



H.U.G.S. is a one day camp for grieving youth that have experienced the death of a family member or friend.

It's a place to meet other people that are going through a similar situation.

It is a place you can talk about the person who died; a place you can laugh and cry, have fun, and remember the person you love.

The Zoo is a fun place where you can explore nature and see many examples of the life cycle.

Help us celebrate our 10 Year Anniversary at the camp this year!



H.U.G.S.
Helping Us Grieve Successfully

P.O. Box 30748
Lincoln, NE 68503-0748



H.U.G.S.

Helping Us Grieve Successfully

A Camp Honoring 10 Years of Support for Grieving Children, Teens and their Families

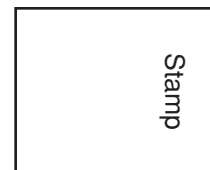
Saturday, June 20, 2009
9:00 a.m. - 3:30 p.m.

Lincoln Children's Zoo
1222 S. 27th Street

Planning Committee Members

AseraCare Hospice
Charlie Brown's Kids
CrossRoads Psychotherapy Centre, PC
Hospice of Tabitha
Lincoln Children's Zoo
Lincoln Parks and Recreation
Mourning Hope Grief Center

www.hugscamp.org





H.U.G.S. is a one day camp providing activities for youth that have experienced the death of a family member or friend. The camp is for children and teens, age 5 and up, and their families. It is recommended at least one adult attend per family.

Adults will gain ideas and learn skills to help themselves and their children through the grieving process.

Groups are led by professionals skilled in working with individuals that are grieving. Mental health professionals will be available to address individual concerns.

Cost: \$15 per family, includes snacks, lunch, program supplies, Zoo experience, train ride and youth t-shirts. Scholarships are available.

For more information go to www.hugscamp.org or contact Kathryn Burklund, Lincoln Parks and Recreation, (402) 441-4900.

'Circle of Life'

Join us for a day filled with activities designed to remember your loved one and help your family with the grieving process.

- Explore the life cycle of plants as it relates to your grief
- Plant a flower in memory of your loved one
- Explore the zoo and learn more about the circle of life
- Teens will create a memory CD
- Make your own special memory pillow
- Participate in fun activities with peers that are going through the grieving process
- Explore healthy ways to express feelings dealing with the grieving process
- Families will learn ways to share their grief and heal together

As it is our 10 year anniversary, families that have attended in the past will be invited to join us in coming together with family and friends for a special closing ceremony.

YES! We want to attend:

Child(ren) & Teen Name(s):	Age:	T-Shirt Size:	Address (Street, City, Zip):
_____	_____	_____	_____
_____	_____	_____	Daytime Telephone: _____
_____	_____	_____	Work Telephone: _____
Adult(s) attending (First & Last Names):	Relationship to youth:		
_____	_____		
_____	_____		
Date & cause of death, and relationship to youth: _____			
Any special needs? _____			
Total number attending: child/teen _____ How did you hear about the camp? _____			
adult _____			

Mail registration and \$15 per family by June 15, 2009 to: H.U.G.S., P.O. Box 30748, Lincoln, NE 68503-0748.