Camp ReLEAF
FOR STUDENTS IN GRADES K-8

Helps develop coping skills for dealing with loss.

Offers an opportunity to be with peers and know they are not alone.

Provides activities appropriate to specific age groups, including arts & crafts, games and music.

Offers a fun way to feel safe in expressing and processing grief.

Available to students in grades K-8 in the Triangle who have experienced the death of a loved one.

Staffed by professionally trained bereavement counselors, volunteers and workshop leaders.

A truly unique program celebrating its 22nd year of helping kids cope with loss.

How to Refer A Camper

If you know someone who may benefit from Camp ReLEAF:

- Call 919-644-6869, ext. 222 for more information or to receive an application through the mail.
- Download an application at www.dhch.duhs.duke.edu Follow Bereavement Services link to Camp ReLEAF.

If you have questions about Bereavement Services:

- Call 919-644-6869
- Visit dhch.duhs.duke.edu

FOR STUDENTS IN GRADES K-8

Saturday, April 27th through Sunday, April 28th, 2013

An overnight bereavement camp for young people adjusting to the death of a loved one.

CALL 919-644-6869, ext. 222 FOR DETAILS

On the Grounds of Camp New Hope
Located on New Hwy 86 between Chapel Hill and Hillsborough

Photo Credit: Lady Iman Photography
Recognizing Grief in Young People

There are many observable clues when a young person is grieving. They may include:

**BEHAVIORAL SYMPTOMS**

Changes in sleeping patterns and/or eating habits, listlessness, clinging, withdrawing, acting out, regression, hiding emotions, changes in school performance.

**THOUGHT PATTERNS**

Inability to concentrate, confusion, disbelief, preoccupation, self-destructive thoughts.

**FEELINGS**

Expressions of anger, sadness, guilt, relief, helpless, hopelessness, ambivalence, jealousy, fear, loneliness, anxiety, intense feelings.

**PHYSICAL SYMPTOMS**

Headaches, stomachaches, fatigue, shortness of breath, dizziness, non-defined aches and pains, physical symptoms of the deceased.