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At Camp Comfort, I didn't feel so alone. Looking back at my 8-year-old self, I went from bottling everything up to learning to talk about my loss. I learned to live for my Dad and do things that would make him proud.

— Brandon, Volunteer and Past Camper

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My kids came home exhausted but happy. This has opened us all up to talk about their Dad more. I'd tell everyone to send their kids if they had a loss.

— Heidi,  
Mom of 2 Campers

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Mount Evans Home Health Care & Hospice  
3081 Bergen Peak Drive  
Evergreen, CO 80439

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See our video at  
[www.CampComfort.org](http://www.CampComfort.org)

Grief camp for children ages 6-12.  
2020 Sessions: June 12-14 and July 24-26



Dear Parent or Guardian,

While issues of grief and loss are hard for anyone to handle, they can be especially painful and confusing for children. We invite your child to take part in a positive, healing experience.

Sharing with other children who are in similar situations and knowing that they are not alone can be very helpful.

Children often carry a heavy burden when someone they love dies. Our hope is that a Camp Comfort weekend will assist your child in understanding their loss.

We cannot take your child's grief away. We will, however, give him or her an opportunity to learn some coping tools, develop a better understanding of their grief, and help them preserve positive memories of their loved one.

With hopes of healing,

The Camp Comfort Staff



## A Special Colorado Camp that Helps Heal Heartbreak

Camp Comfort is a weekend camp offered twice each summer that addresses the special needs of grieving children ages 6 to 12. Founded in 1995, Mount Evans Home Health Care & Hospice's groundbreaking bereavement camp has helped more than 1,500 children find a path through their grief.

Camp Comfort offers children a supportive environment in which they can gain an understanding of grief and loss. Children learn ways to cope with their grief through workshops and activities, building skills that may help them now and throughout their lives.

Grief workshops are balanced with recreational activities, such as swimming, ziplining, horseback riding and fishing so that children feel free to have fun and just be kids.



  
**2 Camp Sessions Per Year**

### CAMP DATES

- June 12-14, 2020
- July 24-26, 2020

### CAMP SCHEDULE

#### Friday evening

Camp Comfort begins in the evening. Campers will get acquainted with their buddy and cabin mates through games and activities, followed by an evening snack.

#### Saturday

The day begins with a hearty breakfast followed by a full program of emotional discovery and heart-healing recreational activities. Through sharing and expressive art sessions, campers will learn that they are not alone in their feelings of grief.

#### Sunday

The weekend wraps up with a remembrance art project and a closing ceremony that gives campers an opportunity to process their weekend experience. The ceremony begins at 11:15 a.m. with camp closing at 12:30 p.m. All family members are encouraged to attend the closing ceremony.

### Who qualifies for Camp Comfort?

Any child between the ages of 6 and 12 who is grieving the death of a family member or friend.

### How long has Camp Comfort been helping children?

Camp Comfort is celebrating its 25th anniversary this year. The camp was started in 1995 and is a program of Mount Evans Home Health Care & Hospice.

### Who supervises Camp Comfort?

Mental health clinicians, grief professionals and volunteers supervise campers. Specially trained volunteers, called "buddies," stay with their assigned campers throughout the weekend including in the cabins at night.

A camp nurse is available for first aid and to dispense medications. All staff and volunteers are screened and undergo background checks.

### Where is Camp Comfort located?

Camp Comfort takes place 32 miles west of Denver near Georgetown, Colorado off of Interstate 70.

### Can Camp Comfort accommodate children with special needs?

Please reference your child's special needs on the application form. All children will be considered on an individual basis, based on the camp's abilities to meet their needs.

### How much does Camp Comfort cost?

\$175 covers meals, snacks, lodging and recreation. No child will ever be denied an experience at Camp Comfort. Our donors make it possible for us to offer a generous scholarship program.

## APPLY EARLY!

Space is limited each session to 50 campers.

Applying is a three-step process.



**Step 1:** Fill out the online Camper Application in its entirety. The link is on our homepage. [www.CampComfort.org](http://www.CampComfort.org)



**Step 2:** Click for payment and/or scholarship information.



**Step 3:** Email your child(ren)'s immunization records to [campcomfort@mtevens.org](mailto:campcomfort@mtevens.org)

Our Camp Comfort Director will respond within two business days to confirm receiving your child(ren)'s application. We look forward to learning more about your child(ren) and talking about the camp weekend.

### Payment due dates:

- June session: June 1, 2020
- July session: July 10, 2020



I loved fishing and my buddy was a blast. I caught 8 fish! I can't wait to come back to camp next year.

—Alex, age 10