



# Grief Camps

For Children and Teenagers

- Animal Therapy • Arts & Crafts
- Memory Boxes • Sharing Circle
- Camp Fire with S'mores



## How to Register

There is no cost for these events. Space is limited and pre-registration is required. For more information or to register, contact us at 240-566-3030, email [griefsupport@Frederick.Health](mailto:griefsupport@Frederick.Health) or visit our website at [FrederickHealthHospice.org/CampJamie](http://FrederickHealthHospice.org/CampJamie)

## Be a Camp Volunteer

Volunteers are needed as Big Buddies for the campers and as Support Staff to assist with many camp activities. For more information on volunteering, please call 240-566-3030.

Frederick Health Hospice is a not-for-profit organization that is Medicare-certified, licensed by the state of Maryland and accredited by the Joint Commission.

Serving Frederick and Montgomery Counties since 1980

**Frederick County**  
1 Frederick Health Way  
Frederick, MD 21701

**Montgomery County**  
9601 Blackwell Rd  
Suite 360  
Rockville, MD 20850

240-566-3030

[frederickhealthhospice.org](http://frederickhealthhospice.org)



# Companionship, Support and Friendship

At Camp Jamie, campers learn how to express their feelings about the death and how to release the pain of their grief while maintaining a connection with their loved one. By talking about the death, and by giving campers appropriate outlets for their feelings, we can alleviate many of their fears and help them find comfort and new meaning.

## Weekend Camp (2-night stay) For Students in Grades 1-8

Each camper is paired with an adult volunteer, a Big Buddy, with whom they will spend the weekend. The individual attention that the Big Buddies provide to their Little Buddies throughout the weekend is one of the things that make Camp Jamie so special.

## One-Day Camp For Students in Grades 1-8

Our trained staff and volunteers companion our campers through a day of therapeutic activities and games. At the end of the day, family members join their camper for a remembrance ceremony. Together families learn coping and communication skills they can take home.

## Teen Camp For Students in Grades 9-12

A one-day camp that features Equine-Assisted Learning, music therapy, arts-based interventions, hiking and a memorial campfire. Teens learn healthy ways to cope with emotions, communicate and remember their loved ones.

**"After the death of my wife my son really struggled. Going to Camp Jamie was a turning point for us: at the end of the weekend I picked up a completely different kid than the one I dropped off – I got my son back."**

- Grateful parent

**Through interactions with other campers and adults, campers learn they are not alone in their grief.**

Camp Jamie is designed to teach coping skills and help build self-esteem and trust, while offering a safe, comfortable environment for them to share their grief. All of the activities provide many opportunities for **self-expression and bonding with others.**

**Camp Jamie is offered at no charge and funded largely by community donations. This essential service would not be possible without the generosity of our donors.**

