

Words from the Heart

From Campers, speaking about their loved ones

How was this person special to you?

- "Both of them were always there for me when I needed them and they always made me laugh no matter what."
- "She was my heart."

What do you miss most about your loved one?

- "Everything...I miss her smile and caring."
- "Her voice. I think I forgot it."



From Parents, speaking about SKY Camp

- "My kids are talking more about their Daddy. I know this is a step in healing."
- "SKY Camp has helped her to know that there are others who have lost a loved one and she is not alone."
- "My son was glad to know that his anger is part of grieving. He has been so alone, not wanting to talk about it, now he is more comfortable with himself."
- "I would recommend SKY Camp to any child going through a loss. SKY Camp was a great experience for us. Thanks!"

Location: SKY Camp takes place at Ceta Canyon Camp and Retreat Center, 45 minutes southeast of Amarillo, Texas. Ceta Canyon provides a refreshing retreat in 316 acres of beautiful landscape carved by Ceta Creek.

SKY Camp is made possible and at no cost to participants by:

- Generous donations from Odyssey VistaCare Hospice Foundation
- Contributions from the many staff and volunteers of Odyssey HealthCare
- Volunteers from the community

Odyssey VistaCare

Hospice Foundation

6900 I-40 West, Suite 150 • Amarillo, TX 79106



A Camp for Grieving Children

Ages 7-17

Supported by
Odyssey VistaCare Hospice Foundation
and Odyssey HealthCare

6900 I-40 West, Suite 150 • Amarillo, TX 79106

806-372-7696 • 800-572-6365

The Vision

While working with families in our communities over the years, we discovered that children are often forgotten or misunderstood during their grieving process. Families may not know how to help their children, especially when the adults themselves are overwhelmed with grief.

In response to the needs of grieving families the first SKY Camp was offered in 1998. Odyssey VistaCare Hospice Foundation continues its commitment to our communities by offering the SKY Camp experience at no cost to participants.



Activities

SKY Camp activities are designed to help participants learn to deal with death and grief, now and in the future. Trained group leaders provide small group sessions to encourage campers to share memories and learn healthy coping skills.

A variety of outdoor activities include swimming, hiking, sporting activities and campfire. The Schaeffer Challenge Course consists of low and high elements, each stage designed to help campers grow as they make their way through a series of physically and mentally challenging exercises.

Staff

The SKY Camp staff is comprised of volunteers who have special training to aid those dealing with grief issues. Camp staff includes Odyssey personnel, such as counselors, social workers, nurses, and physicians, as well as individuals from the community.

If you are interested in volunteering for this rewarding weekend, please contact Odyssey HealthCare for SKY volunteer information.

The Purpose

The purpose of the SKY Program is to offer education and support to grieving children and their families after the death of a loved one. SKY Camp offers a safe place for campers to explore feelings and to share experiences with others of similar ages, while providing a foundation for growth through the grieving process.



SKY CAMP

SKY Camp is held annually in late June, and is free of charge to each camper.

Please contact **Odyssey HealthCare** at (806) 372-7696 or (800) 572-6365 for camp dates and applications.

Camper applications are due by May 31st.

