



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.



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

P.O. Box 6142  
Lincoln, NE 68506-0142



**H.U.G.S.**

*Helping Us Grieve Successfully*

## **A Camp for Grieving Youth, Teens and Their Families**

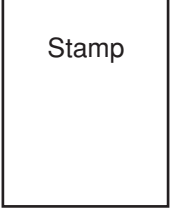
Saturday, June 19, 2010  
9:00 a.m. - 3:30 p.m.

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](http://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](http://www.hugscamp.org)** or contact Kathryn Burkland, 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 butterflies as it relates to your grief
- Explore the zoo and learn more about the circle of life
- Special activities geared toward teen grieving issues
- Make your own special memory pillow
- Participate in 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
- Come together with family and friends for a special closing ceremony

### YES! We want to attend:

E-mail Address: \_\_\_\_\_  
 Address (Street, City, Zip): \_\_\_\_\_  
 Daytime Telephone: \_\_\_\_\_  
 Work Telephone: \_\_\_\_\_  
 Relationship to youth: \_\_\_\_\_

Child(ren) & Teen Name(s): \_\_\_\_\_  
 Age: \_\_\_\_\_  
 T-Shirt Size: \_\_\_\_\_  
 Adult(s) attending (First & Last Names): \_\_\_\_\_

Date & cause of death, and relationship to youth: \_\_\_\_\_

Any special needs? \_\_\_\_\_  
 Total number attending: child/teen \_\_\_\_\_ adult \_\_\_\_\_  
 How did you hear about the camp? \_\_\_\_\_