



“Camp Kerry’s influence on us is difficult to articulate, but know that it is profound.”

Camp Kerry Society
Newsletter, Vol. 2

The Camp Kerry Society is a non-profit organization providing retreats, support groups, counselling and education for families coping with grief and loss.





A Message From Dr. Heather Mohan (Executive Director):



Hello to all of you; our supporters, donors, volunteers, staff and participants. What a busy, rich and rewarding year we have had here at the Camp Kerry Society! As we grow, we are always asking ourselves what we need to improve, what is working and why? The philosophical foundation of everything we do implies a deep belief in the resilience and strength of families and in the power of community as a place of refuge and healing in times of turmoil and despair. As the American social activist Dorothy Day once said "we have all known the long loneliness ... we have learned that the only solution is love and that love comes with community". Love is the common thread that weaves us all together. Whether you are a supporter who champions our cause, a volunteer who gives of your time and energy, a donor who offers financial support, or a participant who chooses to courageously work through the process of grief in our programs; it is clear to me that you are each an essential part of the circle of giving, the circle of love that makes up our Camp Kerry community. I am inspired by your generosity, moved by your courage and very grateful to be part of this dynamic organization.

YEAR AT A GLANCE: Some Highlights:

- **January:** Circles of Strength family support groups expand to include new groups in Burnaby
- **February:** Youth Group Recording Project is completed at Nimbus
- **March:** Peer Mentor/Youth Volunteer, Ali Clayton, wins a \$5000 YPI grant for Camp Kerry
- **April:** Connection, Healing & Hope Event at Cactus Club (Lougheed/Schoolhouse) raises over \$15,000 under the leadership of Justin Kovats, Melissa & Michael Lapczynski
- **May:** Camp Kerry office and family counselling space opens in New Westminster
- **June:** Team Camp Kerry, led by Joshua Dahling & Nicole Kirstiuk, raises almost \$70,000 in the 2013 Scotiabank Charity Challenge
- **September:** 27 families & 40 volunteers attend Camp Kerry BC retreat
- **October:** 4 families & 10 volunteers attend Camp Kerry Maui retreat
- **November:** Sovereign Order of St. John awards Camp Kerry a grant for the development of new youth program
- **December:** Camp Kerry DVD's go to press. All families and volunteers receive a personal copy



PROGRAM UPDATES:



CIRCLES OF STRENGTH FAMILY SUPPORT GROUPS:

In these year-round support groups, Camp Kerry counselors and trained volunteers help families to explore different facets of their grief experience and to acquire new coping tools and strategies. Our waitlists indicate a growing demand for this service and plans are in the works to expand these groups in the future.

CIRCLES OF STRENGTH ONLINE SOCIAL NETWORK:

This private network was created as pilot project for the purposes of uniting Camp Kerry Alumni. Due to its success, we are now extending an invitation to the broader community of bereaved individuals/families, volunteers and health care professionals. Please send your request to: joshua@campkerry.org if you are interested in joining us.

CIRCLES OF STRENGTH YOUTH PROGRAM:

This new program is for youth between the ages of 12-19 who are coping with the loss of a loved one. It will provide youth with opportunities to generate positive memories and have fun through the use of adventure-based activities, expressive arts therapy, and peer support. If you wish to register or refer someone to this program please contact Joshua Dahling at joshua@campkerry.org





FAMILY RETREATS:



CAMP KERRY:

Beautiful sunny weather graced our group once again at this year's retreat in British Columbia. 27 families and 40 volunteers embarked on a four-day adventure while reconnecting with old friends and meeting new ones. Together we experienced the power of music in a 115-person drum circle, the challenge of building a shelter in the forest, the beauty of a candlelight memory service under the stars, the intimacy of sharing circles and so much more. Many left with a sense of renewed strength, gratitude and hope for the future. One mother expressed it this way; "We were apprehensive about coming but we felt an instant connection with the families here. It has done a lot in helping us to feel more hopeful about our future. We feel stronger as a family."

CAMP KERRY MAUI:

The beautiful tropical island of Maui created a magical space for our second successful Camp Kerry Maui retreat. Participants were guided through a process of self-discovery, relaxation and transformation as they experienced healing circles, music & art therapy, along with adventure challenges including; surfing, ziplining, outrigger canoeing, and more. We appreciate the generous support provided by the Pillon family for this unique project. We are also grateful for the 2500 hours that were given by our volunteer team to make this retreat a life-changing experience for four special families.

We've faced the darkness,
the pain of endings
And we remember
the reason that we're here.
But deep inside us,
the light is growing
With our hands joined together,
we're facing down our fears.

- excerpt Camp Kerry
Maui 2013 song



WE SEND OUR IMMENSE GRATITUDE TO:

Our team of 60 dedicated volunteers who provided almost 12,000 hours of service this past year to the Camp Kerry Society!!! In the words of one participant: "Everyone who is part of the Camp Kerry team is just awesome ... They made each of us feel special as if we were the only ones that mattered. They each add another facet to the jewel of Camp Kerry."

All of those individuals who have generously provided financial support to the Camp Kerry Society. *We could not do what we do without you.* The following businesses and organizations who provided us with donations, gifts-in-kind and invaluable support:

Advantage Data Systems
Adventure Group Whistler
Banyen Books & Sound
BC Lions
Black and White Property Services
Brandie Coe Photography
Brock Smeaton Personal Real Estate Corporation
Cactus Club Café (Coquitlam)
Cake Your Dreams
Canada Safeway
Canadian Coast Guard
Capilano Suspension Bridge
CBR Photography
Cheeseburger Island
Chopra Yoga
Condo Connection Services Inc.
Costco Wholesale Canada
Coquitlam Centre
Dames & Dolls
Diversified Staffing Services Ltd.
Everything Wine
442 Transport & Rescue Squadron
Ferraro's Bar & Grill
Gabrielle Guzzo

Global Freedom Foundation
Golden Eagle Golf Club
Golf BC
Gotcha Covered
Grand Wailea Resort
Great Century Foundation
Hollywood 3 Cinemas
Hyak Wilderness Adventures
Interior Design Group
International Web Express Inc.
Inspire Dental
JLM Marketing Limited
Kihei Canoe Club
Kiwanis Club of Abbotsford
KPMG
Lancome
Lochdale Community School
Loden Hotel
Lordco
Maui Life Retreats
M.D. Parry Holdings Inc.
Mondofix
Monkeypod
Music Heals
Northbridge Financial

North Lonsdale United Church/
Upper Lonsdale Parent Participation
Preschool
Okanagan Crush Pad
One Yoga
Ouisi Bistro
P3 Cream
Paia Flatbread
Personal Real Estate Corp.
Pinantan Lake Resort
Playland
Prince of Whales Whale Watching
Print Three Franchising Corp
Purdy's Chocolates
Royal Canadian Air Force
Ruth's Chris Steak House
Scandinave Spa
Scott Hind & Associates
Served Catering
Servoweb Technologies
Sid Dickens Inc.
Signarama
Skillful Touch Massage
Skyline Eco Adventures
Snorkel Bob's

Soccer Express
Sovereign Order Of St. John Of
Jerusalem Knights Hospitaller
Stella & Dot
Teldon
The Howard Foundation
The Toskan Casale Foundation
Thomas Haas
Urban Fare
Vancouver Aquarium
Vancouver Art Gallery
Vancouver Canucks
Vancouver Symphony
Vancouver Urban Winery
Vancouver Whitecaps
W.E.B. Distributors Ltd.
Wawanesa Insurance
West Vancouver United Church
Westwood Wines
Wildplay
Winwood Construction Ltd.
Wireless Wave
Yyoga
Zip Trek Tours

Did You Know That...

In the last year Camp Kerry helped families from over 16 different communities including: Ladner, Delta, Burnaby, Richmond, Vancouver, West Vancouver, North Vancouver, Coquitlam, New Westminster, Port Moody, Mission, Chilliwack, Kamloops, Prince George, New Brunswick and Maui!

Did You Know That...

Over 300 professionals, volunteers and members of the general public were reached through our educational programs this year?

"I had forgotten how much light there is in the world, till you gave it back to me."

- Ursula K. Le Guin,
A Wizard of Earthsea



Did You Know That...

You can support the Camp Kerry Society by becoming a member for only \$10 a year?

HOW YOU CAN HELP:

It is through giving that we all receive. Your donations of time, expertise, and finances allow us to continue offering all our programs without fees to families. There are many ways to contribute:

- Become a member
- Fundraise with us
- Volunteer
- Donate

Cheques can be mailed to:

Camp Kerry Society
110-8061 Lougheed Hwy
Burnaby, BC V5A 1W9

Camp Kerry Society
145 East Columbia St.
New Westminster, BC V3L 3W2

Online donations can be made through our website:

www.campkerry.org

Tax receipts will be issued for your donation.

For more information, please contact us:

phone: **(604) 553-4663**

email: info@campkerry.org

Reflections on Therapeutic Touch at Camp Kerry

-By Team Member Ruth Stubens

Therapeutic touch (TT) is a gentle and safe energy balancing technique that can relieve stress and anxiety, boost immune function, enhance well-being and provide relaxation and comfort. This was my first year as a volunteer at Camp Kerry and I was honoured to offer TT to parents, staff and volunteers of all ages (including one very tired therapy dog!). In all, I gave 14 sessions and half of those were with people new to this type of relaxation technique. The feedback was very rewarding: everyone was so grateful for the opportunity to experience this gentle healing modality. Some could not remember feeling so relaxed and peaceful. Some were inspired to include more self-care into their routines. Those who had not experienced energy healing before came away with a new appreciation and sense of wonder. As for me, I can't wait to return next year!

