



**Kackaamin**  
FAMILY DEVELOPMENT CENTRE

# RESTORING BALANCE: GRIEF & LOSS

December 14–19, 2025

Adults' (19+) healing session to process grief,  
to reconnect to self & others.

## Main Components

- ✓ Self-Awareness & Self-Regulation
- ✓ Addictions, Trauma, & Blockers to Grief
- ✓ Processing & honouring Grief

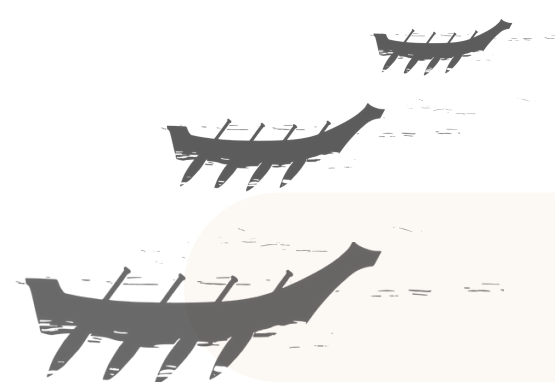
## Pre-requirements

- ✓ Detox & Sobriety (*see Stabilization Checklist*)
- ✓ Complete applications (available on our website)

## We will provide:

- ✓ Shared accommodation onsite
- ✓ Breakfast & Lunch provided

250-723-7789 | [www.kackaamin.org](http://www.kackaamin.org)  
[intake@kackaamin.org](mailto:intake@kackaamin.org)





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# FAMILY HEALING

A time for parents/guardians & their children to reconnect, strengthen their family bonds, & work on healing together.

## Main Components

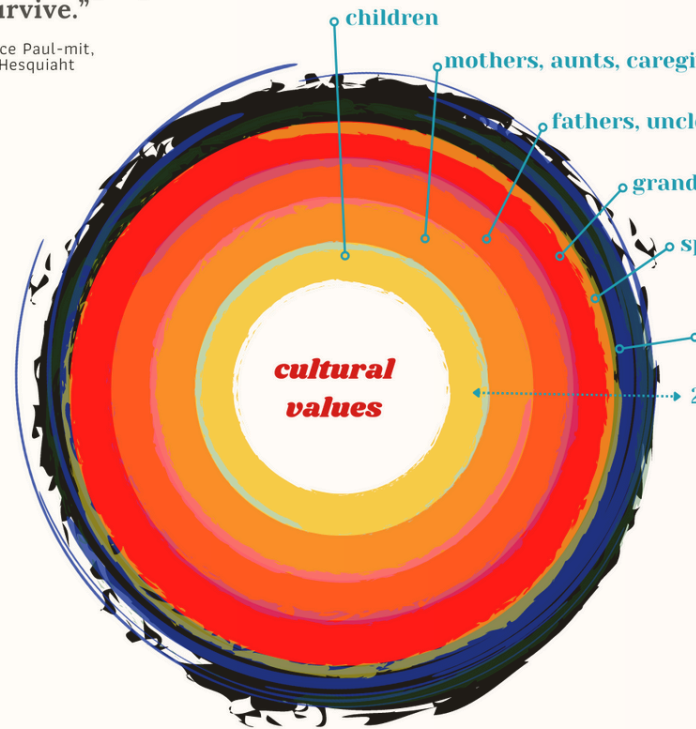
- ✓ Parenting & Connection
- ✓ Healthy Communication & Self-Awareness
- ✓ Addictions, Trauma, & Grief
- ✓ Family Wellness, Routine, & Commitment

## Pre-requirements

- ✓ Commitment to Sobriety (see *Stabilization Checklist*)
- ✓ Individual Treatment / Healing Programs strongly recommended before attending with children
- ✓ Complete applications (available on our website)

"The ultimate law of our people is the protection of our offspring, for this is the way we as Nuu-chah-nulth people will survive."

Alice Paul-mit,  
Hesquiaht



## Circle of Protection

Kackaamin Family Development Centre  
adapted from Middleton-Moz





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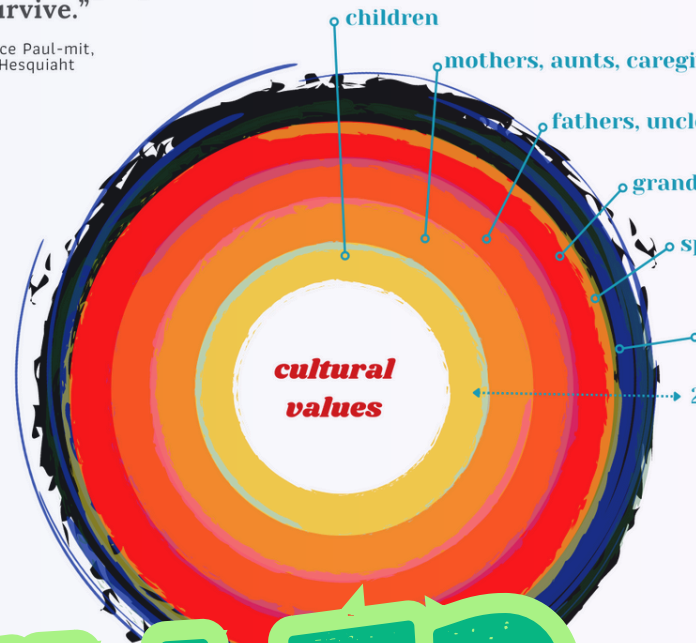
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Alice Paul-mit,  
Hesquiaht

# GRANDFATHERS', FATHERS', UNCLES', CAREGIVERS HEALING

A men's healing group  
trauma, grief, & the  
& the  
com

# CANCELLED



Kackaamin Family Development Centre  
adapted from Middleton-Moz

## Main Components

- ✓ Self-Awareness & Self-Regulation
- ✓ Addictions, Trauma, & Grief
- ✓ Connection to other men

## Pre-requirements

- ✓ Detox & Sobriety (see *Stabilization Checklist*)
- ✓ Complete applications (available on our website)





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*You can't pour from an empty cup*

*"Who Cares for the Caregivers?"*

## FRONTLINE WORKERS' TRAINING

Self-care, grounding, & refocusing.  
Some meals provided.  
Accommodations optional.

### Main Components

- ✓ Self-Awareness & Self-Regulation
- ✓ Grief & Loss, Preventing Burnout
- ✓ Connection to other frontline workers
- ✓ Healing with laughter, fun activities, & great food

**March 18 - 20, 2025**

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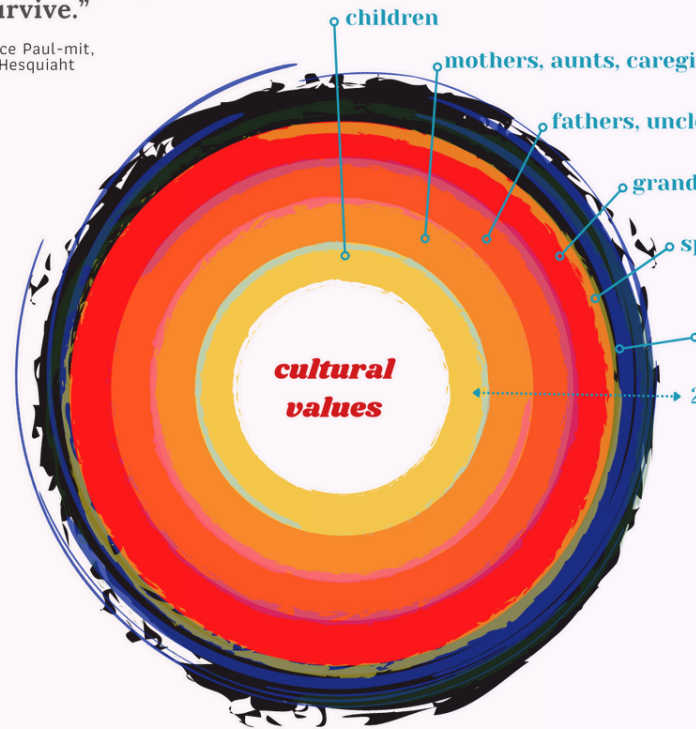
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# GRANDMOTHERS', MOMS', AUNTIES', CAREGIVERS HEALING

A women's healing group to process trauma & grief, to reconnect to self & their important role in family & community.

"The ultimate law of our people is the protection of our offspring, for this is the way we as Nuu-chah-nulth people will survive."

Alice Paul-mit,  
Hesquiaht



**Circle of Protection**

Kackaamin Family Development Centre  
adapted from Middleton-Moz



## Main Components

- ✓ Self-Awareness & Self-Regulation
- ✓ Addictions, Trauma, & Grief
- ✓ Connection to other women

## Pre-requirements

- ✓ Detox & Sobriety (see *Stabilization Checklist*)
- ✓ Complete applications (available on our website)







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FAMILY DEVELOPMENT CENTRE

## RESTORING BALANCE: GRIEF & LOSS

**For parents & their children  
/ youth**

August 10 - 15, 2025

**FULL**

**Adults' group**

(no children)

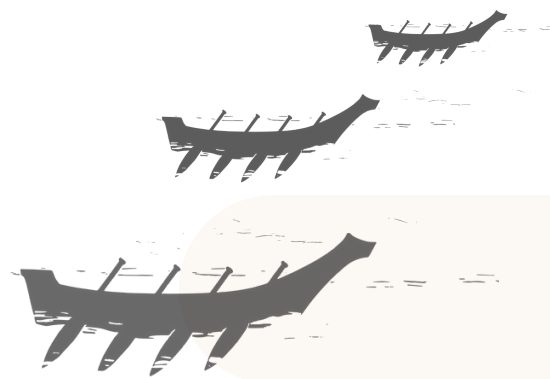
December 14 - 19, 2025

### Main Components

- ✓ Self-Awareness & Self-Regulation
- ✓ Addictions, Trauma, & Blockers to Grief
- ✓ Processing & honouring Grief

### Pre-requirements

- ✓ Detox & Sobriety (see *Stabilization Checklist*)
- ✓ Complete applications (available on our website)
- ✓ Parent/caregiver must have custody of child(ren)
- ✓ Funds for groceries/snacks, travel arrangements to/from Kackaamin



### We will provide:

- ✓ Shared accommodation onsite
- ✓ Breakfast & lunch

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