



Helping Heal Young Hearts

Impact Report 2021





2021 Fall Camps

The team of registered psychologists and professional counsellors from Joshua Tree Learning joined forces with Caring Hearts to host campers at Double T Ranch for two separate day camps. Special considerations were required to respect the public health guidelines including reduced numbers indoors, hand hygiene, masks, and social distancing.

Caring Hearts was committed to providing a safe environment to allow the children and youth to be together to learn about their own personal grief and to have the opportunity to share with others who are on the same journey.

How do we even begin to offer comfort and care when we know how each child has experienced loss? We open our hearts and embrace those little people, and we talk about grief. We know that even though our time with them is limited at the camp, we have an opportunity to offer them some assurances that they are not alone, and that we are here to listen, and we want them to share.

Most of all, we offer a chance to be with others their own age who also have experienced a loss. Together we will talk, and we will play, and we will share. Together we find time to laugh and to play and at the end of the day nobody feels alone.

We offer Hope. Hope that this weekend will provide them with the tools they need to begin their journey of healing. Hope that among this group of children will be a new friend for their camper, to help them understand they are not alone in this journey.

A total of twenty-seven children ages 7 to 15 of the over forty camper registrants attended two separate days of camp. Public health restrictions and reluctance to expose participants to unnecessary risk limited the number of attendees at the two day-camps which were held on September 11 and 12, 2021.

IMPACT

The camp includes therapeutic programming for each group, including activities such as grief buddies, equine therapy, yoga, and art therapy. Our camp ends with conversation about celebrating and honoring the lives of the loved ones lost.

This year, as part of our continuing care model, we provided each child with a grief journal to take home and work through with their care provider. The activities and stories in the journal will help the children continue to learn about their loss, and how to cope campers.



IMPACT

“Both children were very happy to have gone. Both felt comfortable being involved and have since discussed using some things they learned to help with their grief.”

~ 2021 Group Parent

“She felt comfortable, not pressured. She liked being around other kids with similar experiences.”

~ 2021 Group Family

“I wish there was something offered for my younger child who is 5.”

~ 2021 Family

“It is very helpful and fun. The teachers are extra awesome. Meeting new friends is great!”

~ 2021 Participant

“I think this program allowed my daughter to feel like she has a peer group and that she isn't the only one to experience loss.”

~ 2021 Family





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Caring Hearts Camp aims to have a 2:1 ratio for campers to counsellors/support. **Thank you to our amazing team!**

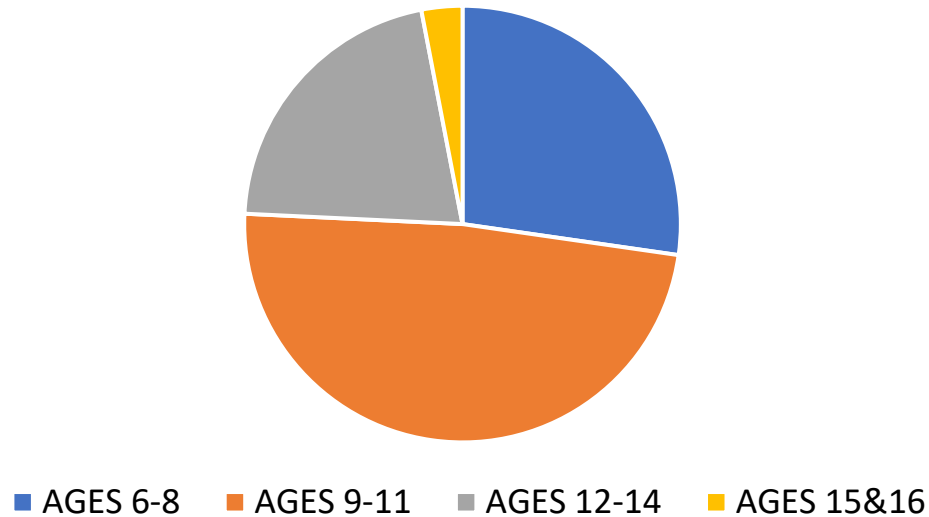
We cannot thank our partners at Joshua Tree Learning Centre enough for their care and support.

Thank you to the staff at Double T Ranch, and the team from Joshua Tree Learning (Renee, Patrick, Stacey, Karen, Amy Shelby, and Wendy)



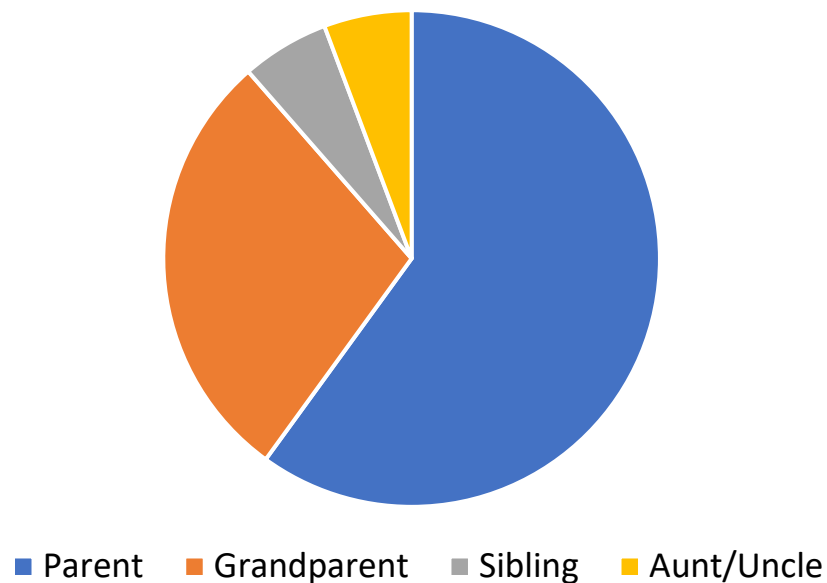


Camp Participant Age Breakdown 2021



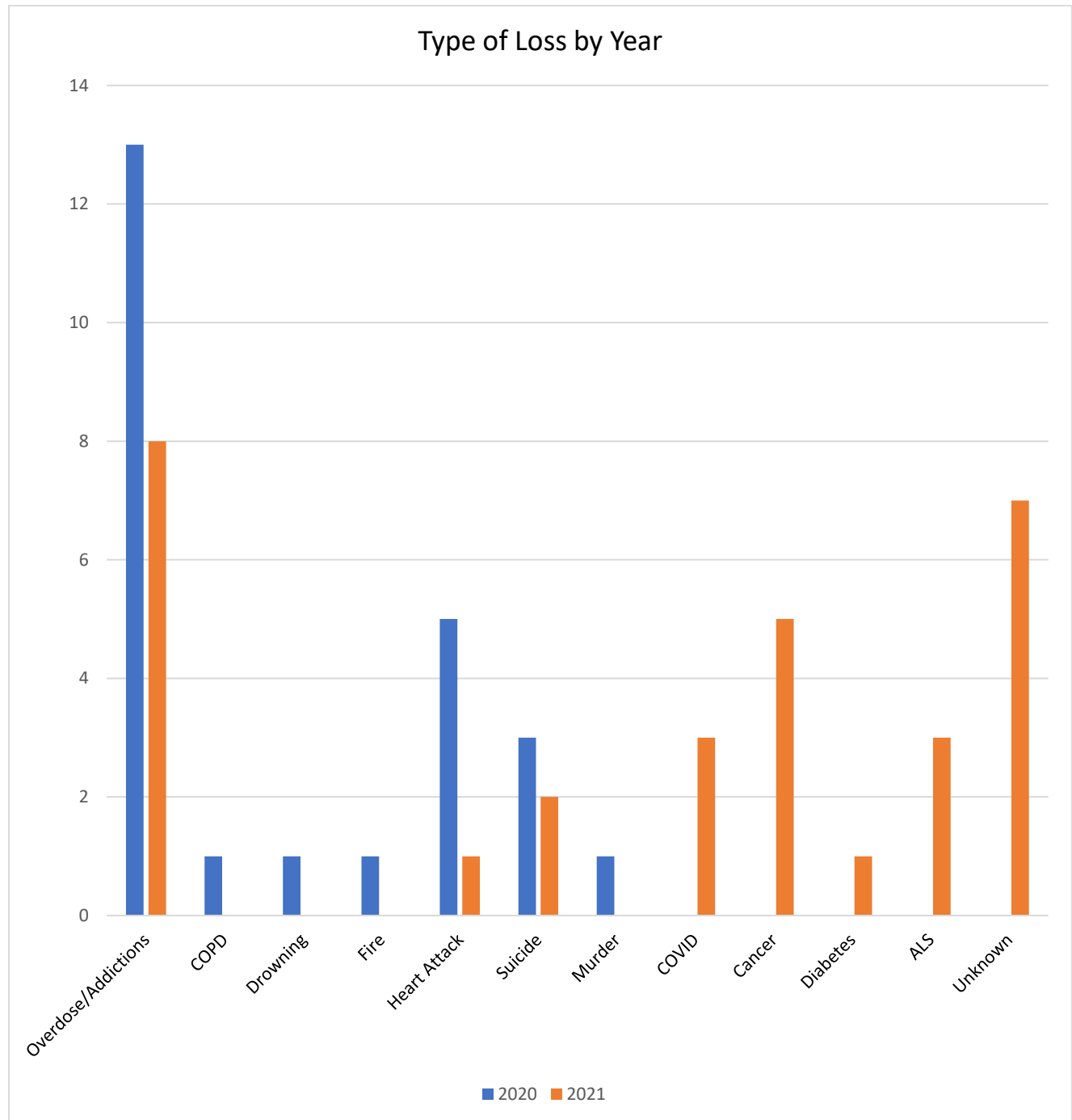
The age of campers in the 2021 camp was fairly consistent with those of the 2020 camp with the majority in the 9 – 11 age group. A total of 24% of participants reported indigenous ancestry.

Who are Children and Youth Mourning?



In 2021 60% of participants reported a loss of a parent which is fairly consistent with reports from 2020 which was 68%.





Although the number of losses due to overdose/addictions decreased in 2021, it was still the most prevalent reported by participants.

FUNDRAISING

Thank you!



Conexus Credit Union



**Michael Lamarre
Mike Woolley**



**Individuals, Families and Friends of
Caring Hearts**

Caring Hearts Camp was first introduced into our province in 1997 when our organization saw the challenges so many families and their children faced when struggling with the grieving process. Since then, we have had more than 1,600 campers from 92 communities across Saskatchewan pass through this therapeutic program.

After 23 years, we are noting changes to our camper demographics and the types of trauma and compounding loss. This year, we introduced more small-group opportunities in the during the summer months to continue to support children and youth through their complex grief journey.

We look forward to welcoming our camp families in 2022.

WE CANNOT DO IT WITHOUT SUPPORT FROM

OUR COMMUNITY!

Thank you!

