Dear Friends,

Our Bereavement Department is looking forward to our annual kid's grief camp, Camp Greentree, scheduled for Saturday, September 21, 2019. This is a great opportunity for kids, ages 7-14, to join us at Camp Tanglefoot in Clear Lake and learn about grief in a fun and safe atmosphere.

Can a camp about grief be fun? You bet! We plan our discussions around activities that make it easier for kids to ask questions about death and grief, while also encouraging them to share memories of their loved one. Although this can be a time of tears, it is also a positive and uplifting experience. As the kids become comfortable with each other, they share laughter, stories, and free time. Pizza is provided for lunch. We make memory pillows out of their loved one's clothing or special fabric, messages in a bottle (letter to loved one). The day ends with a time of remembrance, which families are encouraged to attend.

Explaining grief to children and normalizing their feelings can be challenging. We are here to help! Camp Greentree is available free of charge with registration required by Monday, September 16th. See the attached flyer for our easy registration options and please contact us with any questions.

Thinking of you,

Joyce & Autumn
Bereavement Coordinators
Understanding Grief and Loss Support Group
Sponsored by MercyOne North Iowa Hospice

Understanding Grief and Loss is an adult support group that will provide grief education and support to individuals who’ve experienced the death of a family member or friend.

The next scheduled groups are listed below.

6 Friday Mornings ~ Mason City
September 27 – November 1, 2019
10:00 a.m. – 12:00 p.m.
North Iowa Hospice Conference Room
232 2nd St SE

OR

6 Tuesday evenings ~ Mason City
October 15 – November 19, 2019
6:00 p.m. - 8:00 p.m.
North Iowa Hospice Conference Room
232 2nd St SE

There is no charge for this group, but space is limited.
To register, please call

North Iowa Hospice
1-800-297-4719 or 428-6208

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Resources

You are not Alone~ Teens talk about life after the loss of a parent by Lynne B. Hughes

Remember…A Child Remembers
write-in memory book for children ages 8-12

I Miss You~ A First Look at Death by Pat Thomas

How Can I Help, Papa? by Elissa Al-Chokhuchy

My Many Colored Days by Dr. Seuss

www.hellogrief.org

www.dougy.org

www.mercyone.org/northiowa/hospice (for grief articles and past newsletters)

Do you live outside our service area? We can assist you in locating grief support services in your community. You can also contact your local hospice and ask to speak with a Bereavement Coordinator.

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CAMP GREENTREE
Sponsored by MercyOne North Iowa Hospice

Saturday, September 21, 2019 – 9:00 a.m. to 4:00 p.m.
Camp Tanglefoot – 14948 Dogwood Ave., Clear Lake, IA

Please call for registration materials: 800-297-4719 or 641-428-6208

Camp Greentree is a free day camp for children, ages 7 to 14, who have experienced the death of a family member or friend.
Your loved one did not have to have had Hospice involvement in order to participate.
Ten Things Grieving Children Want You to Know

1. **Children want to be told the truth about the death**
   a. Tell them in age-appropriate and direct language
   b. Ask them if they have any questions and clear up misconceptions

2. **Children look to you as a role model for how people grieve**
   a. Share your feelings with them as long as they are relieved of the task of having to “fix it”
   b. Each child will grieve in their own unique way
   c. They will grieve alone in an effort to shield you from their pain

3. **Children want to talk about their person who died**
   a. They need you to tolerate listening when they tell their story or share their feelings
   b. They fear that they will forget their loved one

4. **Children express their emotions through play and behaviors which may be problematic for you**
   a. They can’t always tolerate intense emotions or know how to talk about them
   b. They might make decisions you don’t agree with
   c. They need to take breaks from their grief and engage in age-appropriate activities

5. **Children need to know who would take care of them if you could not**
   a. They may fear for your safety especially when you are apart

6. **Children benefit from being included in mourning rituals**
   a. Your child needs the opportunity to participate in ongoing rituals
   b. Rituals aid in their understanding of death

7. **They need you to help them feel safe**
   a. Provide clear and consistent boundaries, limits and expectations
   b. Give them room to safely interact with peers and adults outside of the family

8. **They need to be taught coping strategies**
   a. Include ways to comfort themselves in your absence

9. **Children need to be included when making decisions:**
   a. About how to celebrate holidays, birthdays and anniversaries
   b. About other family circumstances such moving or changing schools

10. **Children need you to take care of yourself: they will only adapt as well as you do.**

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