

Press Release 4/7/2010

For Immediate Release

Contact: Michelle Ganss, LLMSW
Harbor Hospice
Phone: 231.728.3442



**Harbor Hospice Offers
Camp Courage
A Grief Camp for Children**

As adults, it is hard to mourn the loss of a loved one. It's even harder for children who have not yet developed the emotional tools necessary to help them work through the many stages of grief. Children react to grief in a variety of ways. Some reactions can be very destructive such as acting out or fighting, missing school, decreased self-esteem, and/or emotional regression or feelings of isolation.

Harbor Hospice staff and trained volunteers show children that they are not alone in their grief and that feeling sad is a normal part of losing a loved one. Children learn effective coping techniques to help them journey through grief in healthy ways. Children participate in all of the typical camping activities such as swimming, fishing, hiking and campfires, along with specialized activities designed to address how to handle grief and how to let it go.

Camp Courage, a sleep-away camping experience for children ages 6-12, is held at Pioneer Trails on Big Blue Lake in Muskegon County beginning Friday, June 25, 2010 at 10:00 am through Sunday, June 27, 2010 at 2:00 pm. *Application deadline is May 31, 2010.* For more information or to register, contact Michelle Ganss at 231.728.3442 or info@HarborHospiceMI.org.