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# PRESS RELEASE

## Olympic-themed day camp helps youth learn about grief, loss

**Waterloo, June 17, 2024:** On Wednesday, July 17, Cedar Valley Hospice will welcome youth ages 5-12 to its Olympic-themed grief camp. A special opening ceremony will kick off the 8<sup>th</sup> annual day camp, which aims to help youth who are grieving the death of a friend or loved one.

Youth will be able to share their story of loss with peers and learn about grief through participating in fun activities and crafts related to the theme. Camp will run from 10 a.m. to 3 p.m. with a closing ceremony at 2:30 p.m. The day's activities are free, and all campers will receive lunch and a T-shirt. Camp will be held at the Blessed Maria Assunta Pallotta middle school in Waterloo.

There is also a session for adults at 1:30 p.m. aimed at helping parents and guardians support their youth during a time of loss and/or transition.

At Cedar Valley Hospice, its experts understand that youth grieve differently than adults. A special program, The Eucalyptus Tree, was designed to help them understand their thoughts and feelings when grieving the death or terminal illness of someone special to them.

Registration is open to any child regardless of their affiliation with Cedar Valley Hospice. RSVP by Tuesday, July 2 by visiting [cvhospice.org](http://cvhospice.org) or by calling the grief department at 319.272.2002.

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**PHOTOS:** Last year, youth bonded during the day's activities related to its beach theme. Register your child for this year's Olympic-themed event by calling 319.272.2002 or visiting [cvhospice.org](http://cvhospice.org)



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Established in 1979, Cedar Valley Hospice is the expert provider of hospice care in Northeast Iowa. As a non-profit, we uphold the highest standards for our employees who help families manage advanced illnesses and symptoms 24 hours a day. We provide care for all – regardless of age, diagnosis or ability to pay. Other services include: the area's only Hospice Home, palliative care, adult and children's grief programs, and case management for people living with HIV. Anyone can make a referral. It's never too early to call and find out what resources are available to you. For more information, visit [cvhospice.org](http://cvhospice.org) or call 800.626.2360.