



"I poured out my heart to people that I'd only just met and they didn't judge me."
- Camper



"Camp Erin has made me face feelings that have been buried deep down since my dad died. I cried and hurt a lot but now I feel so much better." - Camper

Who? Children and teens ages 6-17, who are grieving the death of someone close to them.

What? Campers participate in a wide range of activities including:

- Sharing memories
- Expressive arts
- Trust and bonding activities
- Campfire and drumming circle
- Recreation and outdoor activities

Where? Bar-T Mountainside in Frederick, MD (www.Bar-T.com) Round-trip transportation is provided to and from The CaringMatters Cottage in Gaithersburg, MD.

Why? Camp Erin allows youth to:

- Tell their story in a safe environment
- Process grief in healthy ways
- Meet friends facing similar circumstances
- Learn they are not alone
- Build a tool-box of coping skills
- Honor and memorialize loved ones
- Have fun!



Become a Camper

To register, visit CaringMatters.org or contact Eva Cowen, Director of Camp Erin at 301-869-4673 or evac@caringmatters.org.



Become a Camp Volunteer

Camp Erin is made possible through the support of many dedicated volunteers who serve as Big Buddies and as support staff to assist with many camp activities. The great attention that volunteers provide is part of what makes Camp Erin so special. For information on how you can volunteer for this extraordinary experience, contact CaringMatters at 301-869-4673 or visit CaringMatters.org.

Make a Donation

Camp Erin is supported by grants and donations. If you would like to make a gift of money or supplies to Camp Erin Montgomery County, please call CaringMatters at 301-869-4673 or visit our website at CaringMatters.org/camp-erin.

CaringMatters is proud to host Camp Erin®. Created and supported by Eluna, Camp Erin is the largest national bereavement program for youth grieving the death of someone close to them.

This **free**, weekend-long experience combines traditional, fun camp activities with grief education and emotional support. Led by grief professionals and trained volunteers, Camp Erin provides a unique opportunity for youth facing similar life circumstances to increase levels of hope, enhance self-esteem, and learn they are not alone.



"Thank you for sharing your time, presence and heart with my daughter. At Camp Erin, she felt safe to express herself and share her story about her sister in such a welcoming and healing space."

CaringMatters, is a nonprofit 501(c)3 organization that provides caring, compassionate, practical and high-quality, non-medical support services, without charge, to Montgomery County adults and children facing a life-threatening illness or grieving the death of a loved one.

Other Programs of CaringMatters

- Adult Bereavement Support Groups
- Community Education
- Family Nights
- Good Grief Clubs
- Volunteer Helping Hands



All programs are free of charge.
Contributions of any size are appreciated.
United Way #8365 • CFC #42512 Catalogue
of Philanthropy Washington, DC

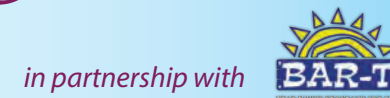
For more information or to donate:

CaringMatters.org
301-869-HOPE (4673)
Fax 301-990-4909

CaringMatters
518 South Frederick Avenue
Gaithersburg, MD 20877



Overnight weekend camp for children and teens, ages 6-17, who are grieving the death of someone close to them



Friday, May 19 -
Sunday, May 21, 2023