

## VOLUNTEER OPPORTUNITIES

- Be a “buddy” to a camper for the day (one-on-one interaction with a camper)
- Lead or assist with arts, crafts, sport, or music activities
- Assist with registration and check-out activities
- Facilitate grief group activities
- Volunteer as a runner to help with camp from set-up to clean-up

Camp Healing Heart is made possible through the time and talents of many generous volunteers.

If you're interested in becoming a volunteer, please call Carle Hospice at (800) 239-3620 or visit [carle.org/hospice](http://carle.org/hospice).

Volunteers are subject to a criminal background check and will receive special training on children and grief issues as needed.



*“The most meaningful experience for me at camp was seeing the kids really open up and know this is a life-changing moment for them and the beginning of a healing process.”*

– Volunteer



The Carle Foundation complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-217-383-2543.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-217-326-0340.

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*Camp Healing Heart is made possible by generous donations to Carle Center for Philanthropy and the Women's Legacy Circle.*

Visit us online at [carle.org/give](http://carle.org/give).

ALLERTON PARK 4-H MEMORIAL CAMP  
Monticello, Illinois



# Camp Healing Heart

A SAFE PLACE TO COPE WITH LOSS



# Children respond to death in different ways.

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They have so little life experience that moving through the grief process can be extremely difficult and have lifelong impacts.

Camp Healing Heart, sponsored by Carle Hospice, provides a safe and caring environment for children, ages 5 to 17, who have experienced the death of a loved one or friend. Here, campers express their grief, emotion, fear and concerns and learn coping skills that will continue to help them through adulthood.



## CAMP HEALING HEART PROVIDES GRIEVING CHILDREN AND TEENS:

- The comfort of knowing they're not alone
- The permission to grieve, remember and talk about the loved one who died
- Healthy coping skills
- Methods to understand and express their feelings
- An opportunity to share their feelings of isolation, which are common in the grieving process
- Support in a safe, structured environment while facilitating the grief work necessary for healing

## PARENT/ADULT SESSION

A parent/adult session is also available at an offsite location in nearby Monticello, IL on the same day as camp. At this session, family members will:

- Receive grief support
- Learn about the activities their child(ren) will participate in at camp
- Discuss developmental stages of the grieving child and teen
- Get ideas about how to best support children during their grief journey.

## TO REGISTER A CHILD

If you know a grieving child age 5 to 17 who would benefit from attending Camp Healing Heart, please call (800) 239-3620 or visit [carle.org/hospice](http://carle.org/hospice). We'll need a parent/guardian to complete the application to register the child. Camp Healing Heart is FREE to campers, but space is limited. Campers will be accepted in the order their application is received.

## CAMP ACTIVITIES

Camp Healing Heart features a day of special activities in a supportive environment with a traditional camp experience. Professionals and trained volunteers lead campers in the following activities:

- Sharing sessions
- Arts and crafts
- Recreational and sports activities
- Celebration of life and remembrance
- Team activities

## CAMPERS WILL:

- Make new friends with others experiencing a loss.
- Learn creative ways to express their feelings.
- Get comfort and encouragement from peers and caring adults.
- Enjoy a traditional day camp.



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*“Camp Healing Heart helped me with my grief by showing me my loved one is always with me and it’s okay to cry.”*  
– Camper

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