



"Thank you so much for helping my son with his understanding of death. (Camp) was a fun way for him to express himself. Thank you!"

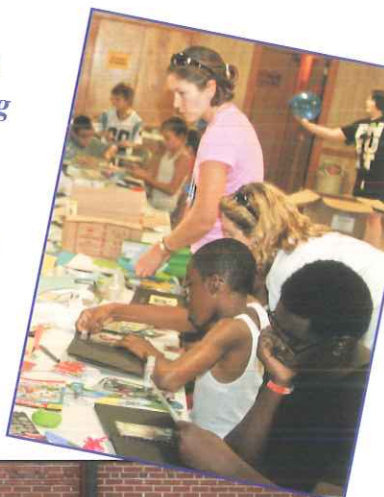
—SHARON W.

"I wish something like this had been available when I was young and lost my father."

—VOLUNTEER KAREN D.

"I think camp had a profound affect on the way my son sees his loss. Your mentors had an effect on him."

—PAT J.



Wings Camp Participants

Wings A Camp for Grieving Children

CAMP OBJECTIVES

Wings is a weekend camping experience for children, ages 8 - 16, who have had a significant person to die. Campers learn that they are not alone in their grief and that their feelings are normal. They learn how to deal with feelings of grief and how to face anxieties concerning the ways their lives have changed. Children begin to see that grief is not a process of forgetting, but rather, a process of remembering with less pain.

Wings participants will have an opportunity to:

- Make new friends with others who have also experienced a loss
- Find creative ways to express their feelings
- Experience comfort and encouragement from peers
- Have some fun and laughter

SUGGESTIONS FOR HELPING A CHILD WORK THROUGH GRIEF

- Be present
- Be patient
- Listen, Listen, Listen
- Accept all expressions of grief
- Give time for children to talk about the loved one who has died

ABOUT 3HC

3HC is a leading not-for-profit, 501(c)(3) Medicaid and Medicare certified home health and hospice provider in eastern North Carolina. We are committed to providing quality service to our community which is reflected in our tagline, "Compassionate care is our calling."

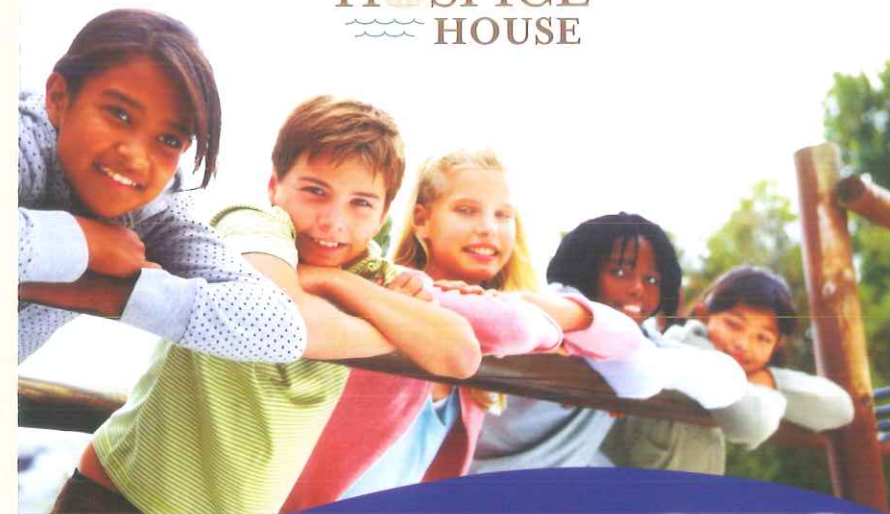


Wings Camp

AUGUST 15-17, 2014

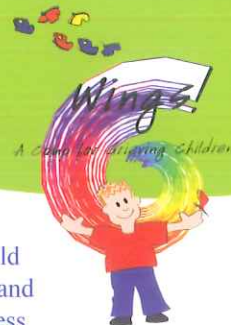
SPONSORED BY

SECU
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HOUSE



156 Albemarle Drive, Newport, NC 28570
For information, call the Wings Camp Director
1-800-753-4443 Ext. 1308

*When a child loses a loved one,
how do they learn to deal with
their feelings?*



THE GRIEF EXPERIENCE

Everyone deals with grief in a different way and a child is no exception. Because of their limited experiences and lack of coping skills, children may find the grief process very difficult.



Hospice of 3HC sponsors Wings with a goal of helping children find support from other children who have experienced similar losses. Along with the camp experience, Wings offers recreational programming with an emphasis on bereavement. Grief-

related activities are conducted in small groups led by camp volunteers. Children are encouraged to express themselves through arts and crafts.

A POSITIVE STEP

Wings is a place where children learn, in a safe and caring environment, that their feelings are normal and an important part of the healing process. 3HC staff and volunteers supervise the camp. They are specially trained to work with children who have lost loved ones. All volunteers attend a pre-camp training session.

Wings will be a positive step for children as they explore and find expression for the grief they are experiencing.



REGISTER EARLY! SPACE IS LIMITED! 800-753-4443 EXT. 1308 • WWW.3HC.ORG

*Wings Camp combines traditional
camp activities with specialized programming
to help each child deal with feelings of loss and grief.*



Wings is an opportunity for children to interact and gain support from peers who are experiencing grief.

Who: Wings is for any child, age 8 - 16, who has experienced the death of a loved one. Campers will be grouped by ages: 8 - 11 years and 12 - 16 years. Wings is NOT restricted to children of families served by 3HC. Anyone with a grieving heart is eligible.

When: Friday, August 15, 2014 - Sunday, August 17, 2014

Where: Camp Albemarle
Newport, North Carolina

Orientation: Sunday, July 20, 2014
4:00pm - 5:00pm
Good Shepherd
Lutheran Church
532 Country Day Road
Goldsboro, NC 27534



*Guardian and camper must be present for
orientation in order to attend camp!*

"Camp has been a great experience for my children."

—TAMMY R.



REQUEST FOR MORE INFORMATION

Child's Name _____ Date Received _____
Address: _____ Age: _____ Date of Birth: _____
Name Child Goes by: _____ Phone: _____
Name of Parent or Legal Guardian: _____ E-mail: _____
Name of Person Who Died: _____ Phone: (if Different) _____
Relationship of Deceased to Camper: _____ Date of Death: _____
Cause of Death: _____
Child's School: _____ Guidance Counselor: _____
Legal Guardian's Signature: _____



MAIL COMPLETED REQUEST TO:

3HC Hospice
2400 Montgomery Drive SW, Ste. B
Wilson, NC 27893
Attention: Wings!

Please call 1-800-753-4443 ext. 1308 and ask for Cierra Jorden, if you have questions. Our website is www.3hc.org