



4107 Spicewood Springs Road, Suite Austin, Texas 78759
www.hospiceaustin.org

Media Contact: Melinda Marble
(512) 342-4726;
mmarble@hospiceaustin.org



FOR IMMEDIATE RELEASE

Camp Brave Heart Helps Kids Cope with Loss **Aug. 11th – 13th, 2008**

One hundred children grieving the death of a loved one will be attending Hospice Austin's Camp Brave Heart from Aug. 11th – 13th at the beautiful John Knox Ranch near Wimberley. The free three-day camp combines grief support with the fun of a recreational camp and is open to any child in the community age six through 17 who has lost someone in the past year. A majority of the losses involve parents or siblings.

Children not only participate in regular camp activities such as swimming, hiking, archery, and canoeing, but also in activities that help them cope with their grief. They'll build volcanoes to explore anger, tie-dye colorful shirts to represent conflicting emotions, make memory boxes, and label blocks of wood with feelings they'd like to get rid of—guilt, anger, sadness—and throw them into a bonfire. A memorial service is held on the last day of camp where children decorate photos of their loved ones, light candles, and receive medals for their bravery.

Counselors experienced in child and adolescent grief support lead discussion and trust exercises to help campers learn from each other about grief and ways to cope with loss. Most of all, the children learn they are not alone.

Hospice Austin is the only non-profit hospice in Austin. Hospice Austin offers support for terminally ill patients and their families throughout Central Texas. Care is given in the patient's home, nursing facility or at Hospice Austin's Christopher House.

In addition to Camp Brave Heart, Hospice Austin offers a wide range of grief support programs to families and individuals, whether or not they are Hospice Austin clients.

What: Hospice Austin's Camp Brave Heart

When: August 11th – 13th

Where: John Knox Ranch, 1661 John Knox Rd Fischer, TX 78623

Media Contact: Melinda Marble (512) 342-4726; (512) 709-1407;
mmarble@hospiceaustin.org

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