



RESTORING BALANCE: GRIEF & LOSS

**For parents & their children
/ youth**

March 8 - 13, 2026

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