

Caregiver Retreat: Creating a New Reality

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



citizen advocacy
parrainage civique



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:

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Saturday March 2

9:00 am—5:00 pm

- 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

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

