

Camp Heartstrings / Camp Dreams

Camp Heartstrings / Camp Dreams is a three day camp for children (entering grades 2 - 11 in September 2017) who are adjusting to the death of a loved one.

Developed by Licensed Master Social Workers, this camp promotes understanding, acceptance, healing and hope through a comprehensive program of activities. It is staffed by credentialed professionals and trained volunteers.

When

Wednesday, July 12 - Friday, July 14, 2017
1:00—5:30 p.m. daily

Families are invited to a complimentary dinner on Friday, July 14, 2017 at 5:30 p.m.
Campers are required to attend all days and times.

Where

St. John Fisher College
(3690 East Ave., Rochester)



A summer day camp for children who experienced the loss of a loved one



Presented by Visiting Nurse Hospice,
Pittsford Youth Services,
and Dreams from Drake



How camp can benefit your child

Grief is difficult for everyone. It can be especially confusing for children who do not have the life experiences and resources adults draw on during difficult times. Camp helps fill that gap by:

- Developing campers' coping skills for expressing and processing their grief.
- Offering campers an opportunity to be with peers who also experienced loss; this helps them realize they are not alone.
- Providing therapeutic and social activities such as pet therapy, games, art therapy, a balloon release, music therapy, and a family style dinner at the conclusion of camp.
- Teaching campers that it is ok to have fun and still honor their loved ones.
- Assisting campers to talk openly about their loved ones with camp staff and peers.

Details

Cost

There is no cost to campers or their families. We are happy to provide this program free of charge.

Registration

Registration closes on June 1, 2017 or when 40 campers are registered.

Complete the online registration at www.VNSnet.com/camp. For questions, please contact Michele Allman, LMSW, Bereavement Coordinator at Visiting Nurse Hospice, a program of UR Medicine Home Care, at (585) 274-4069 or at CampHeartstrings@VNSnet.com

Donations

We are grateful to the businesses and families who make Camp Heartstrings/ Camp Dreams possible. Businesses or families who wish to donate to the camp can call (585) 274-4253.

Other Bereavement Services

You and your child may benefit from other programs provided by Visiting Nurse Hospice, Dreams from Drake, and Pittsford Youth Services throughout the year.

Visiting Nurse Hospice

- Bereavement support group for adults who lost a child (no matter what age) at the same time as a bereavement support group for children
 - Bereavement groups for adults
 - Remembrance services
 - Bereavement resources
- Call (585) 274-4069 or visit VNSnet.com.

Dreams from Drake

- Monthly support group for children and teens who lost a sibling or parent/ guardian
 - Meal gift cards to ensure families receive the nutrients needed to move through each day
 - Therapeutic books for caretakers and/or children/teens affected by the loss
- Visit DreamsFromDrake.org.

Pittsford Youth Services

- Bereavement support for children, adolescents and families
- Individual counseling by licensed social workers to help children and families work through their grief

Visit PittsfordYouthServices.org

