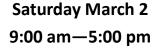
Caregiver Retreat: Creating a New Reality

An overnight retreat for the caregivers of a loved one with a developmental disability





- Al Etmanski and Vickie Cammack Co-founders of PLAN Vancouver and parents
- Citizen Advocacy (French/English presentations)
- Parent Panel
- Caregiver Compassion Fatigue Breakout led by Gail Dawson

 OR

 Transition to Adulthood Breakout led by Stephanie King



Brookstreet Hotel

525 Legget Drive, Ottawa

Saturday, March 2; 9am-5pm Sunday, March 3; 9am-5pm Cost:

Both Days with meals & accommodation
Single \$200 | Double \$340

Individual Day with meals \$70

(Limited respite available)

Register Online at

www.Citizenadvocacy.org

For more information contact:

Corey Fortier 613-761-9522 ext.250 cfortier@citizenadvocacy.org

Sunday March 3 9:00 am — 5:00 pm

- Susan Beayni Co-founder of Partners for Planning Toronto and parent
- Citizen Advocacy Facilitation exercise
- Optional French Breakout Session
- Al Etmanski and Vickie Cammack

Both days will include a chance to relax, enjoy great meals, amenities and network

Seeding Innovation Through Knowledge







