



## By the Bay Camp • August 10–12, 2018

A free healing weekend for children & teens

Youth ages 7–17 who have experienced the death of someone close to them are invited to register for a weekend of mentorship, support and group activities.

**Hospice by the Bay** and **Comfort Zone Camp** are partnering to present **By the Bay Camp**, a free 3-day bereavement retreat for children and teens, held at the CYO Camp Center in Sonoma County, Friday through Sunday, August 10-12.

### A weekend of healing can begin a lifetime of change.

This 3-day program is designed to:

- Break the isolation children often feel after a death
- Introduce peers who can personally relate to their loss
- Provide mentorship and professional therapeutic services
- Identify healthy coping skills for managing grief

**In addition to traditional camp fun**, campers participate in age-appropriate groups with their 1:1 Big Buddy Grief Mentors, where they can talk about their experiences and share the support of their peers.

**Attendance is free of charge to campers.** Please refer any families you believe might benefit from this program.

**Parents/Guardians:** You are not alone. On Saturday, August 11, you are invited to attend an optional, free, one-day grief support program in Marin County. You will have the opportunity to share your experiences with others who can relate to your loss, and learn how you can best support your children's efforts to manage their grief in healthy ways.



To register a camper, visit:

[www.hospicebythebay.org/types-of-care/grief-support/by-the-bay-camp](http://www.hospicebythebay.org/types-of-care/grief-support/by-the-bay-camp)

or: [www.comfortzonecamp.org/event/985](http://www.comfortzonecamp.org/event/985)

Need help with registration or want more information?

Call Kara Logan at (804) 282.2192, ext. 224, or email: [klogan@comfortzonecamp.org](mailto:klogan@comfortzonecamp.org)