

## Camp T.R. History

Camp T.R. is named in memory of Thomas Richard O'Farrell III, who was killed in an automobile accident. His family established the annual camp as a tribute to their son and his caring, adventurous spirit. Camp T.R. is sponsored by Carroll Hospice, which provides high-quality, patient-centered care to individuals with life-limiting illnesses. For family members, Carroll Hospice offers a variety of bereavement programs and support groups.

## About Carroll Hospice

An affiliate of Carroll Hospital Center, Carroll Hospice provides high-quality, patient-centered care to terminally ill individuals and their loved ones. Through specialized nursing services, along with spiritual and emotional support, Carroll Hospice helps patients live out the remainder of their days in dignity, in the warmth and familiarity of their own home, a health care setting or our beautiful inpatient facility. For grieving family members, Carroll Hospice offers a host of resources, including bereavement counselors, a comprehensive bereavement center with resource library (located in our inpatient facility) and support groups for all ages.



*An affiliate of Carroll Hospital Center*

292 Stoner Avenue  
Westminster, Maryland 21157  
(410) 871-8000  
(888) 224-2580  
(410) 871-7186 TTY  
(410) 871-7242 Fax  
[www.CarrollHospice.org](http://www.CarrollHospice.org)

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# camp TR

*A grief camp for children ages 7 – 15*



*A Special Kind of Caring*





## What is Camp T.R.?

Camp T.R. is designed for children ages 7 through 15 who are grieving the loss of a loved one. An overnight, weekend retreat, Camp T.R. begins on a Friday evening and concludes on Sunday afternoon. The annual camp combines recreational activities, such as art, swimming and music, with grief education and support.

## How can Camp T.R. help a grieving child?

The death of a family member can shatter a child's world. They might feel angry, lonely, guilty or scared, or experience physical symptoms such as headaches, stomachaches and fatigue. Oftentimes, they become the "forgotten mourners" as the adults around them struggle to cope and adjust to the loss. But children need time and space to grieve too.

Camp T.R. offers a safe, supportive environment to help children understand and cope with their grief. Surrounded by peers experiencing similar emotions, campers learn that they are not alone and start to feel more comfortable sharing their feelings.

## What types of activities are offered?

Through creative exercises, honest discussions and recreational activities, campers learn positive ways to express their emotions and honor their loved one. In addition to grief education and support, daily activities may include:

- Arts and crafts
- Dance
- Music
- Drama
- Swimming
- Hiking
- Games

## Who are the staff members?

Camp T.R. is staffed by professional bereavement counselors and volunteers with special training in helping grieving children. Each camper is also assigned a "buddy" (usually a volunteer) for added support.

## What is the cost?

Camp T.R. is FREE for all participants. All meals are included.

## Where do campers stay?

Campers stay in one of five secure, comfortable cabins on the grounds of the Hashawha Environmental Center in Westminster, Maryland. Situated on Lake Hashawha, the center gives campers a much-needed change of scenery, along with a broad range of outdoor recreational opportunities.

## To Register and Learn More

To register a child for Camp T.R. or for general information, including upcoming camp dates, call 410-871-8000. Please register promptly; attendance is limited to 25 campers.

