



- Please send me more information about Camp BEARable
  - I would like to register someone for the summer camp
  - I would like to be a "buddy"
  - I would like to donate to this non-profit.
- I am including \$\_\_\_\_\_.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

*Please mail to: State of the Heart Home Health & Hospice, 1350 N. Broadway, Greenville, OH 45331*



### OTHER SUPPORT SERVICES FOR YOUTH

- ♥ Growing through Grief groups for kids to meet regularly
- ♥ One-on-one support sessions per child or family request
- ♥ School support groups or bereavement assist for school-wide tragedies
- ♥ Mailed materials for youth
- ♥ Web site assistance: link to "Need Someone to Talk to"

*It's About How You Live*



Call us today...

**Mercer/Auglaize**  
230 W. Main • Coldwater, OH 45828  
419.678.4808 or 800.584.9853 • Fax: 419.678.2809

**Darke/Preble**  
1350 N. Broadway • Greenville, OH 45331  
937.548.2999 or 800.417.7535 • Fax: 937.548.7144

**Jay/Randolph**  
410 W. Votaw • Portland, IN 47371  
260.726.3220 or 800.527.0514 • Fax: 260.726.8109

[www.stateoftheheartcare.org](http://www.stateoftheheartcare.org)



JCAHO

# CAMP BEARABLE



## It's About How You Live...

Camp BEARable is an annual weekend camp sponsored by State of the Heart Home Health & Hospice. The camp serves children who have recently experienced the death of a loved one. Children enjoy traditional camping activities as well as therapeutic opportunities to share and heal their grief.

### What can a family expect for youth attending this camp?

- ♥ Professional bereavement specialists facilitate the camp
- ♥ Safe play place where children may realize and grow through their grief
- ♥ Children grouped with their age-mates
- ♥ Continuous affirmations that the child is not alone in his/her grief
- ♥ A weekend-long adult “buddy” especially trained for mentoring children in grief
- ♥ A weekend-long staff nurse on duty

- ♥ Varieties of games, arts, music, and sharing sessions
- ♥ Full meals, snacks, comfortable beds with air conditioning and personal growth materials
- ♥ Camp donations allow youth to attend at no charge to family

### Who should attend the camp?

- ♥ Any youth, elementary child or teen, who is grieving the loss of a loved one
- ♥ Youth should live in Western Ohio or Eastern Indiana
- ♥ Social workers, child development specialists or grief counselors to intern with grieving youth
- ♥ Adults willing to attend an all-day training to become a “big buddy”
- ♥ Grieving family units may be referred to Family Camp in autumn



### Camp BEARable youth say...

*“I felt safe talking about the loss of my dad, and at the same time, I had fun being with other kids who had lost someone they loved, too.”*

*- 9 year-old boy*

*“I really enjoyed the camp. It was great making new friends and learning how to trust people again. Getting over the loss of someone has been very hard.”*

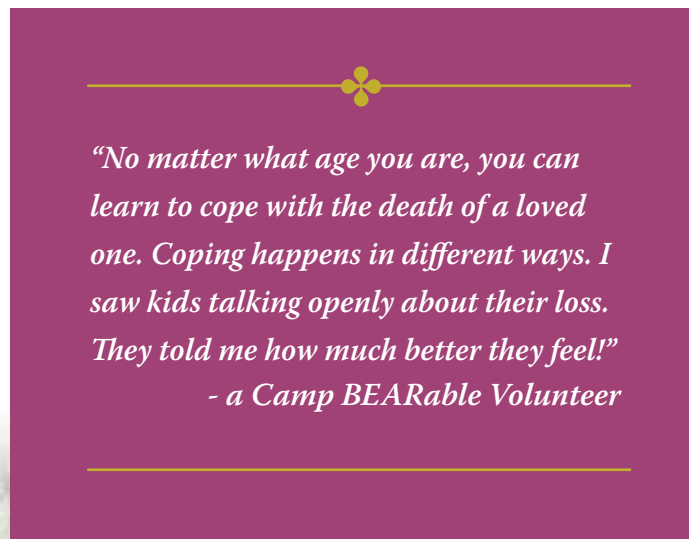
*- 12 year-old girl*

*“Camp helped me get over my fear and learn that it is okay to cry. I think what helped me the most was talking.”*

*- 10 year-old girl*

*“I went to the camp not knowing what to expect. All I knew was that I felt an emptiness. I wanted to learn how to deal with the pain I felt from losing my grandma. It really helped me feel better.”*

*- 11 year-old boy*



*“No matter what age you are, you can learn to cope with the death of a loved one. Coping happens in different ways. I saw kids talking openly about their loss. They told me how much better they feel!”*

*- a Camp BEARable Volunteer*



STATE of the HEART