



# 20 years of Camp Stepping Stones 2004 - 2024

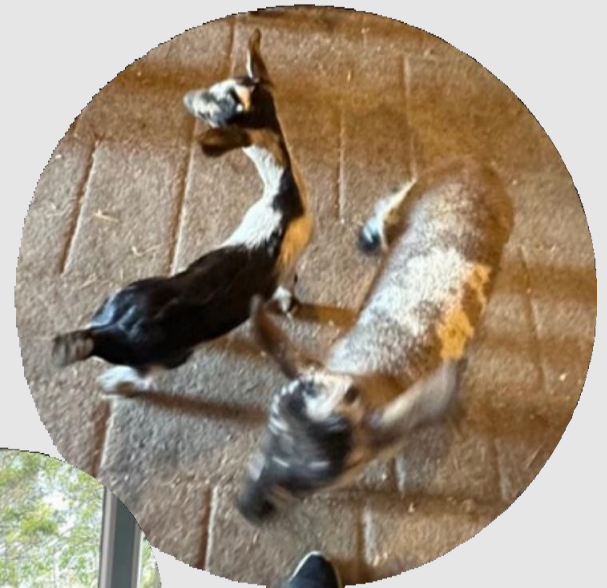




# CAMP STEPPING STONES

This year Camp was held from May 31 - June 2, 2024, in Camp Arnes just north of Gimli. We enjoyed the sun and weather however, rain prior to Camp meant that there was a lot of standing water and soggy ground. This did not dampen our spirits or restrict any of the planned activities. Camp Arnes staff once again provided excellent meals, and support for us all weekend.

Our weekend began with camper arriving on Friday evening and supper provided to them, their families and all volunteers in attendance. Activities began as soon as families left their campers with us. We all had an opportunity to take a hayride, and enjoy our first campfire with s'mores and other snacks provided by Camp Arnes. Saturday morning began with breakfast and then on to a full day of activities with shared camp mealtimes. As always a very busy day ends with that camp tradition of a campfire and snacks prior to bedtime. Sunday morning up early again to complete the weekend activities and prepare for our last big circle to share what we enjoyed and then one final memory activity of releasing butterflies sending them off with our special messages.



# Activities

The activities that the campers participated in were dreamcatchers, memory frames, memory boxes, comfort pillows, archery, zipline and paint night. We also created luminaires and had a special memorial evening.





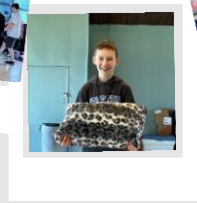
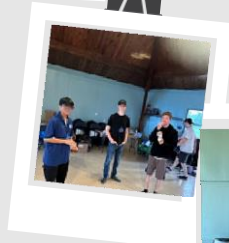
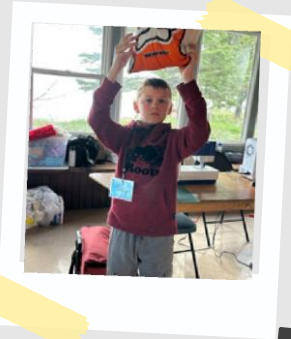
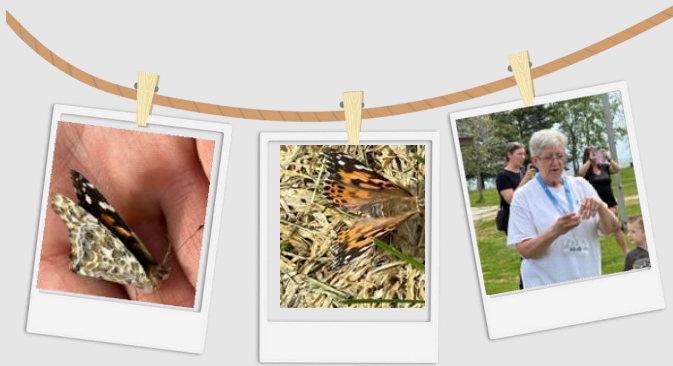
# VOLUNTEERS

**Camp Stepping Stones would not be possible without the dedicated volunteers that spend the weekend with us and support us through every activity including moments that we are grieving.**











# Camp Stepping Stones wouldn't be possible without generous cash and in-kind donations!

We are so grateful to these supporters:





**THANK YOU**



# We need you!

Camp Stepping Stones is only possible because of generous donations.

Donate now for Camp Stepping Stones 2025  
May 30 – June 1, 2025 at Camp Arnes

*Make a difference for a child who has lost someone important in their life.*



A grief camp for youth ages 7 - 17.

Your donation ensures that they don't have to experience grief alone.



Interlake Eastern Health Foundation manages all donations on behalf of IERHA including donations to Camp Stepping Stones. You can make a donation online at [www.iehf.ca](http://www.iehf.ca), mail a cheque to IEHF 233AA Main Street, Selkirk, MB R1A 1S1 or scan the QR code.

To contact IEHF: Phone 204-485-5139 or e-mail [iehf@ierha.ca](mailto:iehf@ierha.ca)

