



## **Please join us for Point of Hope Middle School Grief Camp 2017**

We are happy to announce open registration for volunteers for Capital Caring's Point of Hope Camp on **Sunday, November 5th** at Glasgow Farm (Stafford County) from **9:00 a.m. to 6:00 p.m. (including set up and clean up time)**.

This one-day camp is intended for students aged 12-15 who have had a close loved one die in the recent past and is offered at no cost to families.

Volunteers are invited to become Big Campers. Come spend a meaningful day with a grieving young teen as he/she experiences fun, hands-on activities guiding him/her towards hope. We will engage in music and movement therapy, play some improvisation games, play with farm animals and have a wonderful time connecting with each other. Just by being present with a teen for the day, you will help him/her find hope in everyday life, despite the loss, and help teens connect to other teens who understand loss.

Point of Hope Camp provides teens with:

- A strong, supportive network of friends who personally understand their loss experience
- Age-appropriate coping skills that will help them manage their grief in their day-to-day lives
- Age-appropriate and fun grief education sessions administered by trained grief professionals
- Music and dance therapy and other opportunities to have fun, play, laugh and connect with their friends who "get it"
- A volunteer mentor (Big Camper) who attends camp with teens
- Food and fun activities

No prior experience is necessary as children's grief training will be provided to you. Background checks will be conducted on every volunteer. Big Campers must attend **Point of Hope Camp Children's Grief training on October 24th from 6:00-8:00 p.m. at the Capital Caring office at 111 Olde Greenwich Dr. Ste. 101 Fredericksburg, VA** Come eat a delicious dinner and connect with fellow Big Campers.

**If you are already a Capital Caring volunteer, please complete a one-page camp volunteer update form. References are not required. Due by October 24th.**

**If you are a new volunteer, please complete the entire packet and return it by October 24th.**

Applications should be sent to Jenna Cooley at:

[jcooley@capitalcaring.org](mailto:jcooley@capitalcaring.org) or FAX: 540-940-2767

Or

Capital Caring Attn: Jenna Cooley 111 Olde Greenwich Dr. Suite 101 Fredericksburg, VA 22408  
If you have any questions, please call Jenna Cooley at 540-735-0974