

Camp Heartstrings / Camp Dreams

Camp Heartstrings / Camp Dreams is a three day summer camp for children (entering grades 2 - 11 in September 2025) who are adjusting to the death of a loved one.

Developed by Licensed Master Social Workers, this camp promotes understanding, connectedness, healing and hope through a comprehensive program of therapeutic activities as well as plenty of fun. It is staffed by credentialed professionals and trained volunteers.

Visit: urmc.rochester.edu/home-care/hospice-care/camp-heartstrings.aspx

****NYS DOH COVID-19 rules and regulations at time of camp will be put into place****



"My son found the camp very helpful. He never really talked about his feelings, but after camp he started talking about how he feels sad that his dad is no longer around. He enjoys attending and feels better about not having to put on a false face. He can truly be himself."

-Mother of former camper



A 3-day summer day camp for children who experienced the death of a loved one.

CAMP
Heartstrings



A collaboration of UR Medicine Hospice, Pittsford Youth Services and Dreams from Drake.



Help and Healing for Grieving Children

Grief is difficult for everyone. It can be especially confusing for children who do not have the life experiences and resources adults draw on during difficult times. Camp helps fill that gap by:

- Offering campers an opportunity to be with peers who also experienced loss; this helps them realize they are not alone.
- Developing campers' coping skills for expressing and processing their grief.
- Teaching campers that it is ok to have fun and still honor their loved ones.
- Providing therapeutic and social activities such as pet therapy, games, art therapy, and music. Assisting campers to talk openly about their loved ones with camp staff and peers.
- Having trained staff that includes: Professional grief counselors, social work interns and trained volunteers.



Camp Details

When

June 30, July 01, 02

12:00—5:30 p.m. daily

Campers are required to attend all Days and times.

Where

Nazareth College
4245 East Avenue,
Rochester, NY 14618

Cost

There is no cost to campers or their families. We are happy to provide this program free of charge.

Registration

Registration closes on April 12th, 2025 or when 40 campers are registered. Complete the online registration at:

urmc.rochester.edu/home-care/hospice-care/camp-heartstrings.aspx

****Please Note:** In order to attend camp in 2025, the loss of a loved one(s) must have occurred prior to **January 1st, 2025**.**

You will receive an email confirmation by May 15th, if a spot is being held for your camper(s). For questions, please contact Michele Allman, LMSW, Bereavement Coordinator for UR Medicine Hospice, a program of UR Medicine Home Care at (585) 274-4069 or at URMHC-CampHeartstrings@urmc.rochester.edu

Donations

We are grateful to the businesses and families who make Camp Heartstrings/ Camp Dreams possible. Businesses or families who wish to donate to the camp can call (585) 274-4253.

Follow-up Opportunities

You and your child may benefit from other programs provided by UR Medicine Hospice (a program of UR Medicine Home Care), Dreams from Drake, and Pittsford Youth Services throughout the year.

UR Medicine Hospice

- Bereavement groups for adults
 - 1:1 grief support
 - Remembrance services
 - Bereavement resources
- Call (585) 274-4069 or
Visit: www.homecare.urmc.edu

Dreams from Drake

- Healing circle for children and teens who lost a sibling or parent/guardian
 - Meal gift cards to ensure families receive the nutrients needed to move through each day
 - Therapeutic books for caretakers and/or children/teens affected by the loss
- Visit: DreamsFromDrake.org

Pittsford Youth Services

- Bereavement support for children, adolescents and families
- Individual counseling by licensed social workers to help children and families work through their grief

Call (585) 264-0604 or
Visit: PittsfordYouthServices.org.