

Camp Kangaroo: Therapeutic approach

Camp Kangaroo draws from a variety of clinical frameworks for working with grieving children and adolescents. William Worden’s *Tasks of Mourning* guide the overarching goals.

- Accept the reality of the loss
- Work through the pain of grief
- Adjust to an environment where the deceased is missing
- Find an enduring connection with the deceased while moving forward

The program also follows principles outlined by The Dougy Center and The National Center for Grieving Children and Families:

- Grief is unique to each individual
- The intensity and duration of grief vary for each person
- Everyone has the capacity to heal
- Support is an essential part of the grieving process

Camp Kangaroo feedback

- 96%** said understand grief better
- 100%** felt counselors were supportive
- 96%** would recommend Camp Kangaroo to other kids who have lost a loved one

Program goals

- Help children understand grief and express their feelings
- Provide age-appropriate education about death and dispel myths
- Foster peer support by connecting campers with others experiencing similar loss
- Encourage children to honor their loved one and begin moving forward

Discover more about **Camp Kangaroo** and how to register.



Before camp, a clinician meets with each youth and their parent/guardian to assess needs and create a personalized plan. Therapy groups follow a structured curriculum to guide campers through the tasks of mourning.

- Finding our commonalities
- Death as change
- Grief emotions
- Dealing with sorrow
- Dealing with anger
- Ask the doctor
- Memories and remembrance
- Moving forward through grief

Learn more by connecting with your **local Camp Kangaroo coordinator, Isabella Rojas.**

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