



Kackaamin

FAMILY DEVELOPMENT CENTRE

You can't pour from an empty cup

"Who Cares for the Caregivers?"

FRONTLINE WORKERS' TRAINING

Self-care, grounding, & refocusing.

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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