

CAMP COURAGE

FOR KIDS DEALING WITH GRIEF & LOSS

Camp Courage helps children who are experiencing grief and loss by incorporating the fun of camp along with healing activities to help them...

- Understand that their feelings are normal
- Realize that they're not alone in their grief
- Learn that it's OK to have fun while still grieving
- Have the opportunity to share their loss and memories



JUL 31-AUG 4, 2023

**DAILY SCHEDULE
9:00AM – 3:00PM**

**AT BUHL PARK
HERMITAGE, PA**

FREE TO ATTEND

**AGES K-6 FOR 2023-
2024 SCHOOL YEAR**



**PREREGISTRATION
IS REQUIRED**



TO REGISTER

Scan QR code or visit:
cccmer.org/campcourage
or call: 866-853-7758

Registration closes July 1

*Questions? Contact Kateri Linn at
724-977-0317 or kateri@buhlrf.org*

Activities at camp are designed to help kids learn different coping skills, build resilience and have fun.

- Team building activities help develop social skills and emphasize the importance of helping others
- Games teach coping skills that help youth deal with life's daily stressors in addition to grief
- Arts and crafts help kids express emotions for times when words fall short
- Decompression times help youth learn ways of handling stress and calming strategies



Camp Courage is presented by a collaboration of Buhl Regional Health Foundation, Buhl Park, Community Counseling Center and Highmark Caring Place.

A licensed independent social worker with grief certification is on-site all week to assist youth with any special needs. All staff and volunteers go through training prior to camp as well as background checks.