

# UnityPoint Hospice

## Camp Embracing Memories

UnityPoint Hospice, formerly St. Luke's Hospice, is excited to offer Camp Embracing Memories, a free overnight camp for children seven to 16 to help children and families cope with the death of a loved one.

**Saturday, September 19, 2015: 10 a.m. – overnight**  
**Sunday, September 20, 2015: Morning – 11 a.m.**

**Location: YMCA Camp Wapsie, Coggon, IA** (Lodging & meals included)

**Address: 2174 Wapsie Y Road, Coggon, IA 52218**

Thank you to our  
Community Partner:



**CEDAR MEMORIAL**  
*Everything for your family.™*

Registration:

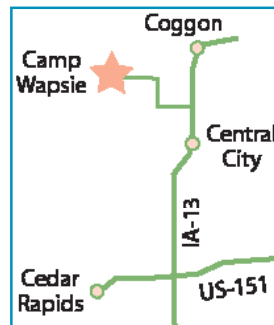
To request registration materials,  
call UnityPoint Hospice at  
319/369-7744 or visit us online  
[unitypoint.org/cedarrapids](http://unitypoint.org/cedarrapids). You  
can also complete the form below  
and mail it to UnityPoint Hospice.

**Registration deadline:**  
**Tuesday, September 1**  
Limited spots available

Camp Embracing Memories focuses on the grieving process and encourages interaction with others who have experienced similar losses. The camp is designed to normalize children's feelings of loss so they know they are not alone. Trained hospice staff will provide education and support to enhance coping skills and abilities, while still allowing children to feel connected to the loved one who died.

To learn more, call UnityPoint Hospice at 319/369-7744 and ask to speak with a specially-trained Bereavement Coordinator.

YMCA Camp Wapsie is located a half hour north of Cedar Rapids near Coggon, IA. Take Highway 13 North. Approximately one mile north of Central City turn left on CR-D66 (Paris Rd.). There will be a sign for YMCA Camp Wapsie. Follow the signs, which will end on a gravel road.



### Activities during camp:

- Making memory pillows
- Music therapy
- Pet therapy
- Guest speakers
- Nature walks
- Campfire
- Family activities
- And more!

## Camp Embracing Memories

To register for Camp Embracing Memories, please use this form and mail to:  
**UnityPoint Hospice, 290 Blairs Ferry Rd NE, Suite 100, Cedar Rapids, IA 52402.**

Child's full name:

Child's grade (as of Fall of 2015):

Parent/Guardian's full name:

Child's birthdate:

Mailing address:

School your child attends:

Parent/Guardian's phone number:

Name of loved one(s) who died and relationship(s) to child:

Parent/Guardian's email:

## How to Help Children Cope with Death

- Since death is a natural part of life, parents should talk to their children about the subject in a natural, conversational, factual style.
- The best education is an ongoing one. Answer questions as they arise.
- Provide honest information.
- Use the words “dead,” “die” and “death.” Avoid words like “lost” or “passed away,” which might be misunderstood by a child.
- Ritualize the experience and allow children to say goodbye.

Just because a child doesn't talk about death, doesn't necessarily mean that they are handling it well. However, it does mean the child is handling it in his or her own way.

Children often express their emotions through behavior and play. They also process only a little at a time. It's very normal for them to be sad for a while, then jump up and start playing happily. The more a child grows up with a healthy understanding of death, the less fear that child will have. When parents try to

protect their children from death by shielding them from the experience and from the rituals of mourning, children learn that death is a taboo, mysterious and fearful issue.

For more information on how to help children cope with death, feel free to browse the UnityPoint Hospice Grief Library, located at 290 Blairs Ferry Road NE in Cedar Rapids. It's open to the public Monday - Friday from 8 a.m. - 4:30 p.m.



**UnityPoint Hospice**

290 Blairs Ferry Rd., NE, Suite 100  
Cedar Rapids, IA 52402

Non-Profit Org.  
U.S. Postage

**PAID**  
Permit No. 91  
Cedar Rapids, IA



**UnityPoint Hospice**

