



# COMFORT ZONE CAMP

2020 OVERVIEW & REPORT



# A MESSAGE FROM OUR FOUNDER

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Connection is so important for our children and families right now. CZC has created new programs and resources to provide connection and experience the magic of Comfort Zone or as we like to call it, “The CZC Bubble”!

**CZC at Home Virtual Camps:** make new friends, experience healing circles, games, bonfire, and memorial service—all from the comfort of your home!

**Overnight Family Programs:** At a family camp, there is a program for the campers and a separate one for the parents with families sharing a cabin. Best of all—families heal!

**Virtual Support Groups:** For teens, tweens, and parents connecting those who are grieving with others from around the country.

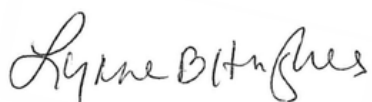
**Workshops:** We offer workshops for kids, parents, and businesses on resilience, grief, and more!

**Connection Opportunities:** Podcasts, Virtual Trivia, Bingo, and Bonfires to name a few!

**Grief Coaching & Navigation:** We work with school counselors, school systems, parents, and students to help identify resources and get started on your healing journey.

Now, and always, CZC is here for you and your family as you navigate grief and loss. You are not alone. We will always find a way to “see” you and your family.

Sincerely,



Lynne B. Hughes  
Founder & CEO





# HOW OUR YEAR BEGAN

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Comfort Zone Camp kicked off our 2020 camp season with three in-person camp programs.

We traveled to Florida and California for two camp programs and held a young adult camp weekend in Virginia.

We served 98 campers in person through these programs!

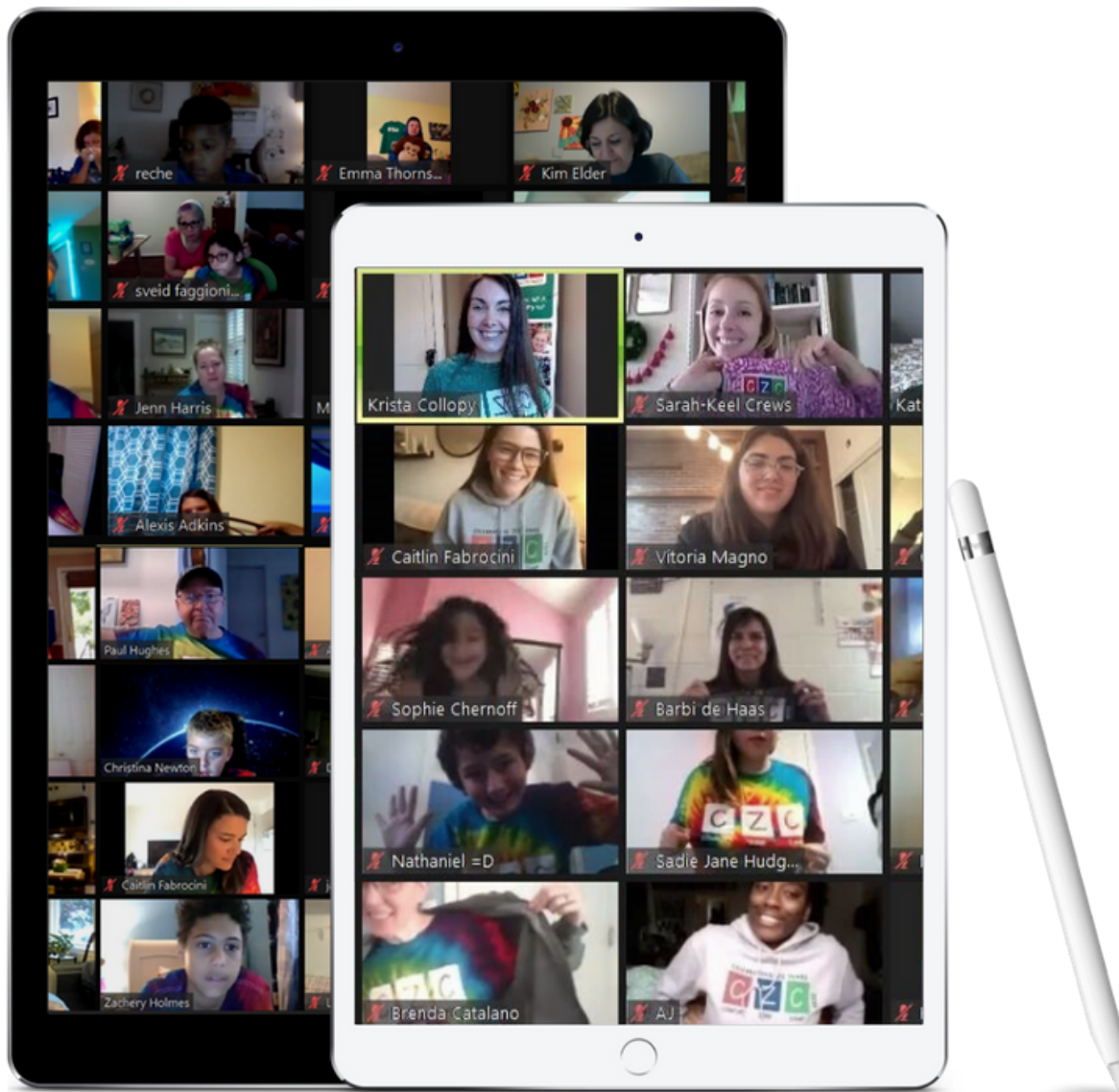


## AND THEN, WE PIVOTED

When news of the pandemic hit we knew that this was not a time for CZC to sit and wait. Our programs are needed now more than ever. So, we pivoted and created our virtual camp program- Comfort Zone at Home.

Comfort Zone at Home has all our campers' favorite activities from an in-person camp program: icebreaker games, big buddy share, memorial service, healing circles and FUN!

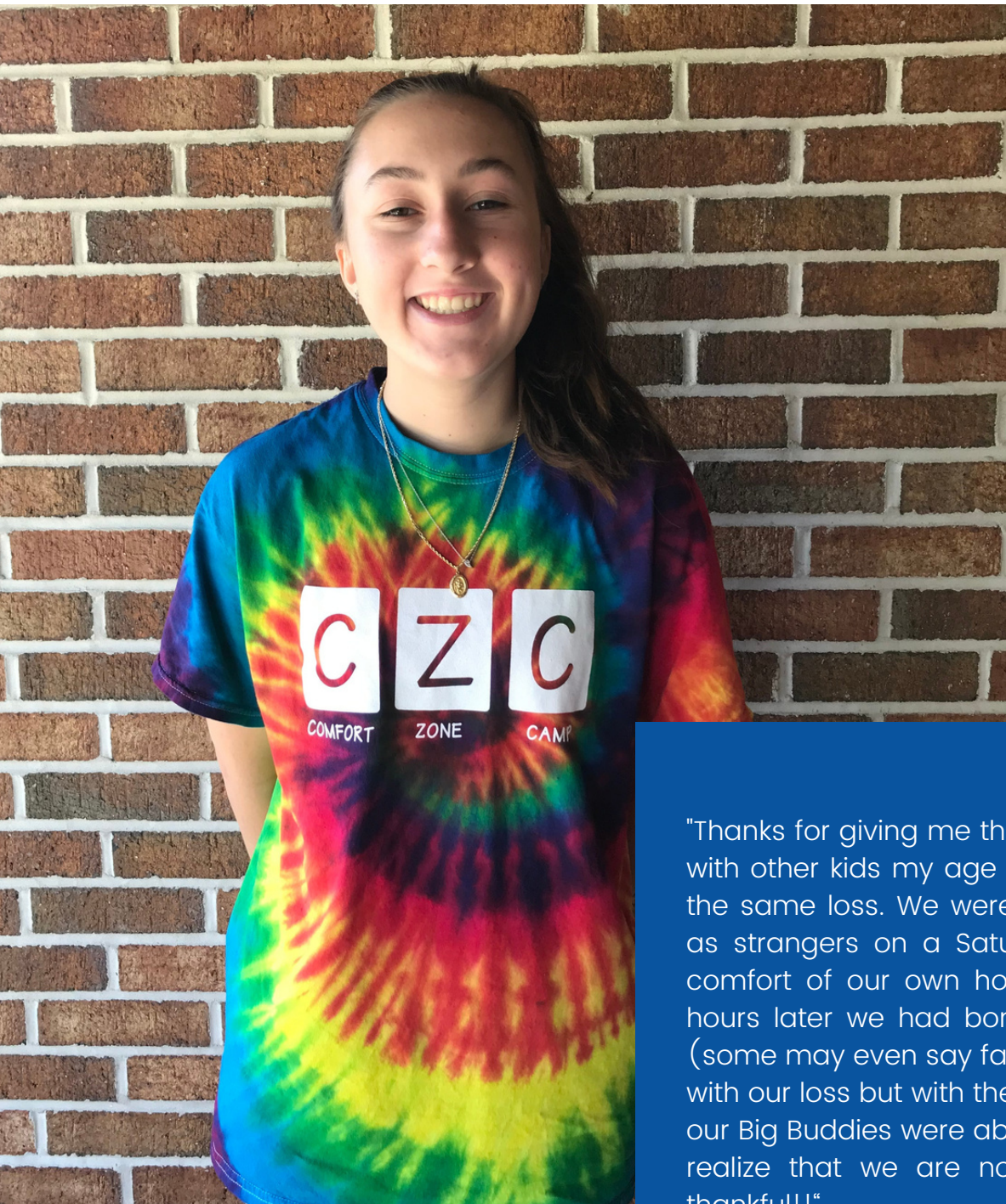
In Total:  
12 Virtual Camps  
More than 500 campers served!





# A WAY TO CONNECT EVEN WHEN WE CAN'T PHYSICALLY BE TOGETHER

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"Thanks for giving me the opportunity to connect with other kids my age that are all experiencing the same loss. We were able to come together as strangers on a Saturday morning from the comfort of our own home. But just a short six hours later we had bonded to become friends (some may even say family!). We are all hurting with our loss but with the care of the leaders and our Big Buddies were able to share our story and realize that we are not alone. For that I am thankful!!"

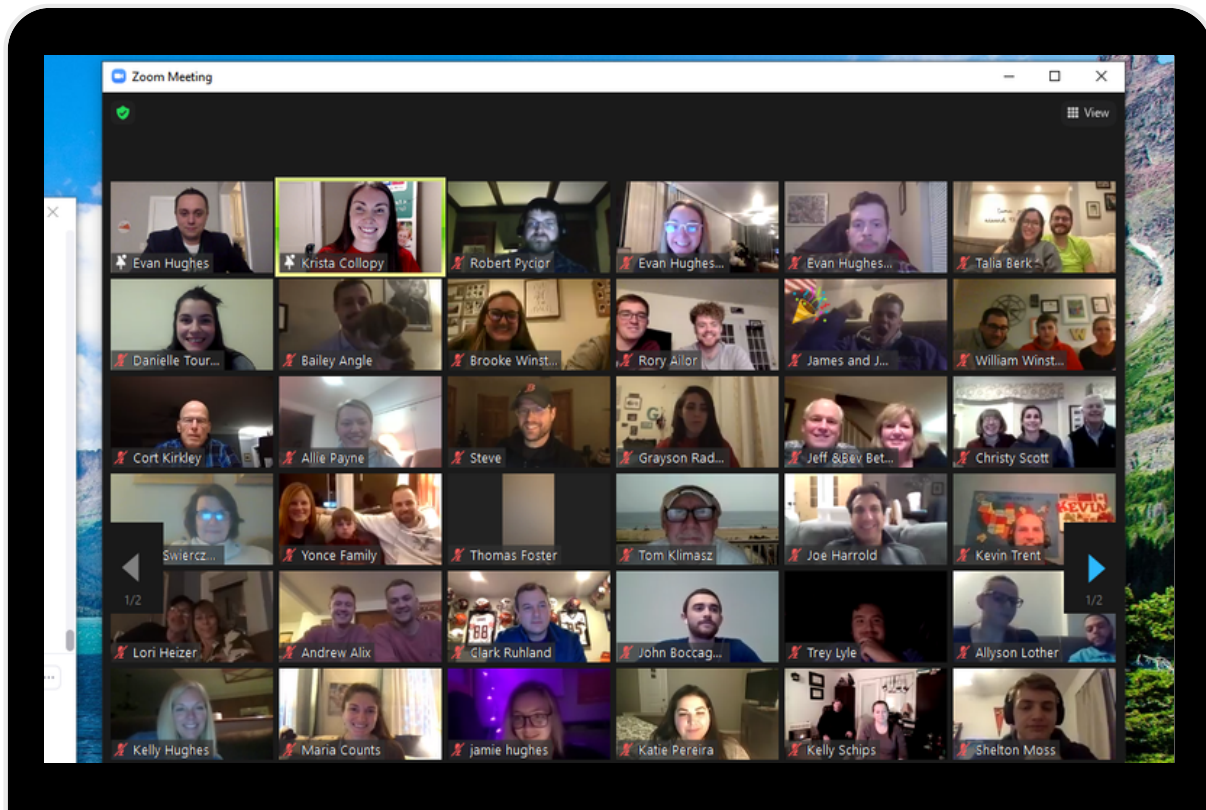
Delaney, CZC at Home Camper

# MORE VIRTUAL PROGRAMS

We continued to adapt and try to find new ways to connect with our CZC community. As a result, we created more virtual programs for our community to receive support from their homes.

- Online support groups
- Life grief sessions
- COVID loss programs
- Parent programs
- Navigating loss around the holidays

These programs let us connect in new ways that CZC has not before. We reached more families, brought more new campers into the bubble, and created more healing all around.





# FAMILY CAMP PROGRAM

While we love connecting virtually with our campers, we knew that getting back to camp safely was a priority. Introducing – The CZC Family Camp model.

Family camp programs were designed to allow kids to experience the Comfort Zone Camp they know and love while giving parents/guardians the time, tools, and connections they need to navigate their own grief journey. The result? Amazing--we saw entire FAMILIES heal and grow!

In Total:

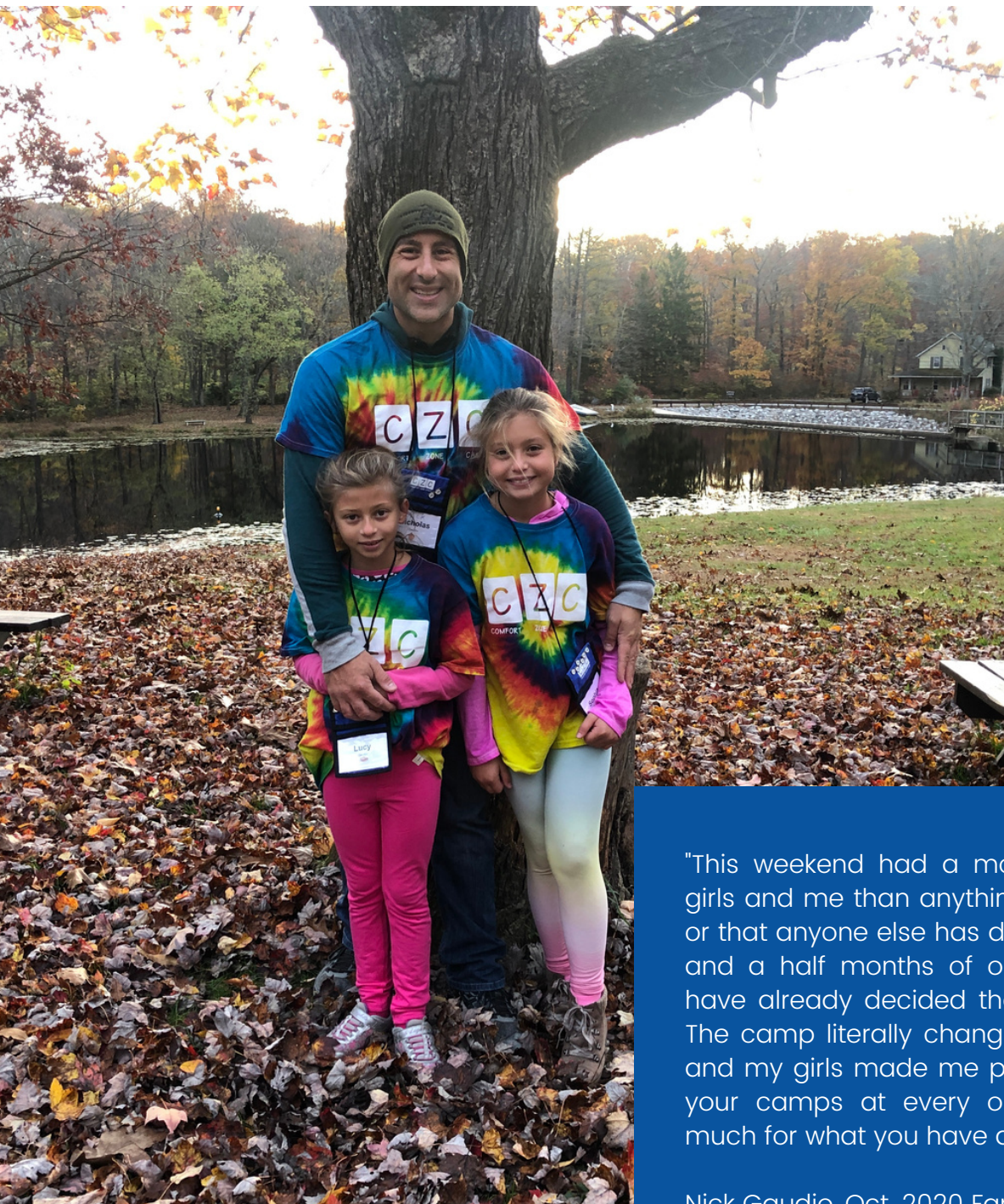
2 Family Camps in NJ & VA

58 campers & 31 families served





# HEALING FOR THE WHOLE FAMILY



"This weekend had a more positive effect on my girls and me than anything else that we have done or that anyone else has done for us over the past 13 and a half months of our ordeal. The girls and I have already decided that we are CZCers for life! The camp literally changed our lives for the better and my girls made me promise that we will attend your camps at every opportunity. Thank you so much for what you have done for our family!"

Nick Gaudio, Oct. 2020 Family Camp Participant

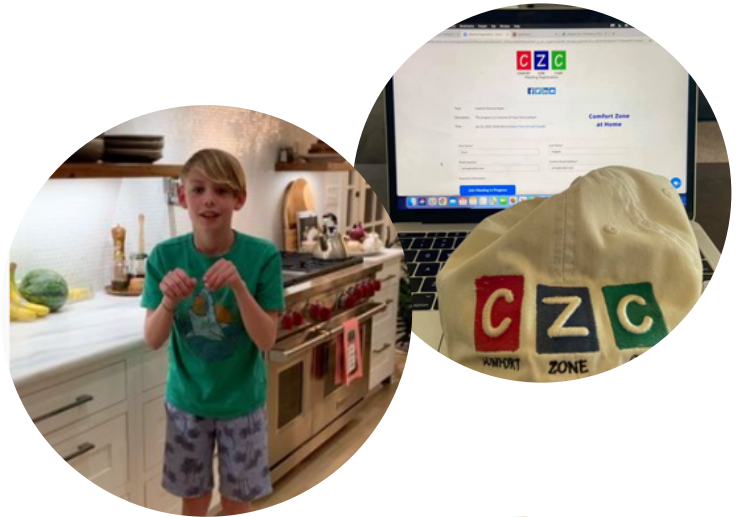


# CZC IN 2020

We held virtual resiliency training and life grief sessions for many organizations and had the opportunity to continue our outreach through both in-person and virtual presentations.



We spent time with our community having FUN!  
Our campers and volunteers joined us in our #BrownSquirrelChallenge and tested their knowledge with our Tuesday Trivia fundraiser nights!



We launch our first ever NATIONAL fundraiser with our 2020 Virtual Grief Relief 5K. Over \$140k was raised across the country.



We found ways to keep connecting with our online bonfires and memorial services.

# AN EXCITING YEAR FOR CZC

In total through virtual programming and in-person camps we were able to serve more than....

1,000!

Campers & camper families.





# LOOKING FORWARD

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We are excited to see what 2021 has in store for Comfort Zone Camp and our community! Our theme for our camp season this year is RISE. Like a Pheonix from the ashes, we all have the opportunity to rise through grief to heal and grow.

Visit [comfortzonecamp.org](https://comfortzonecamp.org) to learn more about our upcoming camp programs and community events happening in 2021. Some exciting things to look forward to are:

- 2021 Virtual 5K
- Fall Bash (Virginia)
- CZC Gala
- NC Golf Tournament
- Camp programs both in person and virtual



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