



Camp Safe Haven - Family Camp

A place to help children, youth and their families understand their feelings of loss and find peace.

Haven offers camps at no cost for children, youth and their families who have lost a loved one. Children and youth suffering a loss can often benefit from the development of coping skills to handle their emotions. Supported by Haven's professionals and volunteers, Camp Safe Haven provides fun and therapeutic activities to help children work through feelings of grief.

Encouragement, Empowerment, Enlightenment

Camp Safe Haven is free and open to children and youth, ages 5-18, who have experienced the loss of a loved one, regardless of how that loss occurred. Attendance at camp will give participants the tools they need to acknowledge that a change in their life has occurred and to accept that change through a three-step approach:

- » Encourage participants to acknowledge their feelings, thoughts and behaviors related to loss.
- » Empower participants to learn how to manage their grief reactions.
- » Enlighten participants with the understanding that grieving is a natural process, it's okay to feel sad, and it's okay to express their feelings and learn that others experience grief too.

Saturday, November 6
9 a.m. - 1 p.m.

Haven's E.T. York Hospice Care Center
Outdoor Pavilion
4200 NW 90th Blvd. in Gainesville, FL

Crafts • Nature Walk • Drumming Circle*
Lunch • Memorial Ceremony

All children and teens must be accompanied by a caregiver. Masks required.

Space is limited, so please register by November 1 by emailing CommunityResources@BeYourHaven.org.

*Drumming circle provided in partnership with Just Add Rhythm