"... Watching my kids paint and ride horses and find an adult with whom to share their hearts was critical for their own healing journeys.

Grief Camp is a place where you learn that you aren't alone and that grief and pain and loss comes in all sorts of shapes, colors, and sizes.

It was the one place that gave me permission to feel what I felt and to stop seeking affirmation and permission from other people. "

-Danielle | mother & participant

"... Through this camp children and their families, just like ours, are given a strategic day of care and refreshment. It's like love and hope are being poured from a pitcher into your heart.

It is safe haven to share, sometimes even without words - yet through the beautiful tools of nature, art, horses and music , refreshment and healing flow.

A sweet place for the hurting heart to find help, hope and healing.

**Criscinda |** *mother* & *participant* 

#### **(1)** Fill out your application.

2 Return it to Child & Family by March 25, 2022.

3.) Visit our website to connect and learn more about us!



All Ceasons HEALING HEARTS CAMP

# HEALYOUR HEART!

# AT CAMP WITH CHILD & FAMILY RESOURCE FOUNDATION

APRIL 2, 2022 WHISTLING WOODS IN PATRICK, SOUTH CAROLINA

ARTS & CRAFTS, ARCHERY, MUSIC & MOVEMENT, HORSES, NATURE TRAIL WALKS & MOREI

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WWW.CHILDANDFAMILYRESOURCEFOUNDATION.COM

# ALL SEASONS HEALING HEARTS CAMP

is a special day camp offered to children ages 5-18 and their families who have experienced loss or are grieving. Participants have a chance to come together to share about their loss and begin to heal. They have the opportunity to meet friends facing similar circumstances and learn they are not alone.

# WHY ALL SEASONS HEALING HEARTS CAMP?

Since the mid to late 1990's our country has frequently referred to the ACE Study, otherwise known as, "The Adverse Childhood Experience" body of literature that indicates how childhood stress and trauma have been linked to negative academic, occupational, physical, behavioral and mental health outcomes. Furthermore, the ACE study has laid the foundational work to recognize, and instill hope, and awareness, coupled with support due to the impact of traumatic events, grief, and loss in our children and their families. All Seasons Healing Hearts Camp believes that when young people and their families come together in a positive climate and are able to express themselves with the help of trained professionals, these families and children can develop healthy coping skills that will help them in their journey to find a place of rest. Through increased awareness, resources, and support, grieving children can once again find hope and see life as full of exciting possibilities.

### WHAT HAPPENS AT ALL SEASONS HEALING HEARTS CAMP?

Families discover creative ways of saying goodbye to an old season and embracing a new one through various therapeutic activities. Activities include: arts & crafts, trail walks, music & movement, horses, archery, and more!

Parents, caregivers, and adult participants come away with a new found knowledge of how to heal from their own ACE's. A useful toolbox might include stages of grief, new language, listening skills and new ways to build relationships within the home.

## **STAFF & VOLUNTEERS**

The staff & volunteers working with All Seasons Healing Hearts Camp are :

Social Workers, School Psychologists, Physicians, Chaplains, LPCs, LPES Interns [Coker College, Francis Marion University], Medical Staff [ Nurses, OT's & PT's ]

\*All staff & volunteers are trained and receive background checks.

#### WHEN

Volunteer Training: March 12, 2022 - 10:00 AM - 12:00 PM Camp: April 2, 2022 - 10:00 am - 5:00 pm \*Lunch will be served.

# WHERE

Whistling Woods 150 Shoehill Road, Patrick SC 29584

# FEE

Free to participants. Contributions accepted.

#### PLEASE REGISTER BY MARCH 25, 2022 (We have 3 ways to register.)

 Scan the QR code to the right to be taken to our website.
Call us at (843) 917-0495.
Print the registration form on our website and mail it to us at P.O. Box 1257, Hartsville, SC 29551



#### IF YOU ARE INTERESTED IN VOLUNTEERING, CONTACT US.

Now more than ever, All Seasons Healing Heart Camp is committed to helping heal the grieving hearts of children in our community struggling with trauma and grief. As COVID-19 continues to be ever-present, All Seasons has developed a plan to help ensure participant safety.

All participants, volunteers and staff will use precautionary measures such as: frequent washing of hands, hand sanitizing stations will be positioned in each activity area, avoidance of close contact (less than 6 feet), and masks will be given to any participant who does not have one. With our protective procedures in place, family participants can engage protective choices while learning about wellness, all the while experiencing a tangible sense of normalcy during the COVID-19 pandemic.

#### Helping heal the grieving hearts of children in our community.