



### How to Register

There is no cost for these events. Space is limited and pre-registration is required. For more information or to register, contact us at 240-566-3030 or visit our website at [frederickhealthhospice.org](http://frederickhealthhospice.org)

### Be a Camp Volunteer

Volunteers are needed as Big Buddies for the campers and as Support Staff to assist with many camp activities. For more information on volunteering, please call 240-566-3030.



Frederick Health Hospice is a not-for-profit organization that is Medicare-certified, licensed by the state of Maryland and accredited by the Joint Commission.

*Your community Hospice since 1980.*

[frederickhealthhospice.org](http://frederickhealthhospice.org)  
240-566-3030

P.O. Box 1799  
Frederick, MD 21702



## GRIEF CAMPS

FOR CHILDREN & ADOLESCENTS

Animal Therapy • Arts & Crafts  
Memory Boxes • Sharing Circle  
Camp Fire with S'mores



# Companionship, Support and Friendship



At Camp Jamie, we help campers learn how to express their feelings about the death and how to release the pain of their grief while maintaining a connection with their loved one. By talking about the death, and by giving campers appropriate outlets for their feelings, we can alleviate many of their fears and help them find comfort and new meaning.

## Weekend Camp (2-night stay)

Each camper is paired with an adult volunteer, a Big Buddy, with whom they will spend the weekend. The individual attention that the Big Buddies provide to their Little Buddies throughout the weekend is one of the things that make Camp Jamie so special. Campers also enjoy a weekend of fun activities such as yoga, team games, arts/music therapy, and even camp fires with story tellers and roasted marshmallows.

*Through interactions with other campers and adults, campers learn they are not alone in their grief.*

Camp Jamie is designed to teach coping skills and help build self-esteem and trust, while offering a safe, comfortable environment for them to share their grief. All of the activities provide many opportunities for **self-expression and bonding with others.**

*Camp Jamie is offered at no charge and funded largely by community donations. This essential service would not be possible without the generosity of our donors.*



## One-Day Camp

Our specially trained staff and volunteers companion our campers through a day of hiking, arts and crafts, and Equine Assisted Learning. At the end of the day family members join their camper for a remembrance ceremony. Together families learn coping and communications skills they can take home.

*“After the death of my wife my son really struggled. Going to Camp Jamie was a turning point for us: at the end of the weekend I picked up a completely different kid than the one I dropped off – I got my son back.”*

- Grateful parent