

# Camp ReLEAF

**FOR GRADES K-8**



Helps young people develop skills for coping with loss.



An opportunity to be with peers and know they are not alone.



Provides activities appropriate to specific age groups, including arts & crafts, games, puppetry and music.



A fun way to feel safe in expressing and dealing with grief.



Available to young people in grades K-8 who have experienced a death in the last two years.



Staffed by professionally trained bereavement counselors, volunteers and workshop leaders.



A unique program commemorating its 20th year.



## How to Apply

If you know a young person who might benefit from Camp ReLEAF:

- Call 919-644-6869, ext. 243 or email [dhchcampreleaf@notes.duke.edu](mailto:dhchcampreleaf@notes.duke.edu) for more information or to receive an application by mail.
- Download an application at [www.dhch.duhs.duke.edu](http://www.dhch.duhs.duke.edu). Follow the Bereavement Services link to Camp ReLEAF.

For more about our regular bereavement services or to sponsor a camper for \$25.00:

- Call 919-644-6869
- Visit [dhch.duhs.duke.edu](http://dhch.duhs.duke.edu)



For more information about Duke HomeCare & Hospice services or to volunteer, please call 919-620-3853 or visit: [www.dhch.duhs.duke.edu](http://www.dhch.duhs.duke.edu)



# Camp ReLEAF



**FOR GRADES K-8**

**Saturday, May 21st through  
Sunday, May 22nd, 2011**



An overnight bereavement camp for young people adjusting to the death of a significant person in their lives.

**CALL 919-644-6869, Ext. 243 FOR DETAILS**

On the grounds of Camp New Hope  
Hwy 86, between Chapel Hill and Hillsborough

# Camp ReLEAF



"It was nice to know that other kids were going through the same thing. I don't feel different anymore"

- 7th grader



"They went to camp with great reluctance but returned energized and excited... full of stories and details about their experience." - Parent

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"Please thank all of the volunteers for giving their time to be present with our children. They are extraordinary." - Parent

"By going to Camp ReLEAF, I learned that there are other kids that have been through a similar loss. The things I liked best were pottery and decorating the scrap book." - 8th grader



### Recognizing Grief in Youth

There are many observable clues when a young person is grieving. They include:

#### BEHAVIORAL SYMPTOMS

Changes in sleeping patterns and/or eating habits, listlessness, clinging, withdrawing, acting out, regression, hiding emotions, and changes in school performance.

#### THOUGHT PATTERNS

Changes may include inability to concentrate, confusion, disbelief, preoccupation, and self-destructive thoughts.

#### FEELINGS

Expression of anger, sadness, guilt, relief, helplessness, ambivalence, jealousy, fear, loneliness, anxiety, and more intense feelings.

#### PHYSICAL SYMPTOMS

May include headaches, stomach-aches, fatigue, shortness of breath, dizziness, non-defined aches and pains, and may also exhibit similar physical symptoms to the deceased.