



camp T.R.



Camp T.R. is a FREE, overnight weekend retreat for children ages 7 through 15 who are grieving the loss of a loved one.

The camp offers a safe, supportive environment to help children understand and cope with their grief. Surrounded by peers experiencing similar emotions, campers learn that they are not alone and start to feel more comfortable sharing their feelings.

What types of activities are offered?

Through creative exercises, honest discussions and recreational activities, campers learn positive ways to express their emotions and honor their loved one. In addition to grief education and support, daily activities may include:

- Arts and crafts
- Dance
- Music
- Swimming
- Hiking
- Games



More information on other side ►

To register a child for Camp T.R. or for general information, including upcoming camp dates, call 410-871-8000 or visit CarrollHospice.org. Please register promptly; attendance is limited to 25 campers.



Who are the staff members?

Camp T.R. is staffed by professional bereavement counselors and volunteers with special training in helping grieving children. Each camper is also assigned a “buddy” (usually a volunteer) for added support.

Where do campers stay?

Campers stay in one of five secure, comfortable cabins on the grounds of the Hashawha Environmental Center in Westminster, Md. Situated on Lake Hashawha, the center gives campers a much-needed change of scenery, along with a broad range of outdoor recreational opportunities.

How can Camp T.R. help a grieving child?

The death of a family member can shatter a child’s world. They might feel angry, lonely, guilty or scared, or experience physical symptoms such as headaches, stomach aches and fatigue. Oftentimes, they become the “forgotten mourners” as the adults around them struggle to cope and adjust to the loss. But children need time and space to grieve as well.

Camp T.R. provides children with a safe and therapeutic environment to grieve.