



HARBOR HOSPICE

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Healing Center offers again in-person camp for grieving children and teens. Applications being accepted for 29th Annual Camp Courage.

[March 15, 2022, West Michigan] Harbor Hospice has been offering Camp Courage for 28 years as a way to help children and their families following the death of a loved one. The emotions of grief can be overwhelming and isolating for children who have not yet developed the verbal and emotional skills to navigate the grief process.

"We are very excited to provide in person camp again this year. The directors feel that having in person camp allows for us to provide the best support for these grieving children," said Kari Allen, LMSW Social Worker/Camp Co-Director. "With everyone's health in mind, this year will look a bit different in regard to regulations, masking, testing and social distancing. It will be a wonderful, safe and beneficial weekend filled with crafts, friends, activities and camping fun!"

Children grieve differently than adults and need time to just "be kids" as well as time to honor and remember their loved one. Kids often feel alone in their grief and thrive when able to connect with others who understand their unique experience.

Harbor Hospice staff and trained volunteers create a safe, stable environment for children to explore and express their grief, remember their loved one, and connect with others who have experienced a death. Children participate in traditional camp activities such as swimming, hiking and campfires, along with grief-tailored activities that teach healthy coping skills.

This weekend overnight camping experience for children and teens ages 6-19, is held at Pioneer Trails on Big Blue Lake in Muskegon County. Camp Courage 2022 will be held Friday, June 17 through Sunday, June 19. *Application deadline is Tuesday, May 10*. The only cost is a \$10 registration fee per camper.

For more information or to register, contact Kari Allen at 231.728.3442 / 1.800.497.9559 or email <u>info@HarborHospiceMI.org</u> or visit our website at <u>HarborHospiceMI.org</u>.

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