

Caring Hearts Camp May 23-25, 2008

This weekend camp is for children and teens who have recently experienced a loss due to death of a family member. The camp will provide guided activities aimed at working through the campers' grief, as well as a fun, memorable camp experience. Space is limited to 60 children; if needed, priority will be determined by the Bereavement Coordinator, Palliative Care Services.



Childhood/Teen Grief Support Group

Helping Young People Grow Through Grief

This six-week group program is for children and teens aged 5 through 18 years of age.

It provides children and teens the opportunity to learn about the grieving process and to share in mourning the death of a family member in a caring, accepting and confidential manner.

Three different age groups are offered concurrently, as well as a group for parents. Age appropriate activities and guided discussion are facilitated by trained, professional volunteers. Wednesdays after school

4:15 – 5:45 p.m.

- March 5, 2008
- March 12, 2008
- March 19, 2008
- April 2, 2008
- April 9, 2008
- April 16, 2008

Highlights:

- Opportunity for campers to meet other children and teens going through similar grief experiences
- Open to children/teens aged 5-18 years of age
- Children and teens divided into appropriate age groups for group work

- Guided age-appropriate grief activities, facilitated by trained staff
- Horseback riding, canoeing, swimming, campfires, archery, rock wall climbing
- Held at Dallas Valley Ranch Camp near Lumsden
- Transportation to and from Regina provided

For more information, or to obtain a registration package, please contact **Marlene Jackson** at **766-2884**
Bereavement Coordinator
Palliative Care Services
Regina Qu'Appelle Health Region
Pre-registration by May 1st is required

