

As Adults, we strive so hard to protect our children. We don't want to see them hurting. And when a death does occur, we think it is better to shield our children from the sadness and grief by not speaking about the death. Actually, just the opposite is true. By talking about the death, and by giving children appropriate outlets for their feelings, we can alleviate many of their fears and help them find comfort and new meaning. At Camp Jamie, we help children learn how to express their feelings about the loss and help them say goodbye to their loved one while maintaining a sacred connection.

Camp Jamie is Hospice of Frederick County's special weekend camp for children, ages 6-14, who have experienced the death of someone they love. Due to the generous donations Hospice receives from the community, Camp Jamie is offered at no cost to the children of Frederick County.



BE A CAMP VOLUNTEER

Camp Jamie is made possible through the support of many dedicated volunteers. Volunteers are needed as Big Buddies for the campers and as Support Staff to assist with many camp activities. For information on how you can volunteer for this extraordinary weekend, please call.

HOW TO REGISTER

For further information about Camp Jamie, or to request an application packet, please call 240-566-3030. Space is limited, so be sure to register early.



Hospice of Frederick County

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**A special weekend
camp for grieving
children**



Hospice of Frederick County



BIG BUDDIES AND LITTLE BUDDIES

Companionship, Support & Friendship

Each child is paired with an adult volunteer, a Big Buddy, with whom they will spend the weekend. Each Big Buddy must participate in several training sessions in order to work with the children. The individual attention that the Big Buddies provide their Little Buddies throughout the weekend is one of the things that makes Camp Jamie so special. Big Buddies are there to provide companionship, support, and friendship for the campers.



MANY FUN CAMP ACTIVITIES

Campers also enjoy a weekend of typical camp activities, such as fishing, canoeing and paddle boating, team games, arts and crafts, hiking, sing-a-longs, and even campfires with storytellers and roasted marshmallows. The children enjoy sleeping in cabins and eating plenty of yummy (and nutritious) meals and snacks, with lots of time to enjoy new friends who have also experienced a death.



A LOT OF HEALING

Can Take Place In Just One Weekend

Through interactions with other children and adults, campers experience the universality of death and loss, and they learn that they are not alone in their grief. Camp Jamie is designed to gently teach coping skills and help build self-esteem and trust, while offering a safe, comfortable environment for children to share their grief. Psychologists are involved in leading both large and small group discussions on issues relating to anger, guilt, and letting go. Campers use workbooks throughout the weekend to draw pictures and write stories about their own personal experience. All of the activities offered provide many opportunities for the children to express themselves and develop bonds with others.

