



ABBA'S Child

A Camp Experience for Grief Recovery

At

Big Lake Youth Camp

Summer 2018

Dear Friend,

It's a staggering fact that many children lose a parent, guardian or sibling early in life, when the need for love, guidance and security is so crucial. Many times these children have no outlet for their grief, and don't know how to recognize or explain what they feel.

Abba's Child is a one-week overnight camp/program for children ages 7-17 years who have had a sibling or parent die in the recent past. This camp provides a place for children to meet others who are learning about and dealing with their grief. When a child or teen grieves they may not understand that the feelings they have are normal, or that others are going through a similar experience. At camp they learn that their pain is understood and accepted.

The mission of Abba's Child is to provide a safe and Christian environment for children dealing with grief, to provide fun and healthy learning through activities designed to promote healing and build self-confidence.

The Abba's Child Program, in many ways, is a typical summer camp offering a wide variety of supervised activities. From swimming, canoeing and the "Sea Wolf", to archery, horseback riding and mountain biking - there is fun and adventure throughout the day. Two hour support group sessions are scheduled daily for Abba's Child campers to interact with peers who are facing similar losses. Art, crafts, music, story telling, writing, and games are designed to assist with the healing process. The fun continues into the evening with songs, contests, daily news and a drama presentation at our all-camp campfire program.

The Staff of Big Lake Youth camp is trained and prepared to be in charge of the daily activities and are involved in the direct supervision of children 24 hours a day. A curriculum on grieving is implemented by a Mental Health Specialist who has experience working with children who are dealing with grief.

The dates of Abba's Child Camp for the summer of 2018 are as follows:

Abba's Child Junior	ages 7-11	July 1-8
Abba's Child Teen	ages 12-17	July 29-August 5

Through the generous donations of many, this camp is free of charge (with the exception of transportation, store money, etc.) to those children who are going through the trauma of losing a parent/sibling.

If there is anything we can do to encourage your child to be part of this camp, please let us know. You can contact Big Lake's Gladstone office at office@biglake.org or (503) 850-3583.

Sincerely,

Les Zollbrecht, Director
Big Lake Youth Camp