



4107 Spicewood Springs Road, Suite 100
Austin, Texas 78759
www.hospiceaustin.org

mmarble@hospiceaustin.org
(512) 342-4700 (office)
(512) 709-1407 (cell)

FOR IMMEDIATE RELEASE



Camp Brave Heart Helps Kids Cope with Loss

Aug. 6th – 8th 2007

One hundred children grieving the death of a loved one will be attending Hospice Austin's Camp Braveheart from Aug. 6-8. 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.

At Camp Brave Heart, kids find a comfortable setting where they may explore the emotional, behavioral and physical adjustments to their loss. 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.

Camp Brave Heart includes many fun camp activities such as swimming, hiking, archery, canoeing, campfires and sing-alongs. Campers are divided into age groups so activities are geared to what is fun and challenging for kids their own age.

Held at the beautiful John Knox Ranch in Wimberley, bus transportation to and from the camp is provided from a central location in Austin.

"It's amazing to see how these kids evolve from the first day to the last," said Hospice Austin executive director Marjorie Mullanax. "They get off the bus homesick and afraid to talk about their feelings, and three days later they're hugging and supporting each other. They have tools to deal with their grief and friends who really understand what they're going through."

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.

Hospice Austin is one of the largest and oldest non-profit hospice programs in Texas. Hospice Austin offers support for terminally ill patients and their families throughout Central Texas. Care is given in the patient's home, a nursing facility or at Hospice Austin's beautiful in-patient care center, 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.

###

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