

**Camp Embracing Memories** focuses on the grieving process and encourages interaction with others who have experienced similar losses. The camp is designed to normalize children's feelings of loss so they know they are not alone. Trained hospice staff will provide education and support to enhance coping skills and abilities, while still allowing children to feel connected to the loved one who died.

Camp is a time for children & teens to connect with others who have experienced a loss. It is important for kids to know that they are not alone, that others are going through these major life events as well.

Our goal for camp to give kids a toolbox of coping skills to move forward with. We give them a taste of things like art therapy, pet therapy, yoga and aromatherapy and let them see which things they are naturally drawn to. Another activity is having college aged student athletes come share their stories and experiences with the kids. They talk about what support a team has provided to them both on and off the field. Often times, our teammates become like family to us and a great support through hard times.

Memory pillows are often an activity that is much enjoyed during camp. We creating a lasting linking object, a pillow, from the clothing of our loved one. This is a tangible object for the kids to have a squeeze when missing their special person.

Camp is not all the hard work of grief. We try to balance our time together with fun activities such as gaga ball and a campfire with s'mores to give ourselves emotional breaks throughout our time together. To learn more, call UnityPoint Hospice at (319) 369-7744 and ask to speak with a specially-trained Bereavement Coordinator.

**Activities during camp:**

- Making memory pillows
- Music therapy
- Pet therapy
- Guest speakers
- Yoga
- Campfire
- Family activities
- And more!



**UnityPoint Hospice**

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# UnityPoint Hospice Camp Embracing Memories 2021



**UnityPoint Hospice**



UnityPoint Hospice is excited to offer Camp Embracing Memories, a free overnight camp for children ages seven to 16 to help children and families cope with the death of a loved one.

**10 a.m. Saturday, July 17  
to 11 a.m. Sunday, July 18**

**Camp Io-Dis-E-Ca**

3271 Sandy Beach Road NE, Solon, IA 52333  
(Lodging & meals included)

**To Register:**

**Call** (319) 369-7744

**Visit** [unitypoint.org/cedarrapids](http://unitypoint.org/cedarrapids)

**Return the attached form**

UnityPoint Hospice  
290 Blairs Ferry Road NE, Suite 100  
Cedar Rapids, IA 52402

**Registration deadline:** Friday, July 9  
*Limited spots available*

**How to Help Children Cope with Death**

Since death is a natural part of life, parents should talk to their children about the subject in a natural, conversational, factual style.

- The best education is an ongoing one.
- Answer questions as they arise.
- Provide honest information.
- Use the words "dead," "die" and "death." Avoid words like "lost" or "passed away," which might be misunderstood by a child.
- Allow children to say goodbye, provide rituals to remember your loved one in different ways.

Just because a child doesn't talk about death, doesn't necessarily mean that they are handling it well. It does mean the child is handling it in his or her own way.

Children often express their emotions through behavior and play. They also process only a little at a time. It's very normal

for them to be sad for a while, then jump up and start playing happily.

The more a child grows up with a healthy understanding of death, the less fear that child will have. When parents try to protect their children from death by shielding them from the experience and from the rituals of mourning, children learn that death is a taboo, mysterious and fearful issue.

**For more information** on how to help children cope with death, feel free to browse the UnityPoint Hospice Grief Library, located at 290 Blairs Ferry Road NE in Cedar Rapids. It's open to the public Monday - Friday from 8 a.m. - 4:30 p.m.

Our bereavement team is available for one on one support and counseling.

**Camp Embracing Memories**

To begin the registration process, please complete this form and send to:

**UnityPoint Hospice**  
290 Blairs Ferry Road NE, Suite 100  
Cedar Rapids, IA 52402.  
or [Jamie.Siela@unitypoint.org](mailto:Jamie.Siela@unitypoint.org)

Child's first and last name:  
\_\_\_\_\_

Parent/Guardian's first and last name:  
\_\_\_\_\_

Mailing address:  
\_\_\_\_\_

Parent/Guardian's phone number:  
\_\_\_\_\_

Parent/Guardian's email:  
\_\_\_\_\_

Child's grade (as of Fall of 2021):  
\_\_\_\_\_

Child's birthdate:  
\_\_\_\_\_

School your child attends:  
\_\_\_\_\_

Name of loved one(s) who died and relationship(s) to child:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Thank you to our Community Partner



CEDAR MEMORIAL