

CAMP RAY OF HOPE

FOUNDED IN 1995



Meet others in similar circumstances, learn new ways to cope with loss, and remember special times.

- Small group activities to foster acknowledging losses, normalizing feelings, developing strategies to cope with loss, and more.
- Create art, explore nature, write stories about loved ones

Who can come?

Children and adults anywhere in Maine whose loved one has died.

Individuals under 18 must be accompanied by a responsible adult.

Our Lending Library

Stop by or browse online to find books tailored to experiences of grief and loss, including a children's section.

Further Support

- Support groups, recurring and drop in sessions
- Workshops, such as Writing Through Grief, Memorial Garden Creations, Planning last things, and more.
- Hope's place, our program tailored to children and teens with sessions for children with their supporting adults.



25th Annual Weekend Retreat

**For those who have lost
someone they love**

A PROGRAM BY



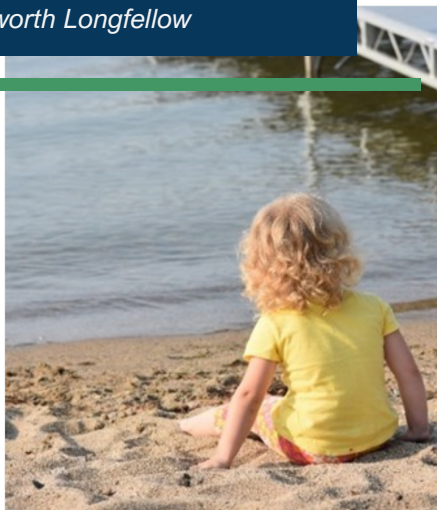
304 Main Street Waterville, ME 04901
(207)-873-3615 www.hvwa.org

How Do We Live With Grief?

- Share our memories
- Know we each grieve in our own individual way
- Reach out to trusted people who will listen and support us
- Be prepared for grief bursts—even long after a death, sudden feelings of sadness can hit us.
- This loss will always be with us, but overtime, we can learn to carry it.

“There is no grief like the grief that does not speak”

— Henry Wadsworth Longfellow



September 24-25, 2022

Saturday through Sunday

- AT -

Friend's Camp

South China, Maine

What's the cost?

We ask for \$60 per individual or \$180 for a family of 3 or more.

If cost is a barrier to you, please reach out to us!

How do I sign up?

To register, contact Jillian Roy at 873-3615 or jroy@hvwa.org.

Last day to register is Monday September 19th.

Camp will follow COVID-19 guidelines.

For more information

Visit hvwa.org

Contact Jillian Roy

Hope's Place Coordinator

(207)-873-3615 ext.11 jroy@hvwa.org

Tips for Supporting Grieving Children



- Know each child will grieve in their own unique way
- Encourage expression of feelings
- Be mindful of how we relay information for children
- Children's grief is cyclical and episodic
- Give space for feelings of fear, grief, sadness, guilt, anger

