

The Lands At Hillside Farms 2021 Children's Grief Camp

August 2-6 Ages 12+, August 9-13
CASA* week, August 16-20 Ages 6-11
9am-3:00pm (Before care is 8:30AM, after care until 4PM)

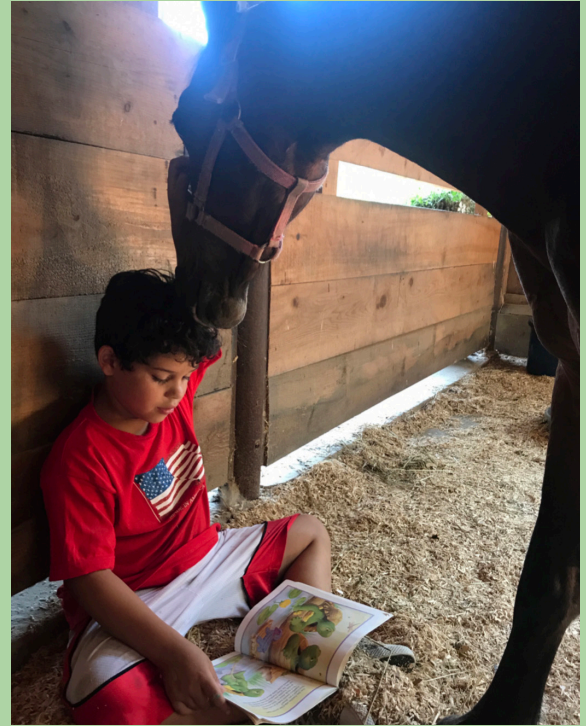
Since 2013, Hillside Farms has offered a farm-based Grief Camp to our region's children. This five-day camp is open to children ages 6 through 14 who have experienced trauma. This includes the loss of an immediate family member through illness, accident, homicide or suicide. We also welcome children who are in foster care as well as those who are experiencing life-changing circumstances due to addiction.

According to the National Alliance for Grieving Children, those children who suffer a significant loss are at a greater risk for depression, suicide, substance abuse, and poverty. The United States Department of Health & Human Services reports that childhood trauma is a risk factor for nearly all behavioral health and substance use disorders. Yet, children can and do recover from traumatic events.

Working with grief professionals and Hillside's trained camp counselors, children "work" Hillside Farms and play side-by-side with others who are also grieving. Comfort can be found that there are peers having similar experience and complicated feelings. That it is okay to feel happy during the grieving process. Children learn healthy and appropriate coping strategies, communication skills, and how to when necessary, say good-bye.

Each day includes one-hour grief education sessions as well as emotional support activities tailored to the children's individual needs. While group sessions and activities are encouraged, they are not required. Children have the acceptance and freedom to process and progress at their own comfort levels.

What is especially exciting for the children is the chance to become engaged with the farm on a much deeper level.



Campers work alongside staff members, assisting with chores relevant to the operation of the farm. They learn where food comes from. They experience the importance of respecting the Earth and its critters. Activities include feeding and watering animals, brushing goats, donkeys, and calves, basic barn care, collecting eggs, and a camp favorite, reading to the animals. Other activities include hiking Hillside's vast pastures, exploring streams, creating nature-based crafts, and preparing lunches together. The week ends with a closing ceremony at the Children's Memory Garden, followed by a butterfly release.

Children's Grief Camp is made possible through the generosity of donors. Each camp is limited to 20 children. Children must be referred by a parent, guidance counselor, social worker, case worker, or therapist. Hillside Farms will provide the online referral form.

Priority is given to children who have not previously participated in grief camp. Parents/ Guardians/Foster Parent(s) are required to complete confidential pre- and post- surveys in order for child(ren) to participate.

*CourtAppointed Special Advocate for Children / luzernecasa.org

Questions regarding Children's Grief Camp
may be directed to: suzanne@hillsidefarms.org

