



Kackaamin

FAMILY DEVELOPMENT CENTRE

RESTORING

BALANCE

Grief & Loss

2024 APPLICATION PACKAGE

We are pleased to be a part of your healing journey



Restoring Balance: Grief & Loss

Rebuilding the Circle draws upon Western and Indigenous approaches to healing through a trauma informed lens. The Four Indigenous Values of Belonging, Kindness, Cooperation and Respect are interwoven into the program.

This ten-day program is for Indigenous people seeking to overcome complex grief. The facilitators will lead participants through a process of acknowledging collective trauma, complex grief, and its impacts, as well as building upon individual resiliency and grief ceremony.

Shared accommodation and weekday lunches will be provided. Participants are asked to stay onsite for the duration of the program and to refrain from any and all drug and alcohol use. Healing will be based on Traditional culture and ceremony- participants' need to have a clear mind and spirit to connect with the Creator and Ancestors.

Participants will be confirmed once applications are reviewed by our intake committee.

The Site

Kackaamin has cabins for participants to stay throughout the session. Each unit has a full kitchen and bathrooms.

The Team

Staff are on site 24 hours per day, seven days per week. Our goal is to provide participants with a safe, healing experience. The group facilitators will introduce you to the team available to you after workshop hours should you need support.

The Content

The group follows a process that begins with establishing a sense of safety and builds intensity gradually. This process is called a “psychodynamic curve,” and the schedules each day and week aim to bring clients to a state of regulation/calmness by the end.

What to Pack

- Personal hygiene items (shampoo, soap, sunscreen, tissue etc.)
- Care card, status card
- Comfortable clothing (dress in layers, swimsuit, etc.)
- Alarm clock/radio/dvds
- Water bottle, travel mug
- Towels
- Groceries (condiments and spices as well)
- Up to date Medications, blister packed (expired and/or unlabeled meds cannot be used)

Items not allowed:

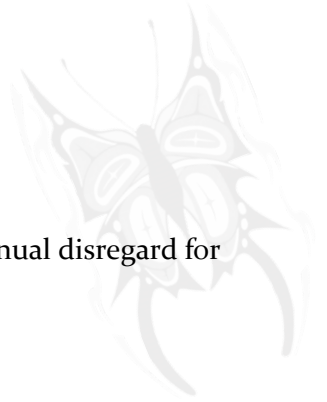


- any item with alcohol in it (including mouth wash, etc.), THC, other drugs or substances
 - weapons
 - Perfumes / strong scent items
 - chewing gum, shelled nuts/seeds
 - Charmin and thick tissue (impacts the septic system)
- We will provide laundry detergent and dryer sheets
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Intake Guidelines

- Clients **must have a minimum 3 weeks of abstinence from alcohol, drugs** (including marijuana), or other illicit substances.
- Clients must be **safely detoxed** and finished their supportive detox medications (i.e. methadone) prior to attending program.
- Adults must not have history or charges of violence or abuse, or limitations to being around children.
- Clients must be free from appointments and other obligations
- Clients are responsible for their own travel arrangements to and from the center.
- Arrival time on intake day is between 12:00 pm – 4:00 pm.

Please connect with Intake Coordinator at 250-723-7789 or intake@kackaamin.org if you have questions or concerns related to application requirements.



Program Guidelines and Expectations

The following guidelines are important to build a sense of safety for the group. Continual disregard for these guidelines may result in discharge from the program.

Participation:

- Being on time and participation in all aspects of the program is expected, including attendance at ceremonies.
- Staying onsite for the duration of the program: car keys will be stored away for the duration of the program.

Cell Phones, Privacy, and Confidentiality

- **Cell phones are to be kept in units** to respect our time together and reduce distraction.
- Information about other attendees and staff (stories/experiences, pictures, and any other personal and confidential information) of all others **must** be kept confidential.
- **No deliveries, guests/visitors allowed**

Facility Care and Upkeep:

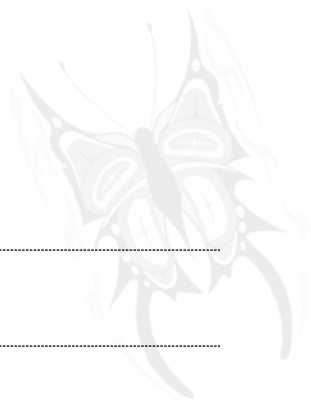
In respect of our community, we understand that we are responsible to:

- a. If bringing children, supervision at all times (even at the park); no sleep overs
- b. keep our cabin clean at all times
- c. take care of all furnishings
- d. smoke / vape in designated areas only
- e. leave units and grounds clean of all garbage
- f. clean up after community events
- g. completing the program: leave the unit clean as it was upon arrival

Date: _____

I, _____, have read and commit to the program guidelines for the full duration of the program at Kackaamin Family Development Centre (KFDC).

Signed: _____



REQUIRED INFORMATION

LEGAL NAME:

PHONE #:

ADDRESS:

D.O.B.:

YYYY-MM-DD

EMAIL:

STATUS #:

ALLERGIES:

CARE CARD #:

EMERGENCY CONTACT - NAME/NUMBER:

Do you require a wheelchair-accessible unit? (Please check "Yes" if you cannot do stairs)

- Yes
- No

Do you have serious health conditions (i.e. heart disease, severe asthma, diabetes, etc.) or mental health diagnoses that we should be aware of?

Do you regularly use substances (alcohol, marijuana, other)

- Yes
- No

If yes, please speak to a doctor / addictions nurse to ensure you will be able to safely detox prior to coming to program.

Medications:

- Please ensure medications are up to date before coming to the session. Medications (prescribed, over-the-counter, and supplements) will be collected upon arrival for medication assistance by staff.

Are you planning to bring your children? NO YES → Please attach their:

Must have custody of children

- Name
- Allergies
- D.O.B.
- Status #
- Care Card #
- Medications

Complete applications can be faxed to Kackaamin Intake: 250-723-5926

Thank you 😊