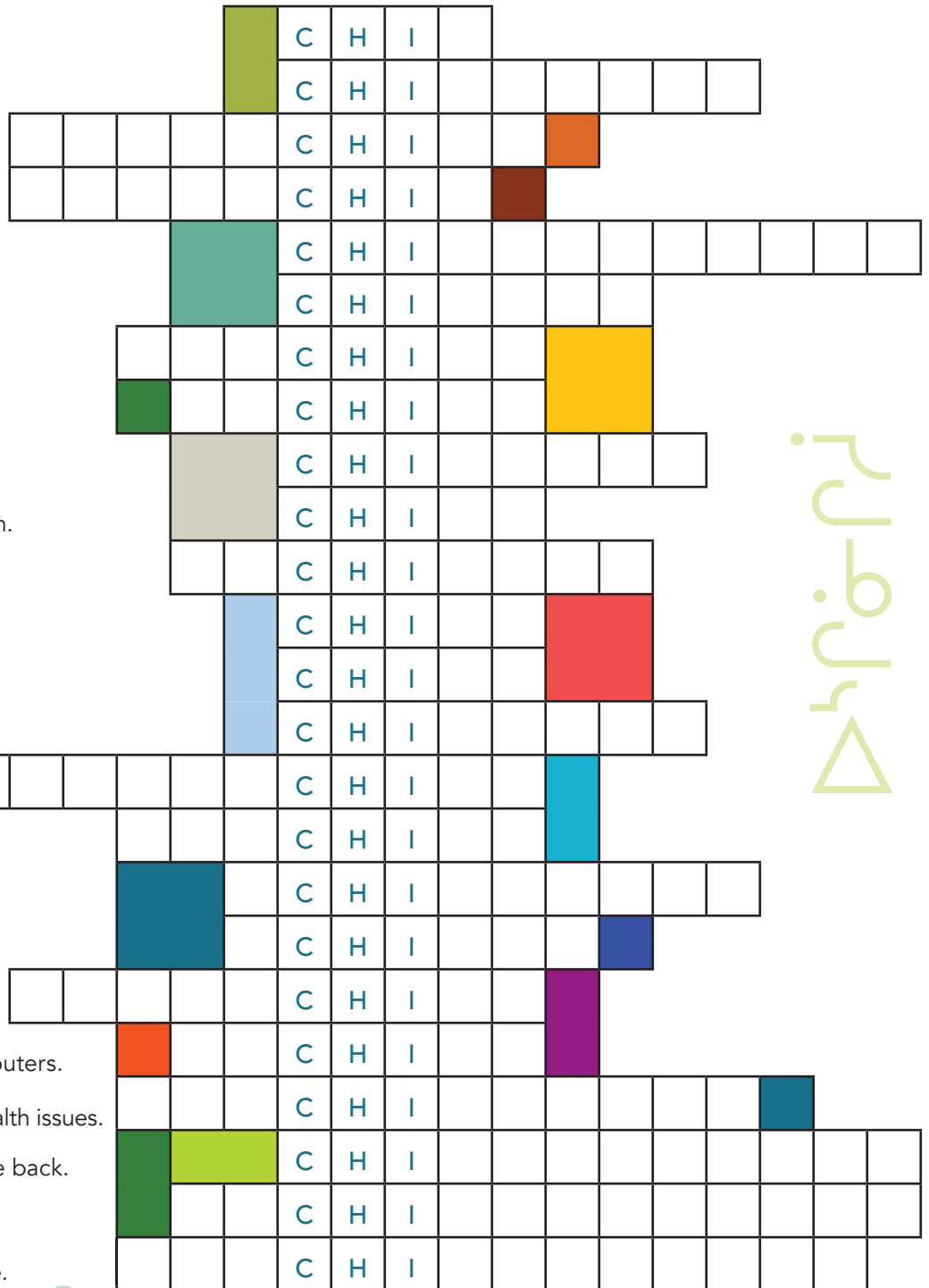
T C D Q D T Z P V T Q K O T H J J P E W W M W P L S J B E O
 U B L E B E R Y I N N O R S P L T H N V B G K J R S Q E M S
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 K Q P G M E F B F O H N L M O N I K A A K W A O Z I S C F Z
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 U Y N V H O U R I H Q G Q A T U C P U B F I Q Q E G P Y V M
 B K E Q K F H I C I T T J P M T D F J Y O H I C T L A A F X
 K Z A T H F H A H S P A U L J I S M E A Q K L N M U Q A K T
 N A R R P S A K W S A L V M R F N X B I F W H R Y M S K J J
 A U H K U K R T V P A B E D K B F E B L K U S W X P U W C V
 I M C P H D Q X I W Z A Z L O V T N O U K G I J F R D G O B
 A R A A J S D K I Q I X H E N M G Z Z C U X I S W H F S K F
 A A A R Q O U Z H S A A H C U K I N A A H Z H I X Y M Z N O
 W K J F M S K M A M I S K W H G H O G M U Z S K B A Q T G D
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 D D I V I M J S I K L R W Q S B G C T Z I T Y F D F H B F E
 B S K M T H X O S M U L V G T A D I Y I S Q I U T T D I M N
 H Z M I H I I H K I N J P S C F R N O G I Q P M K W R W W S
 U U O L H H D T N N Z Z R Z I E W F H G U R P S M U J S C Q



“CHI”

Each of the words below contains the letter combination "CHI". Use the clues to find each word.

1. It's at the bottom of your face.
2. _____ nituhkuyinikimikw.
3. Noisy owls like doing this at night.
4. Type of nut.
5. 30+ age group.
6. Domesticated bird (that we eat).
7. Instructing.
8. Washing or sewing _____.
9. Youth.
10. Grand _____, Dr. Abel Bosum.
11. Someone who designs houses.
12. Sounds of a bell.
13. "Just _____" (relax).
14. Squirrel's smaller cousin.
15. Tissue made of cloth.
16. Long skinny vegetable.
17. Piipiichaa _____.
18. Accomplish.
19. Extending (an elastic).
20. People who are good with computers.
21. Doctor who diagnoses mental health issues.
22. He might be able to fix your sore back.
23. 10-29 age group.
24. Cree Patient Services' new name.



Anagrams

Unscramble these traditional medicines...

ACATMARK _ _ _ _ _

CARED _ _ _ _ _

SAMBAL IRF _ _ _ _ _

ITHEW RECSUP _ _ _ _ _

AGES _ _ _ _

SARGESTEWS _ _ _ _ _

LORDARAB ATE _ _ _ _ _



and these traditional foods...

CANKNOB _ _ _ _ _

SOMEQ _ _ _ _ _

REVABE _ _ _ _ _

OSEOG _ _ _ _ _

OTTUR _ _ _ _ _

REBELBRUISE _ _ _ _ _

GRADERPIT _ _ _ _ _

OARCUBI _ _ _ _ _



Word Scramble

All about nature and the bush

Unscramble each of the clue words. Take the letters that are in the circles and unscramble them for the final message at the bottom.

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NACEO

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SMWI

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LAMIYF

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ONOM

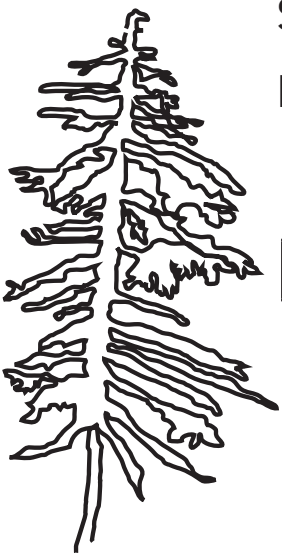
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SUNSHIEN

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Word Match

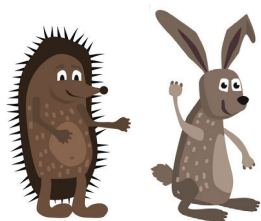
Can you match up the correct words? Find the Cree syllabics, Cree Roman, English and French for all these animals. The first one has been done as an example. Good luck!

<Γ^δ
 j^h
 Γ^δζ^δ
 Γ^δΓ^δ
 Γ^δΔ^δρ^δ
 Λ^δ
 b^δ
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 <Δ^δ
 σ^h
 Δ^δρ^δσ^δ
 j^hj^h
 σ^h
 b^δb^δ
 Δ^δΔ^δΓ^δ
 <Γ^δ
 Δ^δ
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 <Δ^δ
 j^hb^δ
 Λ^δj^h

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nisk
waapush
uuumisiu
aanikuchaash
wiishkichaaniish
aapikushiish
muus
shikaakw
kaahkaachiu
atim
nimaas
chishaayaakw
mihiihkin
iiyik
atihkw
mihchaashiu
pishiu
amiskw
piyaashiish
kaakw

Wolf
Squirrel
Goose
Duck
Moose
Crow
Skunk
Fish
Owl
Mouse
Bear
Bird
Caribou
Porcupine
Beaver
Grey Jay
Frog
Dog
Fox
Lynx
Rabbit

- Hibou
- Bernache
- Corbeau
- Ours
- Souris
- Lynx
- Renard
- Canard
- Castor
- Chien
- Moufette
- Orignal
- Écureuil
- Loup
- Porc-épic
- Lapin
- Oiseau
- Caribou
- Geai gris
- Grenouille
- Poisson

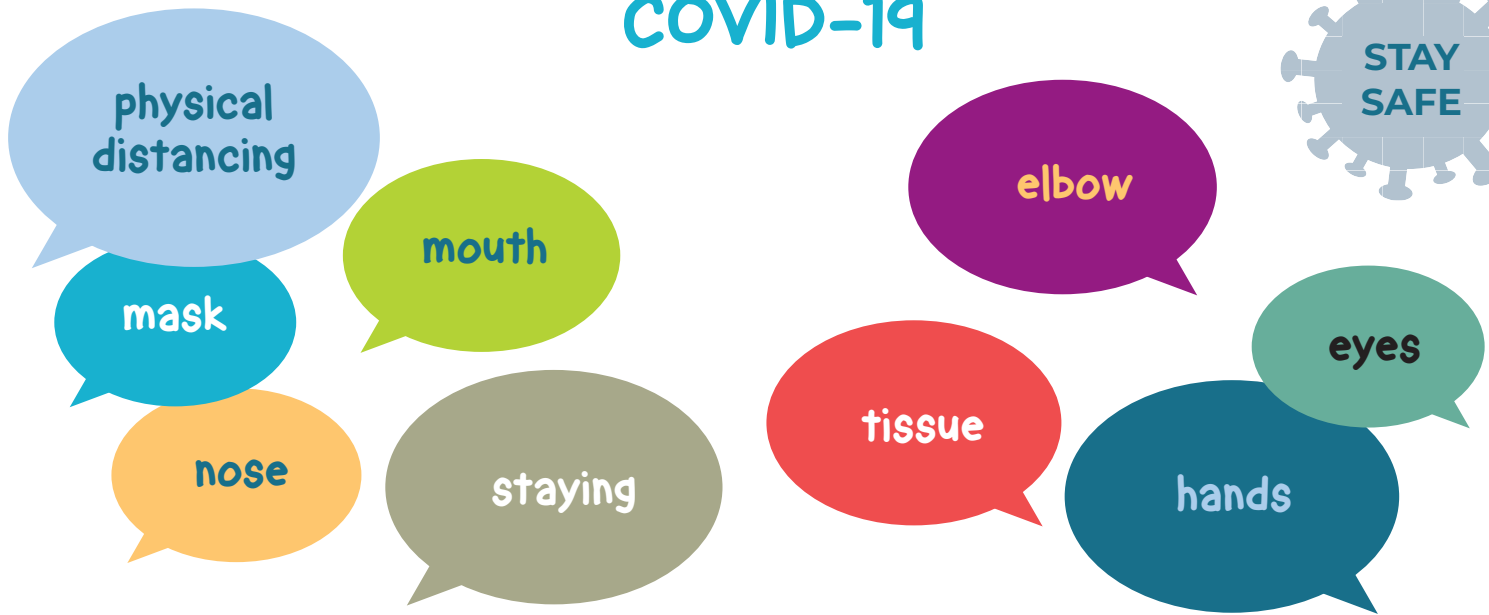


Sudoku

Sudokus are fun! You have to fill all the squares in the 9x9 grid with a number so that each column, each row, and each of the nine 3x3 boxes (darker outline) contains the numbers from 1 to 9.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 3 | 8 | 6 | | 5 | | 9 | |
| 5 | | 9 | 7 | | 2 | | | |
| 2 | | | | 9 | | 8 | | |
| | | | | | | 3 | | 6 |
| 9 | | | | | | | | 1 |
| 4 | | 7 | | | | | | |
| | | 2 | | 1 | | | | 4 |
| | | | 3 | | 8 | 1 | | 2 |
| | 5 | | 9 | | 4 | 7 | 3 | |

Fill in the blank
COVID-19



Wash your _____ for 20 seconds.

Wearing a _____ can help prevent spreading COVID-19 to others.

I cough and sneeze into a _____ or my _____.

_____ means standing 2 metres (6 feet) apart from other people.

I avoid touching my _____, _____ and _____ if I didn't wash my hands.

_____ home helps keep me and my friends safe.





Wildlife puzzle



Can you
fit in all
the wildlife
shown here?

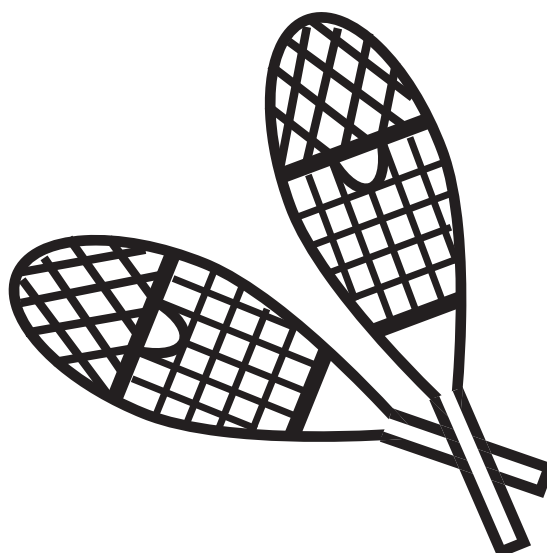
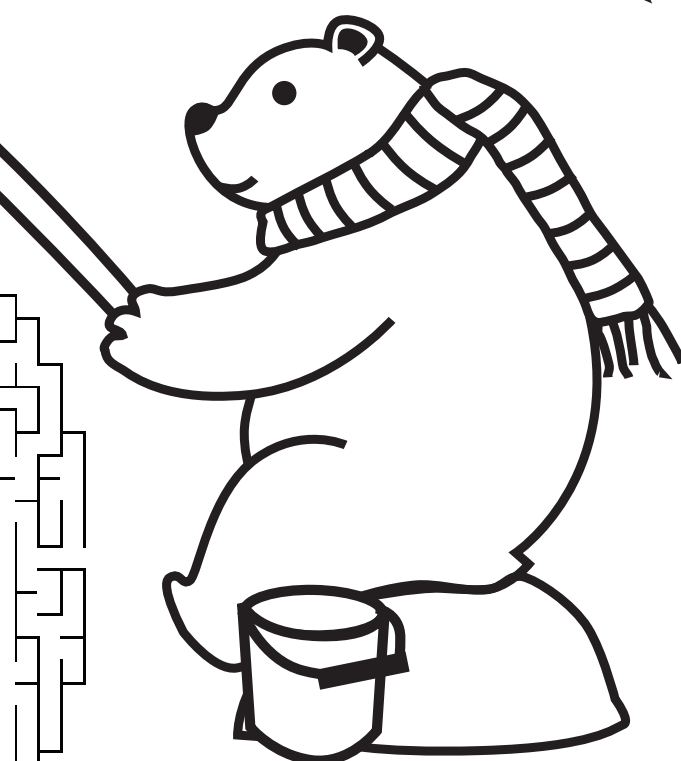
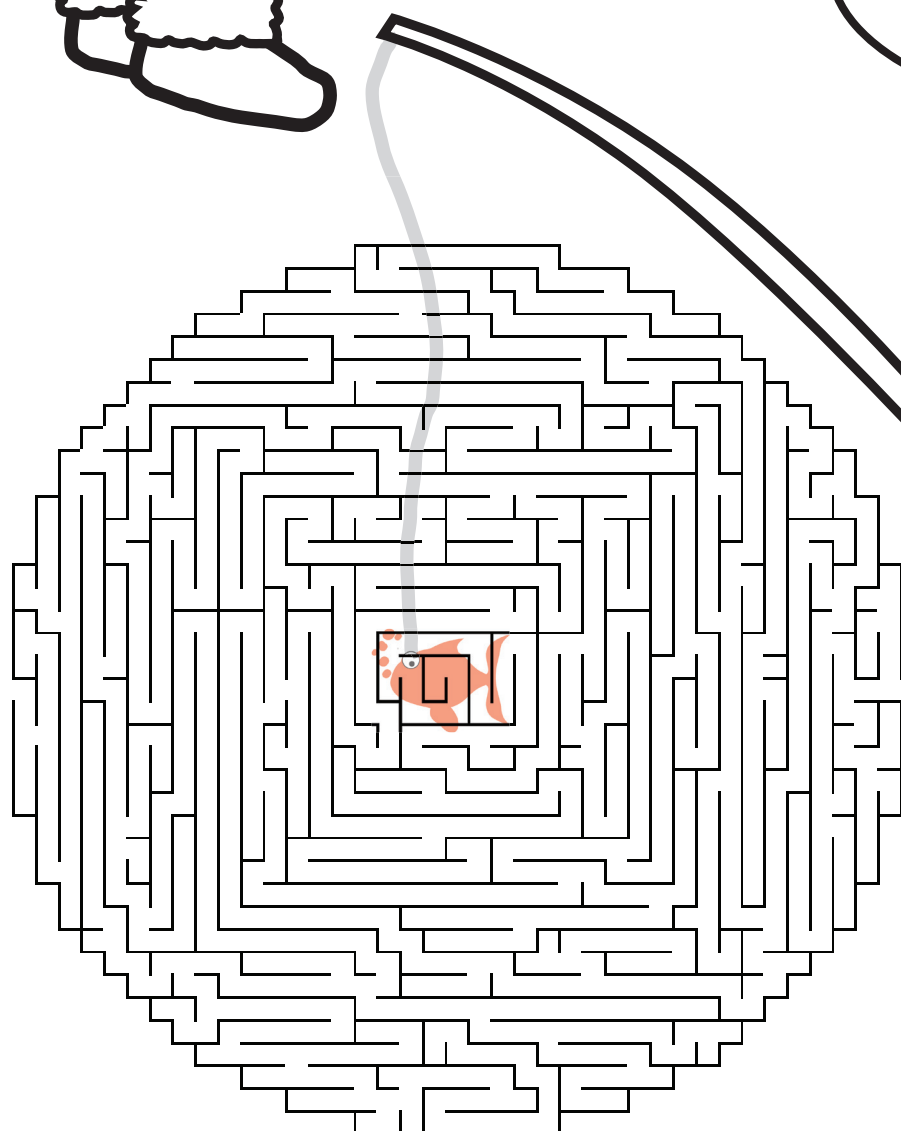
And who is
this drinking
Labrador tea?
(Hint: she's in the
yellow squares)



Maze and Colouring

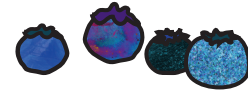


Help the bear
find the path to
his fish!





Logic Puzzle



Blueberry Picking

The Blacksmiths, Mianscums, Trappers and the Neeposh family all went blueberry picking together. It is a great season for blueberries, and the 4 families came home with lots of blueberries to eat and to freeze. It turns out that, together, they collected 20 containers full of blueberries!

The first thing Mary's Dad does is put the 20 containers into 4 equal piles.

How many containers are in each pile?

Jessica's Mom thinks that the blueberry containers should be divided up according to the size of each family.

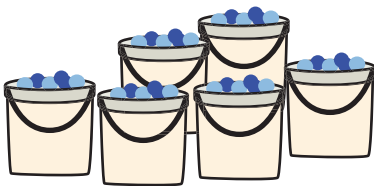
The **Blacksmith** family should have the most containers, as they are the biggest family.

The **Mianscum** family should have one less container than the Blacksmiths.

The **Trapper** family should have the least number of containers.

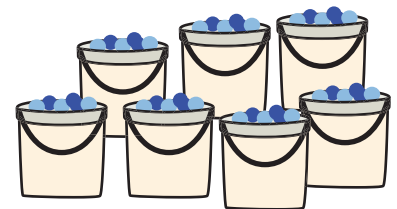
The **Neeposh** family should have one more container than the Trappers.

Which family gets which amount of containers of blueberries?











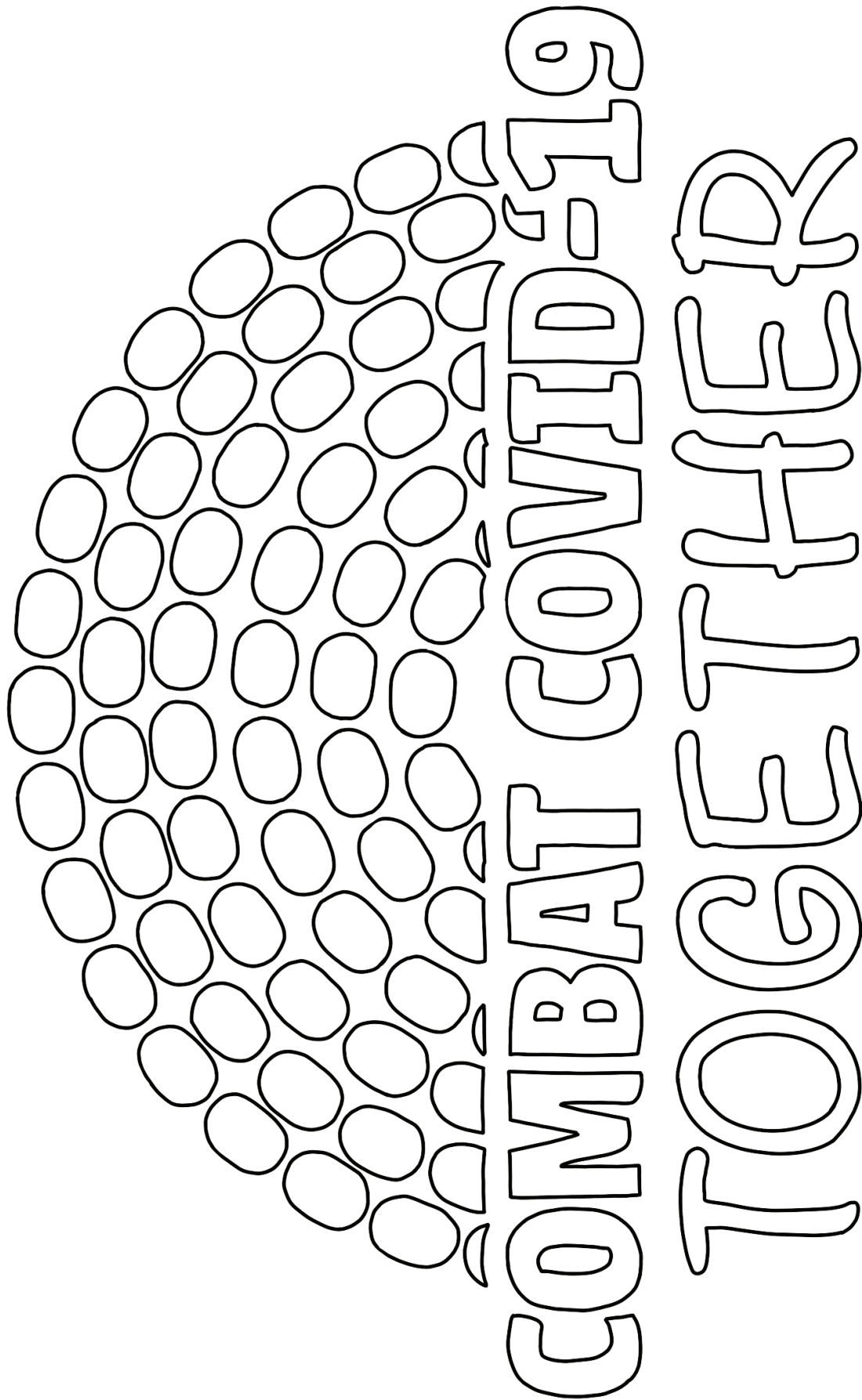
YOUR

HANDS:

chaa chishtaapaautihchaayin

che chishtâpâuchiheyin

for 20 seconds!



Li b" c M Â M Û K A H T Â U





$\nabla \Delta S^{\text{f}} d''\dot{C}^e$ $r > c''\wedge r^e$ $\nabla \triangleright S''\dot{C}^e$

to help fight COVID-19 4"4.4"Λ"Δ" ▽ Δ"Γ"Δ"Δ"

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NOTE: Each person should have **2 or 3 cloth masks** so you can wear a clean one each time

2

3

4

A diagram of a blue face mask with grey elastic loops. A red arrow points to a knot on the left loop, labeled "TUCK IN KNOT". Two red arrows point to the top and bottom edges of the mask, labeled "STITCH".

ᑎ ᐃᑕᓴᓯᐅᑦ che iitaapachihtaayin

to help fight COVID-19



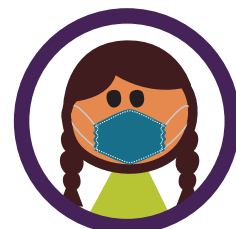
Wash your hands before putting it on **and after** taking it off—and practice good hand hygiene while wearing it.

Don't share your mask with others!

[illegible]

e puschiskaman chichiputunehpisun

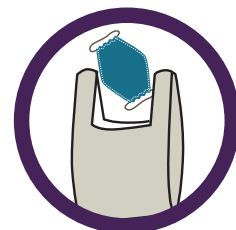
It should be **snug** and cover your **nose and mouth**.



Avoid touching your face mask. It can become contaminated on the outside or when touched.



Change your mask as soon as you can, if it gets damp or soiled. Place it in a bag or container until you get home.



chishtaapautaayin chichiputunehpisun
Masks should be washed **after each use**, and put **directly into the washing machine**. Wash with other items in **hot cycle**; dry thoroughly (ideally in dryer).



If possible, boil mask in water for 5 minutes in a pot you don't use for cooking. Or, wash with hot water and soap. Hang masks outside to dry completely—sunlight is a great disinfectant!

Using a homemade mask when you can't practice physical distancing is a sign of respect and care for others. Homemade masks protect others around you in case you have the virus without feeling sick. Continue to follow precautionary measures, including proper hand hygiene. Homemade masks are **not** for children under 2.

Rhyming Board Game



You will need:

- this game board
- one dice
- game pieces (lego, small toys, raisins)

How to play:

Place your game pieces on start.

The youngest player goes first.

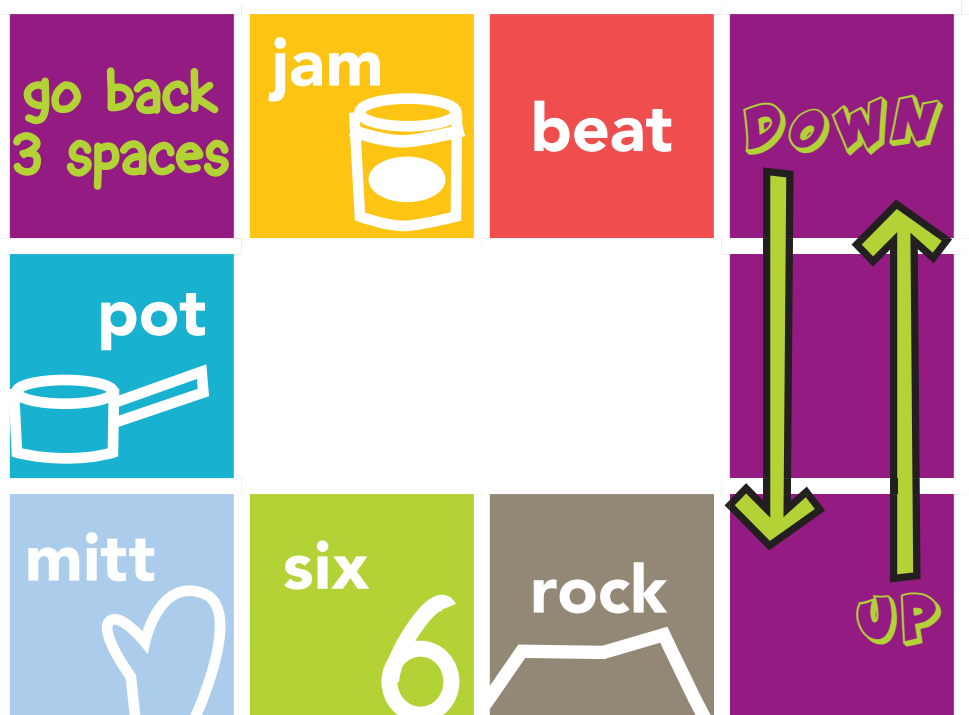
Roll the dice.

Move however many squares you rolled.

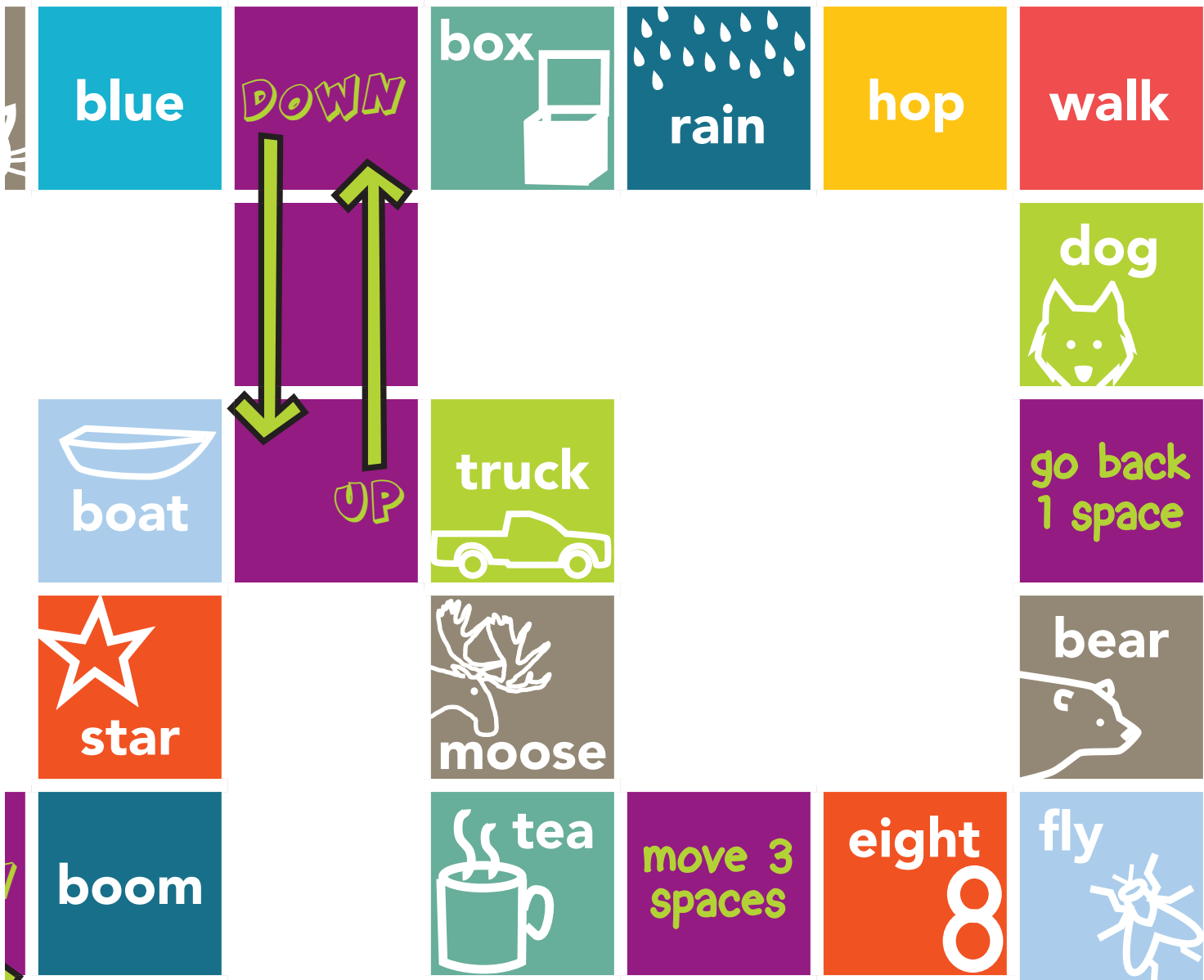
When you land on the square, read the word (or have someone read the word with you) and say a word that rhymes with it.

The next player does the same, and so on.

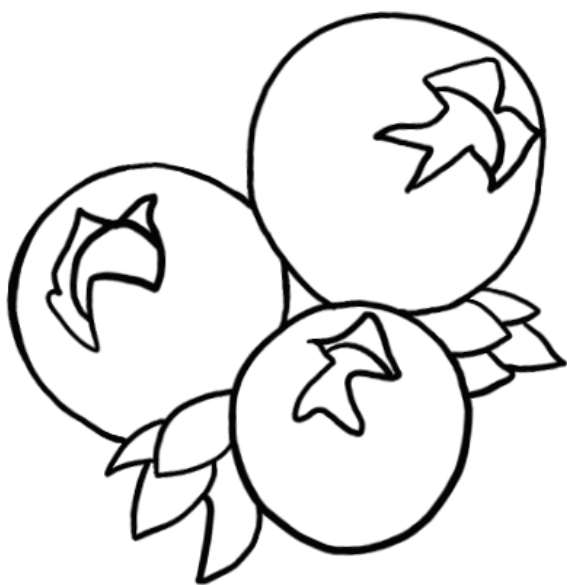
The first person to get to the end wins! (and eats the raisins, if you used raisins.)

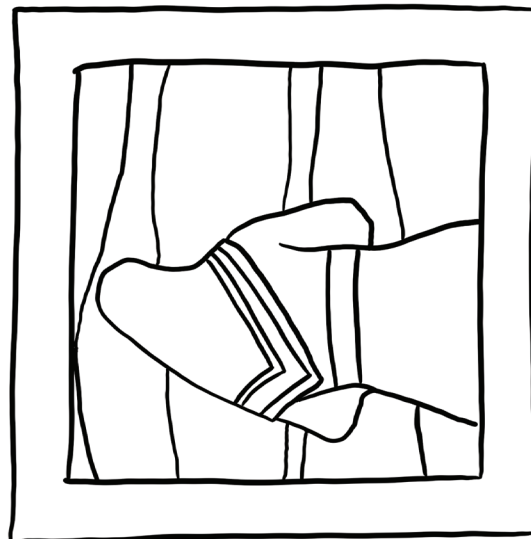
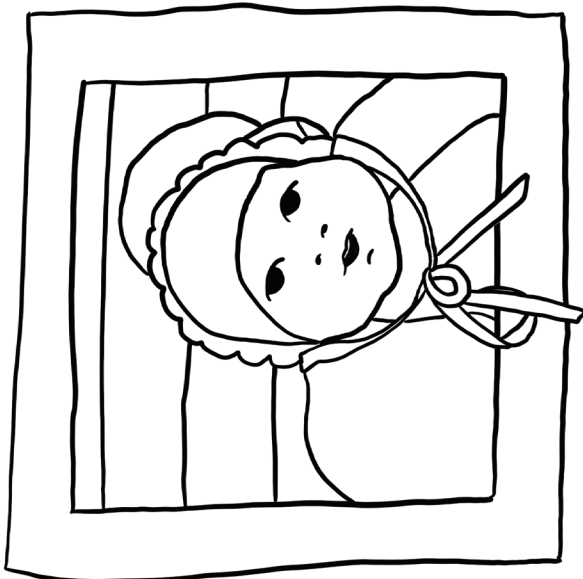
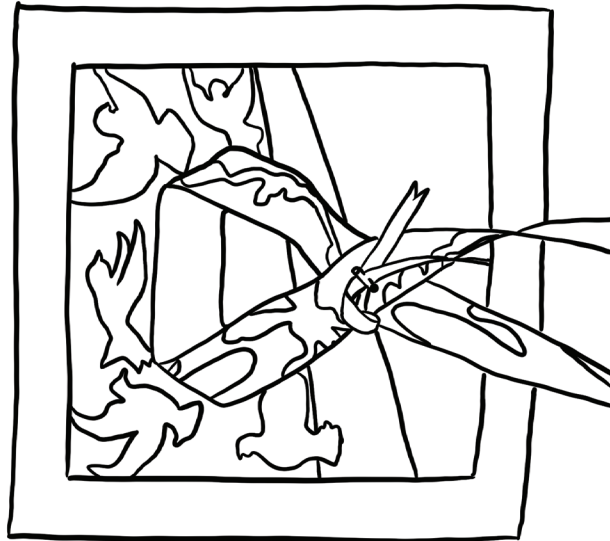
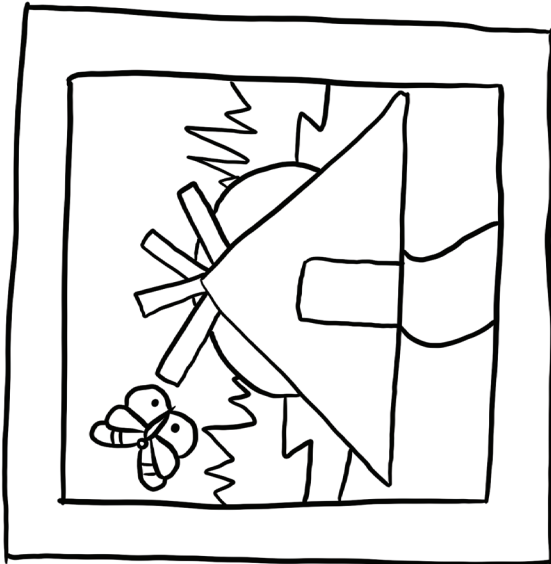
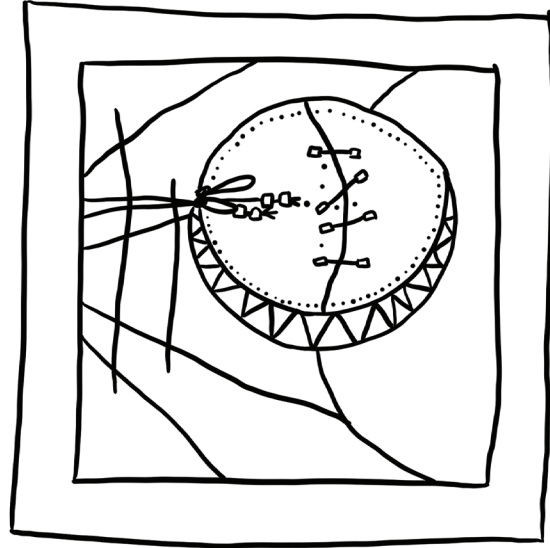
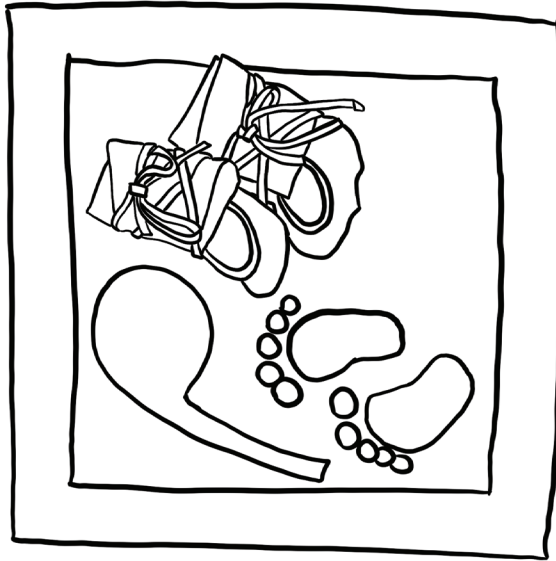


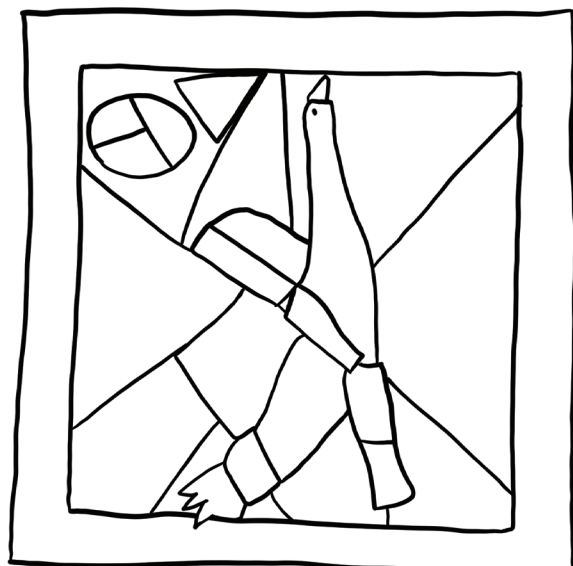
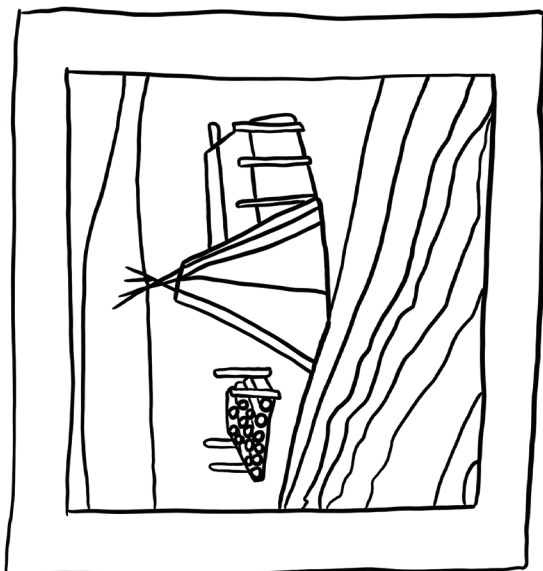
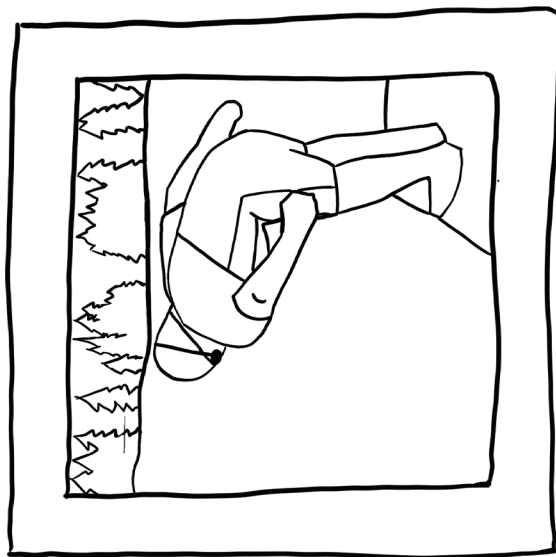
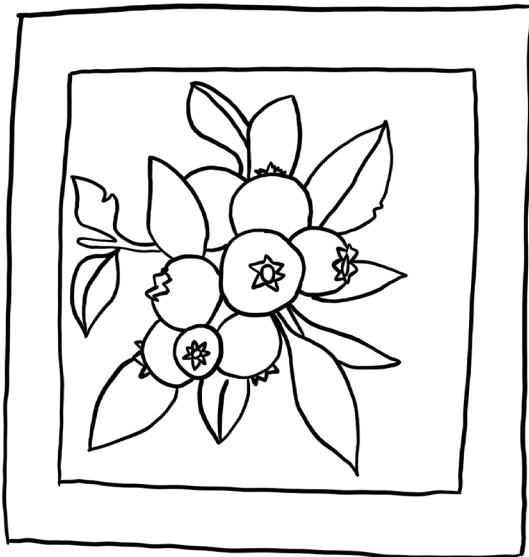
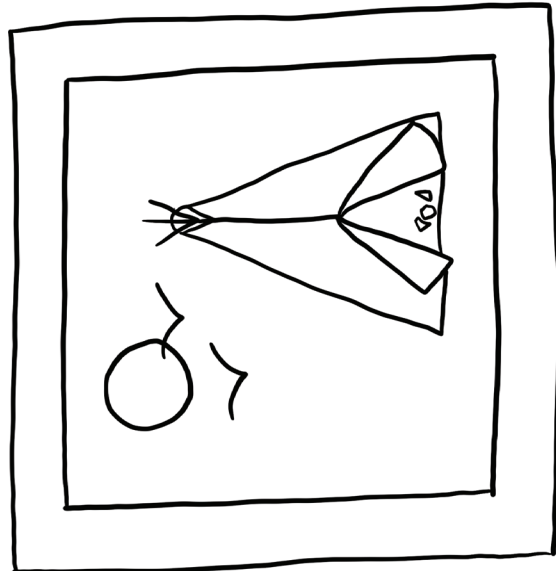
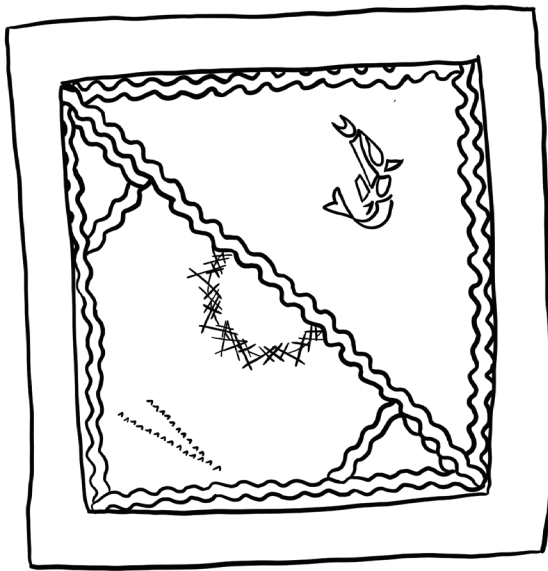
Rhyming is fun and a vital part of literacy development. When children rhyme, they play with sounds, trying new combinations of letter sounds. Rhyming uses lots of skills like listening, distinguishing specific sounds (phonemes), and being able to break a word into syllables. Rhyming is important...but it's also fun!

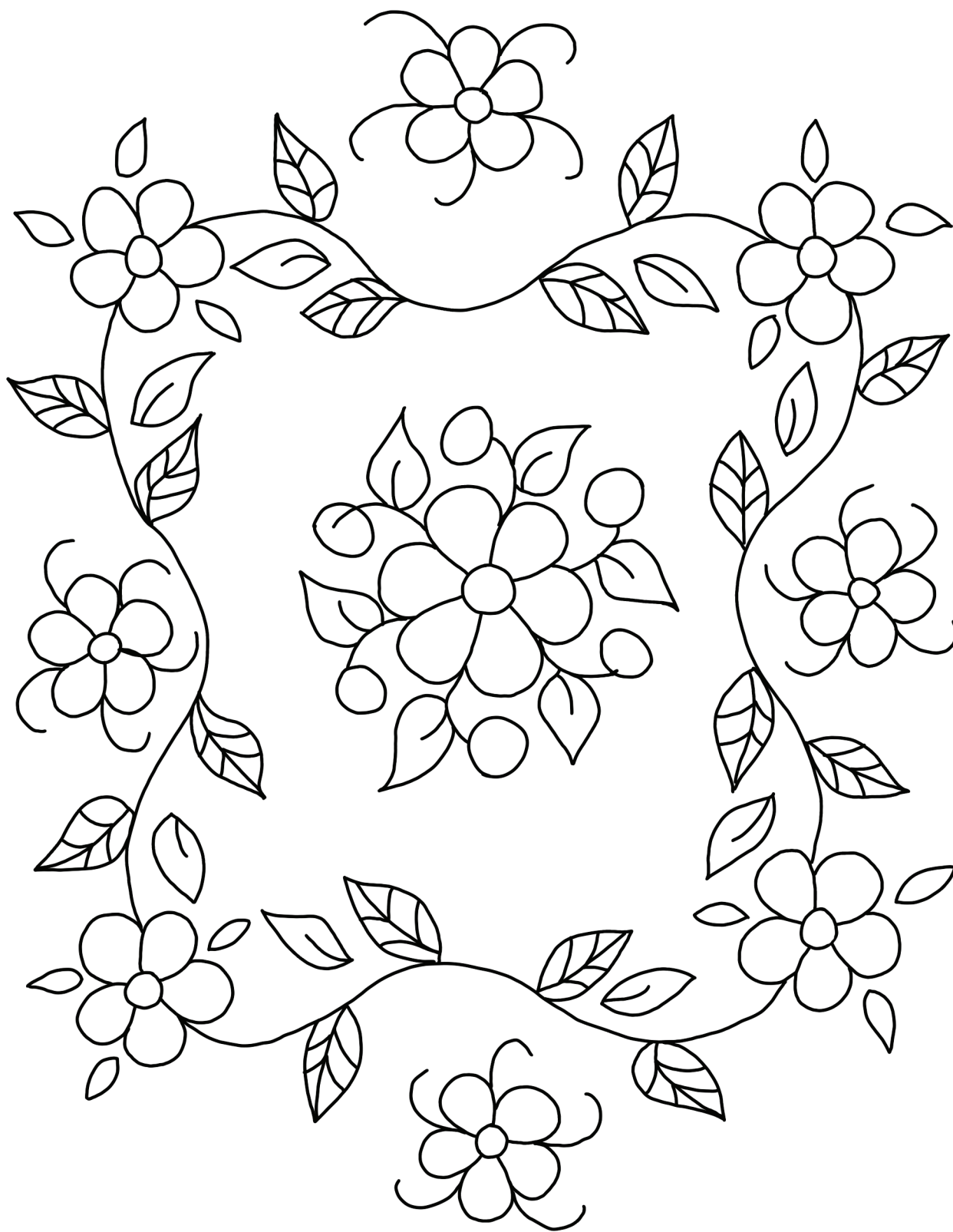


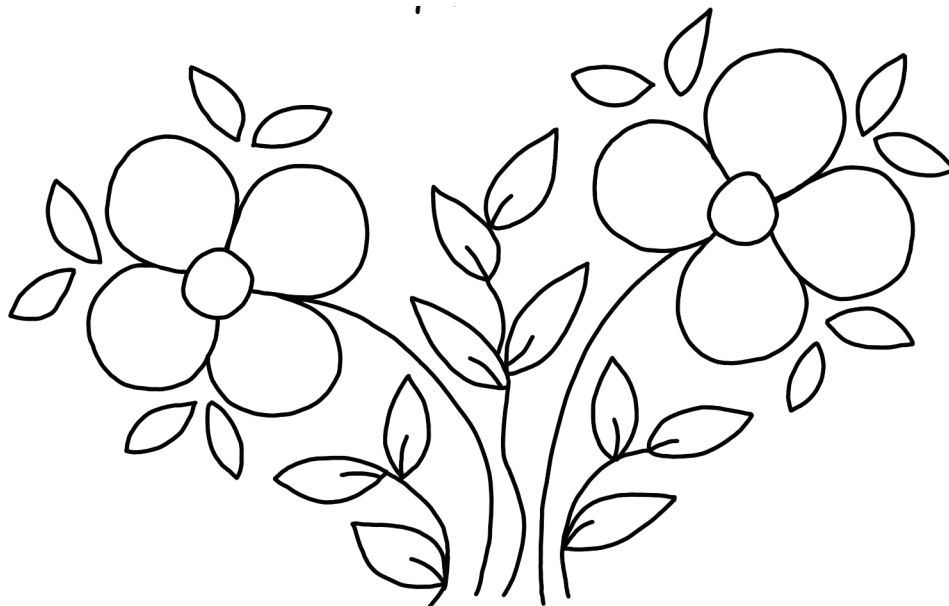
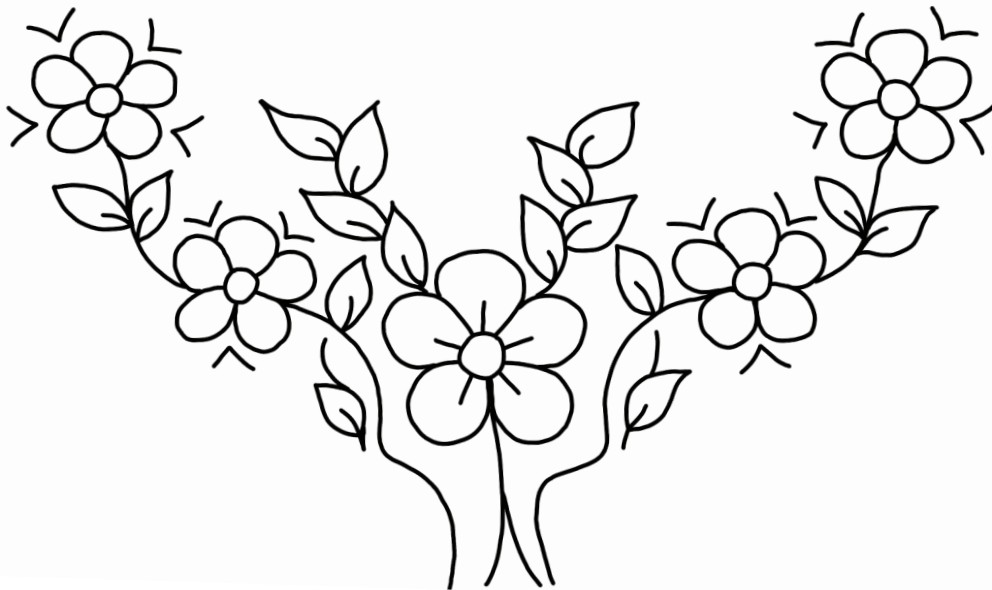
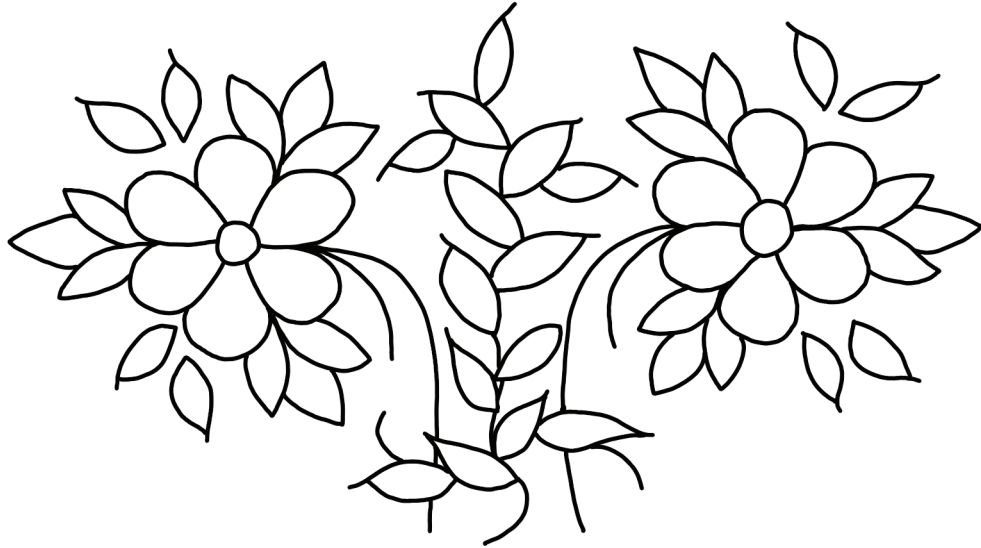














FOOD SAFETY

Preparing and sharing food with friends and loved ones is an important part of our culture.

However, during a pandemic, we have to limit our contact with others as much as possible—when shopping for food and when hunting and fishing in the bush.

Follow these guidelines to ensure safe shopping and safe and healthy food preparation!



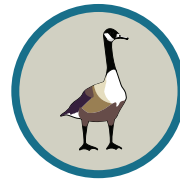
LOTS OF HAND WASHING!

Wash your hands before shopping and when you get home, and also before and after storing and preparing food.



SHOPPING

Wear a mask and practice physical distancing. Shop alone, no more than once a week, and pack your own groceries.



GAME

Use care and proper hygiene when handling game. (See *CBHSSJB Public Health Guidelines for COVID-19*.)



FOOD PREPARATION

Separate your cutting boards. Use one board for fruits and vegetables and another for raw meat, poultry or fish.



CLEANING EQUIPMENT

Kitchen tools used to handle raw food should be washed thoroughly with soap.



CHILLING

Keep cold foods cold (4°C or lower). Raw meat, poultry and fish: must be kept separate from other food and cooked within 2-3 days. (If unable to, then freeze.)



COOKING

Cook food thoroughly to ensure it is safe to eat. Test internal temperatures at the thickest part*. Keep hot foods hot (60°C or higher).

***INTERNAL COOKING TEMPERATURES:**

canada.ca/en/health-canada/services/general-food-safety-tips/safe-internal-cooking-temperatures.html

FOR MORE INFO ON FOOD SAFETY:

canada.ca/en/health-canada/services/general-food-safety-tips/food-safety-you.html#a2

LENTIL AND CARIBOU SOUP

Number of portions: 20

Portion size: 1 cup

INGREDIENTS

- 1 Tbsp vegetable oil
- 2 cups carrots, peeled and diced
- 1 cup celery, diced
- 2 onions, diced
- 2 garlic cloves, chopped finely
- 3 dry bay leaves
- 1 tsp dry thyme (optional)
- 1 lb caribou meat, cubed
- 12 cups water
- 1 can (796 ml) diced tomatoes
- 3 cans (398 ml) lentils, drained and rinsed
- 1 small can (158 ml) tomato paste
- Salt and pepper to taste

METHOD

1. In a large cooking pot, heat the oil.
2. Add the carrots, celery, onion, garlic, bay leaves and thyme and cook for 5 minutes.
3. Add the meat and cook for another 10 minutes.
4. Add the water, diced tomatoes and lentils. Bring to a boil.
5. Reduce heat to low and simmer for 1 hour.
6. Add the tomato paste, mix and serve hot.

TIPS

The caribou meat could be replaced by moose or beef.



OVEN-BAKED GOOSE

Number of portions: 6
Portion size: 1/6 goose with stuffing

INGREDIENTS

1 goose, plucked and cleaned

½ cup water

Stuffing:

1 onion, diced

1 apple, diced

½ cup dry cranberries

½ cup bread crumbs (or oats, or rice)



METHOD

1. Preheat the oven at 350°F.
2. Place the goose on a large oven dish.
3. In a bowl, mix the onion, apple, cranberries and bread crumbs. Stuff the goose.
4. Add ½ cup of water in the bottom of the dish. Cover with foil and cook in the oven for 2 to 3 hours.
5. Pour cooking juice several times over the goose during baking.

TIPS

Carrots, turnip and potatoes could be cooked with the goose. Cut them in large pieces and place them around the goose for the last hour of cooking.

MOOSE CHILI

Number of portions: 10

Portion size: 1 cup

INGREDIENTS

2 tsp vegetable oil

1 lb moose meat, ground

4 garlic cloves, finely chopped

½ cup onion, chopped

2 Tbsp chili powder

2 tsp cumin

1 Tbsp Worcestershire sauce (optional)

Salt and pepper

1 fresh pepper (red, green or orange), diced

1 can (796 ml) diced tomatoes

1 small can (156 ml) tomato paste

2 cans (540 ml) red kidney beans or black pinto beans, drained and rinsed

1 can of corn niblets, drained



METHOD

1. In a cooking pot, heat the oil over medium heat. Brown the meat, onion and garlic for 3 to 5 minutes.
2. Add the chili powder, cumin, Worcestershire sauce, salt and pepper. Mix and cook for 2 minutes.
3. Add the red pepper, tomatoes, tomato paste, beans and corn. Lower the heat and simmer for 45 minutes.
4. Serve hot with rice or bannock.

TIPS

Moose meat can be replaced by caribou or beef.

STUFFED WALLEYE

Number of portions: 6
Portion size: 1 cup / 8 oz

INGREDIENTS

1.4 kg (3 lb) walleye
250 ml (1 cup) fresh bread crumbs
125 ml (½ cup) cooked rice
30 ml (2 tbsp) vegetable or olive oil
125 ml (½ cup) chopped mushrooms
15 ml (1 tbsp) chopped onion
15 ml (1 tbsp) chopped parsley
2 ml (½ tsp) curry powder
1 beaten egg
Salt and pepper



METHOD

1. Scale, gut and clean the fish. Pat dry and sprinkle with salt, pepper, lemon juice and drops of oil.
2. Soak bread crumbs in hot milk for 30 minutes.
3. In a frying pan, cook onion in oil. Add mushrooms and cook for 5 minutes.
4. Add drained bread crumbs, cooked rice, parsley, curry powder, salt and pepper. Remove from heat and thicken with a beaten egg.
5. Fill the fish cavity with the stuffing. Sew the cavity closed.
6. Place the fish on an oiled baking dish. Add 500 ml of liquid.
7. Cover the dish and bake at 200°C (400°F), for 40 minutes.

MAPLE TROUT

Number of portions: 4

Portion size: 4 oz

INGREDIENTS

60 ml (1/4 cup) maple syrup

30 ml (2 tbsp) soy sauce

1 garlic clove, minced (or 1/4 tsp garlic powder)

Pepper to taste

454 g (1 lb) speckled trout fillets or steaks



METHOD

1. In a small bowl, mix the first 4 ingredients.
2. Place trout in a shallow baking dish, and coat with the maple syrup mixture.
3. Cover the dish, and marinate in refrigerator for 30 minutes, turning once.
4. Preheat oven to 200°C (400°F). Place the baking dish in the preheated oven, and bake trout uncovered for about 20 minutes, or until easily flaked with a fork.

MUFFINS

Number of portions: 12

Portion size: 1 muffin

INGREDIENTS

1 cup of regular oats

1 cup of milk

1 egg, beaten

¼ cup vegetable oil

1 cup whole wheat flour

1 tsp baking powder

½ tsp baking soda

½ tsp salt

½ cup brown sugar

1 cup blueberries (OR 1 cup cranberries OR mashed banana OR grated carrots OR grated apples OR dried raisins OR ½ raisins + ½ carrots OR ½ banana and ½ chocolate chips)



METHOD

1. In a bowl, mix oat and milk. Keep aside in the refrigerator for 45 to 60 minutes.
2. After 45 to 60 minutes, add the egg and oil to the oats and milk mixture. Mix well.
3. Preheat the oven at 400°F.
4. In a second bowl, mix the flour, baking powder, baking soda, salt and brown sugar.
5. Mix the liquid and dry ingredients together.
6. Add the blueberries (or other ingredient of your choice) and mix gently.
7. Place paper cups on a muffin tray. Divide batter into 12 muffins.
8. Cook the muffins in the center of the oven for about 20 minutes.

TIPS

This recipe can easily be doubled to make 24 muffins.

Once muffins have cooled down, they can be wrapped and stored in the freezer for 3 months.

BLUEBERRY PANCAKES

Number of portions: 6

Portion size: Two 5 to 6-inch pancakes

INGREDIENTS

1 ½ cup whole wheat flour

½ cup all-purpose flour

2 Tbsp sugar

1 Tbsp baking powder

½ tsp salt

2 eggs, beaten

2 cups milk

3 Tbsp vegetable oil

2 cups fresh or frozen blueberries



METHOD

1. In a large bowl, mix the flour, sugar, baking powder and salt.
2. In a second bowl beat the eggs. Add the milk and oil. Mix.
3. Pour the liquid ingredients over the dry ingredients. Mix.
4. Add the blueberries to the pancake preparation.
5. Lightly grease and heat a frying pan over medium heat.
6. Cook pancakes on both sides, until lightly brown.

TIPS

Blueberries can be replaced by other fresh or frozen berries such as raspberries or strawberries.



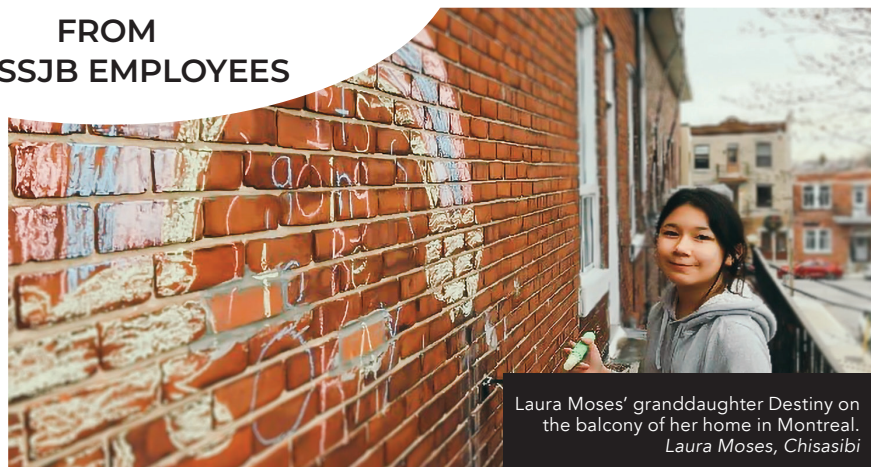
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RAINBOWS OF HOPE

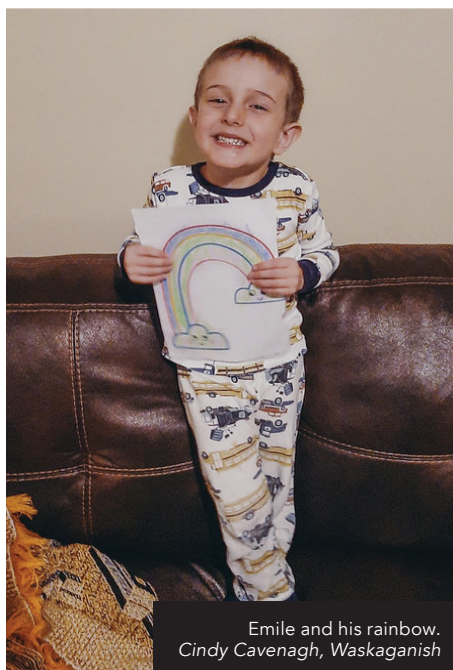
FROM
CBHSSJB EMPLOYEES



Diana Tobias's daughter
Nicole. Diana Tobias, Val-d'Or



Laura Moses' granddaughter Destiny on
the balcony of her home in Montreal.
Laura Moses, Chisasibi



Emile and his rainbow.
Cindy Cavenagh, Waskaganish



Dominique Chicoine and Jacques
Barrette's Lego Rainbow of Hope.
Jacques Barrette, Chisasibi



The Ottereyes family.
Christina Gull, Waswanipi



Martine Constatineau's daughter
Maëlie, 6 years old.
Martine Constatineau, Montreal



**RAINBOWS OF
HOPE**
FROM
CBHSSJB EMPLOYEES



Jessica, Jonas and Hazel-Grace Shecapio-Blacksmith's banner at their grandmother's (Elsie Pepabano).
Daisy Fireman, Chisasibi



Alexandra Fortier's family: Sébastien Ouellet, Rosalie and Jacob.
Alexandra Fortier, Montreal



Helene Pelchat's 4-year-old daughter.
Helene Pelchat, Laval



Rainbow of hope made by Gloria Blacksmith's children and granddaughter made in Mistissini.
Gloria Blacksmith, Chibougamau



Joshua Loon's daughter Mariah.
Joshua Loon, Mistissini



Eleanor Gull's daughter Chloe.
Eleanor Gull, Waswanipi



EMERGENCY NUMBERS



COVID INFO-LINE
866-855-2811

MY HOUSE

OTHERS

Δ"ĆΔ° ΓΛΛΝΡΔΡΓ°

COMMUNITY MIYUPIMAATISIUN CENTRES (CMCS)

ᑭᑭᑭ Chisasibi
819-855-2844

ΔᑭΔ° Eastmain
819-977-0241

Γᑭᑭ Mistissini
418-923-3376

ᑭᑭᑭ Nemaska
819-673-2511

▷ᑭ▷ᑭ Oujé-Bougoumou
418-745-3901

ᑭᑭᑭ Waskaganish
819-895-8833

ᑭᑭᑭ Waswanipi
819-753-2511

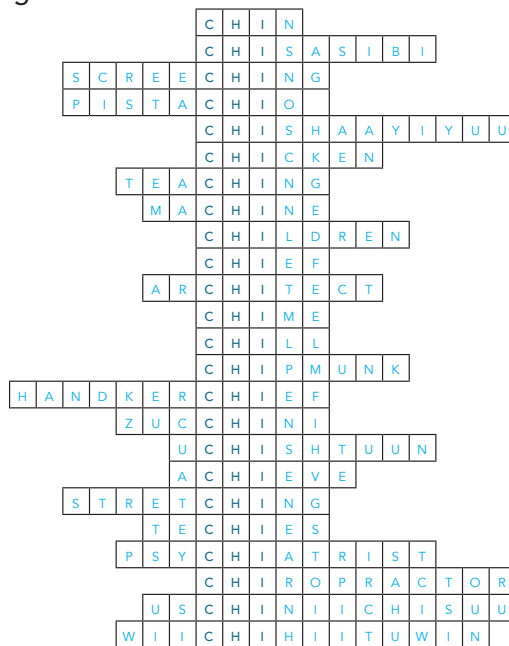
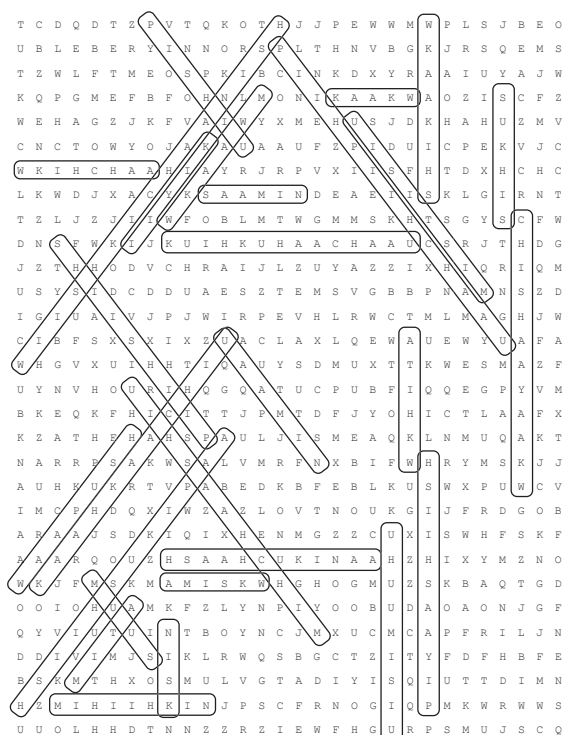
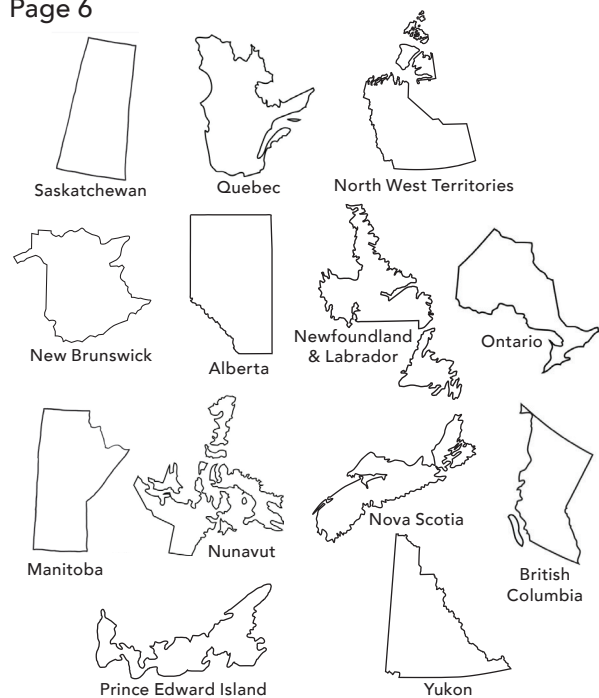
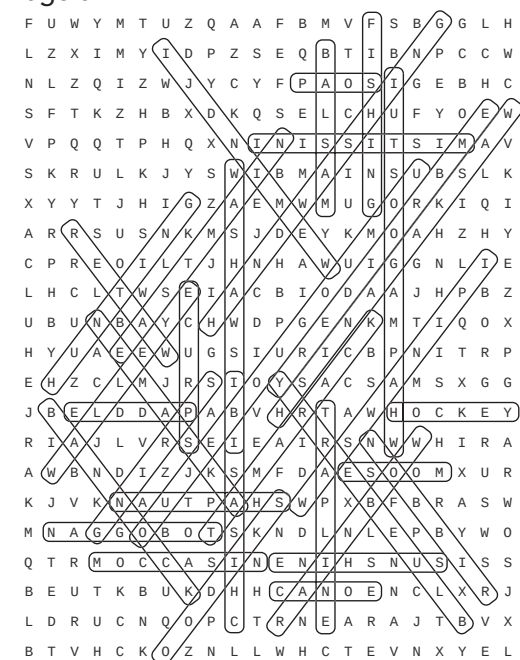
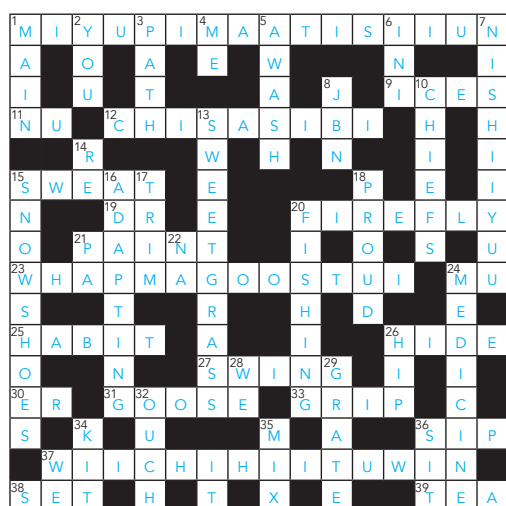
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819-978-0225

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819-929-3307

WIICHIHIIWAAUWIN
833-623-HELP (4357)

ROBIN'S NEST
855-753-2094

YOUTH PROTECTION
800-409-6884



TAMARACK

BANNOCK

CEDAR

MOOSE

BALSAM FIR

BEAVER

WHITE SPRUCE

GOOSE

SAGE

TROUT

SWEETGRASS

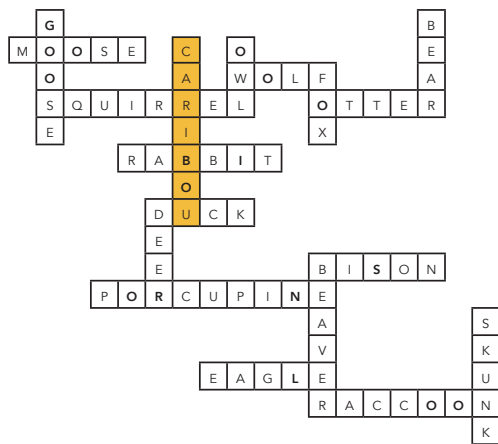
BLUEBERRIES

LABRADOR TEA

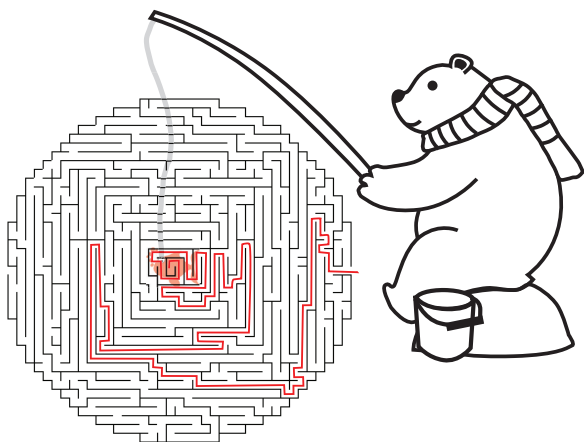
PARTRIDGE

CARIBOU

Page 10



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Page 12

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I L O V E W H E R E I L I V E

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Page 15

There are five for each family when evenly divided.
The **Blacksmith** family should have 7.
The **Mianscum** family should have 6.
The **Trapper** family should have 3.
The **Neeposh** family should have 4.

Page 16

Wash your hands for 20 seconds.

Wearing a mask can help prevent spreading COVID-19 to others.

I cough and sneeze into a tissue or my elbow.

Physical distancing means standing 2 metres (6 feet) apart from other people.

I avoid touching my eyes, nose and mouth if I didn't wash my hands.

Staying home helps keep me and my friends safe.



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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

For more information:
eeyouistcheecovid19.org
1 866 855-2811