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FOR IMMEDIATE RELEASE

Ann Arbor, Mich. – July 25, 2006 – Grief and fun are not exactly words that go together but for some it is one way put life back on track. In the span of a weekend grieving families are able to explore their feelings, create new memories together and enjoy a weekend full of fun. Camp BraveHeart creates the correct balance of grief support, laughter and play to help families understand grief and reconnect with each other.

Camp BraveHeart, held June 23 - 25, 2006 at Camp Copneconic in Fenton, Mich., blends traditional camp activities such as hiking, swimming and canoeing with grief activities such as exploring the memories of those campers have lost, learning coping skills and participating in creative projects.

Camp BraveHeart while it may seem to be a difficult weekend for families dealing with grief is actually a time for healing, growth and fun. Families attend camp together and support each other on their grief journey. Each age group has its own specific sessions within camp, led by professional therapists, grief counselors, and trained, caring volunteers; allowing campers to interact with others their age and share their feelings and thoughts. The focus is on allowing children to relax and participate in activities designed to explore their grief. Through these activities families learn new skills for coping and supporting one another.

Children and adolescent activities explore each child's grief through art, drama and creative writing projects that encourage friendship and sharing with others who have had similar experiences.

The adult activities explore the difficulties of losing a loved one and attending to the needs of a grieving child. These sessions educate adults about the unique nature of the grief process.

To register, visit www.arborhospice.org, www.braveheartofmichigan.org or call (800) 997-9266. Registration goes through June 16, 2006 but space is limited. Tuition is \$90 for the first camper, \$70 for the second camper and \$50 for each subsequent camper. A limited number of scholarships are available.

Since 2002 BraveHeart Grief Services in partnership with Arbor Hospice and Home Care have been helping families strengthen memories and create new ones at Camp BraveHeart. This year the partnership includes collaboration with Genesys Home and Hospice Care, Hospice of Little Traverse Bay and Hospice of Northwest Ohio.

BraveHeart Grief Services are offered to community members who have experienced the loss of a loved one. BraveHeart is committed to supporting adults, teens, children and families through their journeys of grief and loss. Special workshops and remembrance programs are offered to help individuals cope with special days such as Mother's Day, Father's Day and the Holiday Season.

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