



ABOUT COMFORT ZONE CAMP

Comfort Zone Camp serves children between the ages of 7-17 who have lost a parent, sibling or primary caregiver. The camps are offered at no cost and provide a safe, nurturing environment where kids can have traditional camp fun, while at the same time acquire tools to help them cope with their loss. **Since 1999, Comfort Zone has helped 20,000+ children.**

THE NEED

An estimated 1 out of 14 children in the U.S. will experience the death of a parent or sibling before they reach the age of 18. Over 4.9 million youth are bereaved, and the number more than doubles by age 25, to 12.8 million. Childhood bereavement is a prevalent and critical public health issue that can have a profound impact on future well-being.

WHERE WE OPERATE

Camps are held in California, Massachusetts, New Jersey, North Carolina and Virginia. We also partner with organizations around the country to serve their local or specific loss community through our Partnership Programs.

OUR PROGRAMS

Comfort Zone Camp offers one-day family camps, weekend camps, young adult camps, workshops and support groups throughout the year. At Comfort Zone Camp kids are given: a place to break their isolation; validation from peers and opportunities to tell their stories, say goodbye and remember loved ones.

CAMP ACTIVITIES

Activities includes games, swimming, arts and crafts and **Healing CirclesSM** led by mental health professionals. CZC rituals include our “circle of remembrance” bonfire and also our memorial service which can be attended by campers’ parents and siblings at the conclusion of each camp.

VOLUNTEERS

Without volunteers, Comfort Zone Camps could not happen. Over 85 volunteers are needed per camp in the following roles: big buddy mentors, nurses, mental health professionals and photographer. Volunteers are trained and complete a background check before camp. Over a third of our volunteer base are former campers.

THE IMPACT

Campers leave the camp “bubble” transformed with a community, coping skills and new friends who “get it”.

CAMP COSTS

Comfort Zone is available at no cost to campers. We are funded entirely by donations from individuals, corporations, grants and fundraising events.

“I have seen kids grow and learn more in two and a half days at camp than many months of individual therapy.”

- Allison White Twente, Ph.D, Westhampton Family Psychologists, P.C.



CONTACT US

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