



Established by the Palliative Care program of the Interlake-Eastern RHA, Camp Stepping Stones unites children experiencing the loss of someone significant in their lives to provide a weekend of fun and healing.

### Goals of Camp Stepping Stones

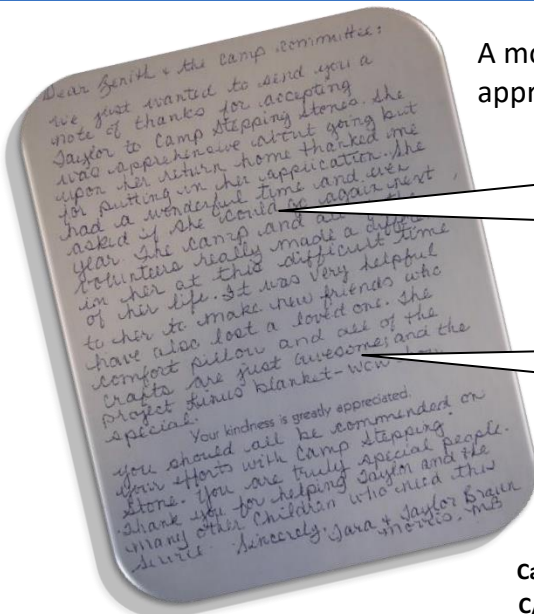
- To provide a safe, supportive environment where grieving children and adolescents can share their thoughts and feelings with peers who have also experienced the death of someone significant in their lives
- To assist children and adolescents in the process of grieving and in doing so, promote healthy lifestyles.
- To help children and adolescents develop lifelong coping skills for dealing with loss and grief.

### Principles

Camp Stepping Stones is based on the belief that every child deserves the opportunity to grieve in a supportive and understanding environment. Based on this belief, are the Camp's principles:

- Grief is a natural reaction to the loss of a loved one for children and teens as well as adults.
- Within each individual is the natural capacity to heal oneself.
- The duration and intensity of grief are unique for each individual.
- Caring and acceptance assist in the healing process.

### Testimonial from a parent touched by Camp Stepping Stones:



A mother whose daughter participated in camp, shared with us her appreciation of Camp Stepping Stones:

***"The camp and all of the volunteers really made a difference in her at this difficult time of her life."***

***"You should all be commended on your efforts with Camp Stepping Stone. You are truly special people."***

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