



Good Grief FAMILY CAMP



Virtual Grief Camp

Good Grief Family Camp
Saturday, September 26, 2020
9:00-11:00 a.m. via Zoom

Our annual Good Grief Family Camp will be held virtually this year via Zoom. Upon registration, campers and their families will be sent a "Camp Kit" which includes all the materials they will need to participate in the fun, interactive activities that will help them navigate their grief journey - specifically discussing grief during a pandemic.

Camp Schedule:

9:00-9:20 Welcome/Yoga

9:20-9:40 Discussing Grief Emotions & Stages of Loss

9:40- 10:00 Memorials & Remembrance: Celebration of Life Ceremony

10:00-10:20 Socialization & Grief

10:20-10:40 Paper & Pen Activity

10:40-11:00 Music & Sing Along Memorial

Call UpliftedCare today to register at 815.939.4141
Further, detailed instructions will follow registration.

