

Impact Report

2020



Helping Heal Young Hearts





2020 Fall Camps

After months of planning and uncertainty, the volunteers met at Dallas Valley Camp on Friday September 25, 2020 to make final arrangements for the first of two Caring Hearts Day Camps. Special considerations were required to respect the public health guidelines including reduced numbers indoors, hand hygiene, masks, and social distancing. Temperature checks and a health questionnaire were completed onsite. The camp families were made aware of the restrictions and necessary adjustments to keep everyone safe during this year's camp. Children and youth arrived with their caregivers and followed the registration protocols, and the camps proceeded without incident.

Reading through the camp application forms, we recognized the need to offer support to the children and youth who reported the loss of a loved one. Caring Hearts was committed to providing a safe environment to allow the children and youth to be together to learn about their own personal grief and to have the opportunity to share with others who are on the same journey. We are confident in our decision to proceed with the camp even though it meant making some adjustments to our delivery.

How do we even begin to offer comfort and care when we know how each child has experienced loss? We open our hearts and embrace those little people, and we talk about grief. We know that even though our time with them is limited at the camp, we have an opportunity to offer them some assurances that they are not alone, and that we are here to listen and we want them to share.

Most of all, we offer a chance to be with others their own age who also have experienced a loss. Together we will talk, and we will play, and we will share. Together we find time to laugh and to play and at the end of the day nobody feels alone.

We offer Hope. Hope that this weekend will provide them with the tools they need to begin their journey of healing. Hope that among this group of children will be a new friend for their camper, to help them understand they are not alone in this journey.

A total of 25 children ages 6 to 15 of the over 50 camper registrants attended two separate days of camp. Public health restrictions and reluctance to expose participants to unnecessary risk limited the number of attendees at the two day-camps. A total of fourteen volunteers participated in two day-camps, as well as two clinical staff and two registered nurses. Additionally, 4 children requested and received materials to participate at home.

The camp includes therapeutic programming for each group, including activities such as grief buddies, horseback riding, a hayride, and the wall climbing activity. Our camp ends with the seven stones activity and conversation about celebrating and honoring the lives of the loved ones lost.

This year, as part of our continuing care model, we provided each child with a grief journal to take home and work through with their care provider. The activities and stories in the journal will help the children continue to learn about their loss, and how to cope campers.



“It is always so great to see how the kids respond when they can connect with other kids who have also lost someone close to them.”

~ 2020 Fall Camp Volunteer

“It’s great. Maybe have a longer camp when Covid is done! Or a way for parents to decide if kids can connect afterwards. As they get older, it would be nice for them to have a peer they can talk to.”

~ 2020 Spring Camper Family

“Thank you for the Camp and for the journal Caring Hearts!”

~ 2020 Camper Family

“Today was such a special day for me to be able to volunteer and spend the day hanging out with all of the kids. I really really enjoyed it to say the least. How can I volunteer with Caring Hearts again? How can I stay notified for upcoming opportunities to volunteer again? What an awesome day!”

~ 2020 Fall Camp Volunteer

“Thank you for taking health precautions to keep the kids safe. We are so grateful that we could send our daughters to the camp.”

~ 2020 Fall Camper Family





Once again, as in previous years, the response and outpouring of support from our community of volunteers was remarkable and heart-warming.

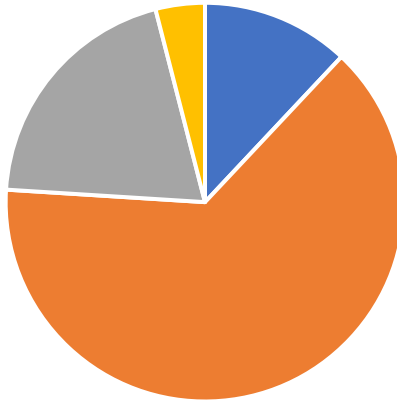
Caring Hearts Camp aims to have a 2:1 ratio for campers to volunteers. **Thank you to our amazing volunteers!**

We cannot thank our volunteers enough for their care and support.

If you are looking for a meaningful volunteer experience,
please keep Caring Hearts Camp top of mind.

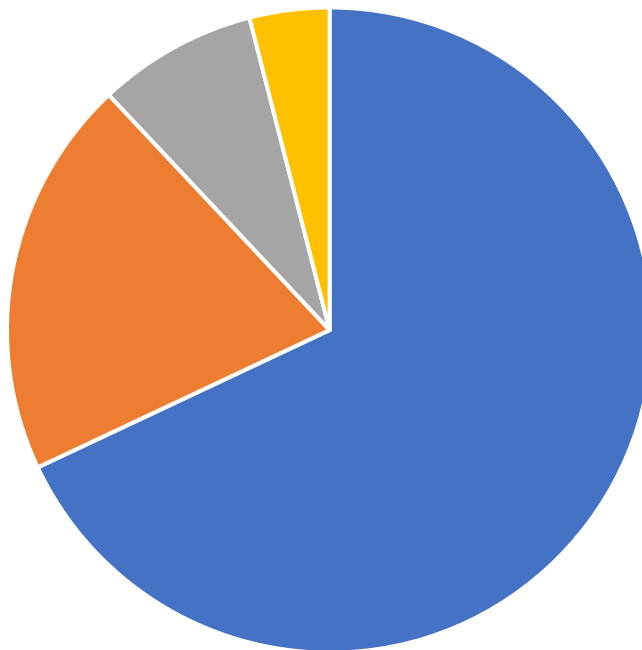


Age of the Children and Youth who Participated



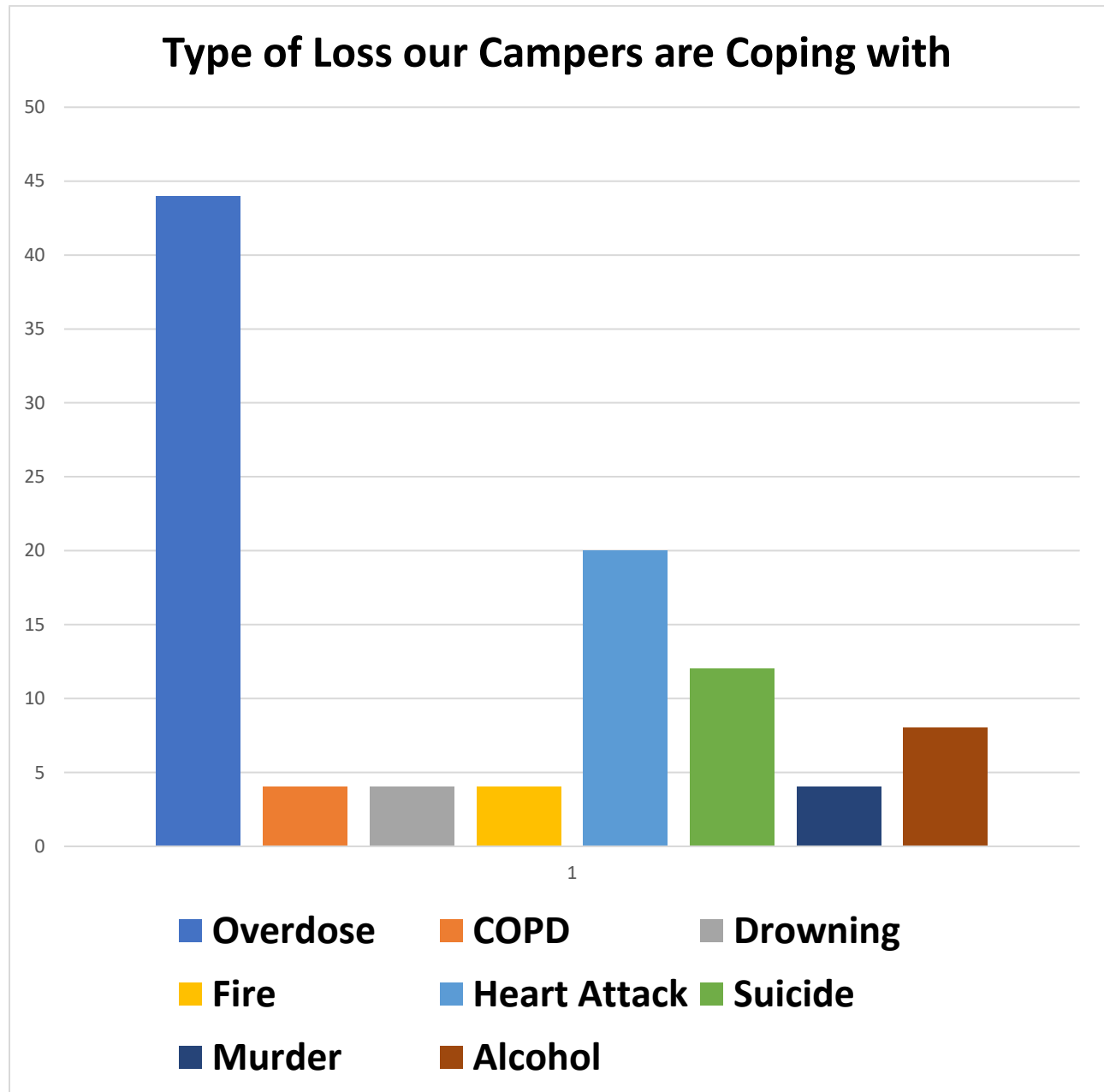
■ AGES 6-8 ■ AGES 9-11 ■ AGES 12-14 ■ AGES 15&16

Who are Campers Mourning?



■ Parent ■ Grandparent ■ Sibling ■ Aunt/Uncle





IMPACT

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Impact Report 2020

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Impact Report 2020

FUNDRAISING



**Regina Men's Progress Club
G. Murray and Edna Forbes
Foundation Fund SSCF**



Conexus Credit Union



**Michael Lamarre
Mike Woolley**



**Individuals, Families and Friends of
Caring Hearts**

Caring Hearts Camp was first introduced into our province in 1997 when our organization saw the challenges so many families and their children faced when struggling with the grieving process. Since then, we have had more than 1,600 campers from 92 communities across Saskatchewan pass through this therapeutic program.

After 22 years, we are noting changes to our camper demographics and the types of trauma and compounding loss. This year, we introduced a Grief Journal and continue to evaluate our programs and services for children and youth in an effort to provide more responsive programming to better meet their needs. We will be adding more small-group opportunities in the upcoming year to ensure that we can continue to support our campers through their complex grief journey.

We look forward to welcoming our camp families in 2021.

WE CANNOT DO IT WITHOUT SUPPORT FROM

OUR COMMUNITY!

Thank you!

