



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

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

It's a place to talk, laugh, cry, and have fun by remembering your loved one who has died.

The Zoo is a fun place to explore nature and see many examples of the circle of life.



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 11, 2011
9 a.m. - 3:30 p.m.

Lincoln Children's Zoo
1222 S. 27th St.

Planning Committee Members

AseraCare Hospice
Charlie Brown's Kids
CrossRoads Psychotherapy Centre, PC
Lincoln Children's Zoo
Lincoln Parks & Rec
Mourning Hope Grief Center

www.hugscamp.org



‘Circle of Life’

Join us for a day filled with activities, designed to remember your family member or friend, and help your family with the grieving process.

- ◆ Participate in fun activities with peers who are going through the grieving process
- ◆ Make a jungle ‘survivor’s kit’ to help deal with grief
- ◆ Special activities geared toward teen grieving issues
- ◆ Share, journal, and draw favorite family memories
- ◆ Make a special memory pillow
- ◆ Explore the Zoo and learn more about the circle of life
- ◆ Explore healthy ways to express grief feelings
- ◆ Families will learn ways to share their grief and heal together
- ◆ Come together with family and friends for a special closing ceremony

H.U.G.S. is a one day camp, providing activities for youth who have experienced the death of a family member or friend. The camp is for children and teens, ages 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 who are grieving. Mental health professionals will be available to address individual concerns.

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

For more information, visit www.hugscamp.org or call Nancy Gabelman, AseraCare Hospice, 402.488.1363.



Mail this form & \$15 by 5/31/11 to:
H.U.G.S.
P.O. Box 6142
Lincoln, NE
68506-0142

YES! We want to attend:

Child(ren) & Teen Names:	Age:	T-Shirt Size:	Address: (Street, City, Zip)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Adult(s) Attending: (First & Last Names):	Relationship to Youth:		
_____	_____		
_____	_____		
Date & Cause of Death, and Relationship to Youth:			
Special Needs:			
How Did You Hear About Camp?			