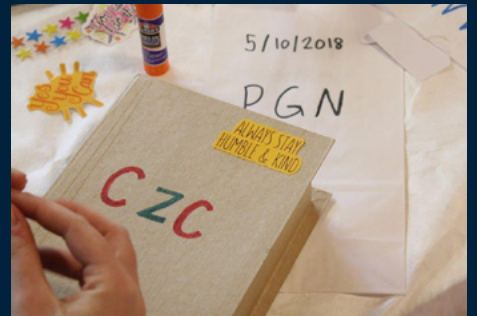




# COMFORT ZONE CAMP

## 2022 ANNUAL IMPACT REPORT



[WWW.COMFORTZONECAMP.ORG](http://WWW.COMFORTZONECAMP.ORG)

## A MESSAGE FROM OUR FOUNDER

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Thank you for the wonderful support in 2022!

There is a growing need in our society to provide resources for grieving children. One in 13 will lose a parent before the age of 18. As a result of COVID and the increase of suicide and overdose deaths, this number is on the rise unfortunately. Grieving children need a voice, a place and a community that supports them. Together—we are giving them just that.

Since 1999, Comfort Zone Camp has been putting a spotlight on grieving children. Comfort Zone was the first 501c3 bereavement camp in the country. Since our founding, we have helped over 23,000 children. In 2022 alone, we put the “spotlight” on the growth and healing of 1,037 children who attended one of Comfort Zone Camp’s 26 in-person camps, virtual camps or support groups! We witnessed amazing transformations. One of our favorite stats is the number of former campers returning as volunteers—1/3 of our volunteer base!

Our camp theme in 2022 was, ROAR. After a loss, grieving children often feel that their voice isn’t as strong or confident—that they’ve “lost their ROAR”. At Comfort Zone Camp, they break their isolation, get their feelings validated and meet others who say, “me too”. They not only grow and heal—they find their ROAR again!

We welcome 2023 with the opportunity to do more. Our goal is to touch as many grieving children as possible.

Thank you again, for supporting Comfort Zone and providing a healing place for over 23,000 grieving children. Thanks for shining a healing light on these beautiful children and on our organization. We are grateful.

Warmly,

Lynne B. Hughes  
Founder & CEO



## A MESSAGE FROM OUR CO-CHAIR

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Comfort Zone has been helping children who have suffered a loss for over 23 years now. It is amazing how strong the organization is, and how we are able to help more children year after year.

It has been exciting to see the growth of Comfort Zone Camp. In 2022, the Board continued to grow and reflect the increasing reach across the country. Virginia continues to be our Headquarters, but we know to represent all of the areas we serve throughout the nation, the board must also represent those areas.

Last year was very successful with major fundraisers, committed partners, and the support of donors like YOU. We held 26 camps for 1,037 children from 32 states. In addition to traditional camps, we've learned through the pandemic how to offer on-line support and have continued to build in more "virtual camps" allowing CZC to help grieving children nationwide who may not be able to get to a camp.

2023 will continue to see expansions in the numbers of camps, virtual camps, and exciting growth throughout the country. As donations, camps and staff grow, we are very excited about that region allowing us to reach more children in need of help.

We couldn't help these children and families without the support of the donors to CZC. Lynne and Kelly, the rest of the staff and the hundreds of volunteers make the magic happen for the kids. But the full CZC community is responsible for putting CZC in a position where a record number of children will be supported in 2023.

Thank you for supporting this organization and the children.

- Derek Mohar



## 2023 BOARD OF DIRECTORS

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Mitch Decter, Co-Chair  
Derek Mohar, Co-Chair  
Craig Heah, Secretary & Treasurer  
Lynne B. Hughes, Founder & CEO

Karen Bouchard  
Carlisse Davis  
Ginger Drysdale  
Rob Fink  
Elaine Haney  
Joe Harrold

Candy Hipple  
Chris Pellegrino  
Kelly Plageman  
Luke Puccinelli  
Marty Wilson  
Sahmon Zoughi

## MISSION

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Comfort Zone's mission is to empower children experiencing grief to fully realize their capacity to heal, grow, and lead more fulfilling lives.

## HISTORY OF COMFORT ZONE CAMP

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Comfort Zone Camp is the first nonprofit bereavement camp for children, with the first camp taking place in 1999. Founder and CEO Lynne Hughes lost both of her parents at a young age and created Comfort Zone as an adult to give grieving children a safe, fun place to connect and to know that they are not alone. From what started as a small camp in Virginia has evolved into a national organization that has served over 23,000 children at no cost to the families.

## WHY CAMP MATTERS

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Nationally, 1 in 13 children lose a parent or sibling before the age of 18.  
Children with unaddressed grief are:

5X

more likely to die by suicide  
(USDHHS, Bureau of the Census)

9X

more likely to drop out of high school  
(National Principals Association)

10X

more likely to engage in substance  
abuse (Rainbows for All Children)

20X

more likely to have behavioral disorders  
(Center for Disease Control)

Your support helps children to overcome these statistics by providing the resources necessary to offer camp weekends free of charge.



# 2022 SNAPSHOT

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Thank you for impacting so many lives in 2022!

26

CAMPS FOR GRIEVING  
CHILDREN & FAMILY  
MEMBERS

1,037

GRIEVING CHILDREN  
ATTENDED CAMP

118

PARENTS/GUARDIANS  
ATTENDED CAMP

10

# OF STATES  
THAT HOSTED CAMPS

32

# OF STATES  
THAT CAMPER  
RESIDE IN

1,260

CAMP VOLUNTEERS  
HELPED GRIEVING  
CHILDREN

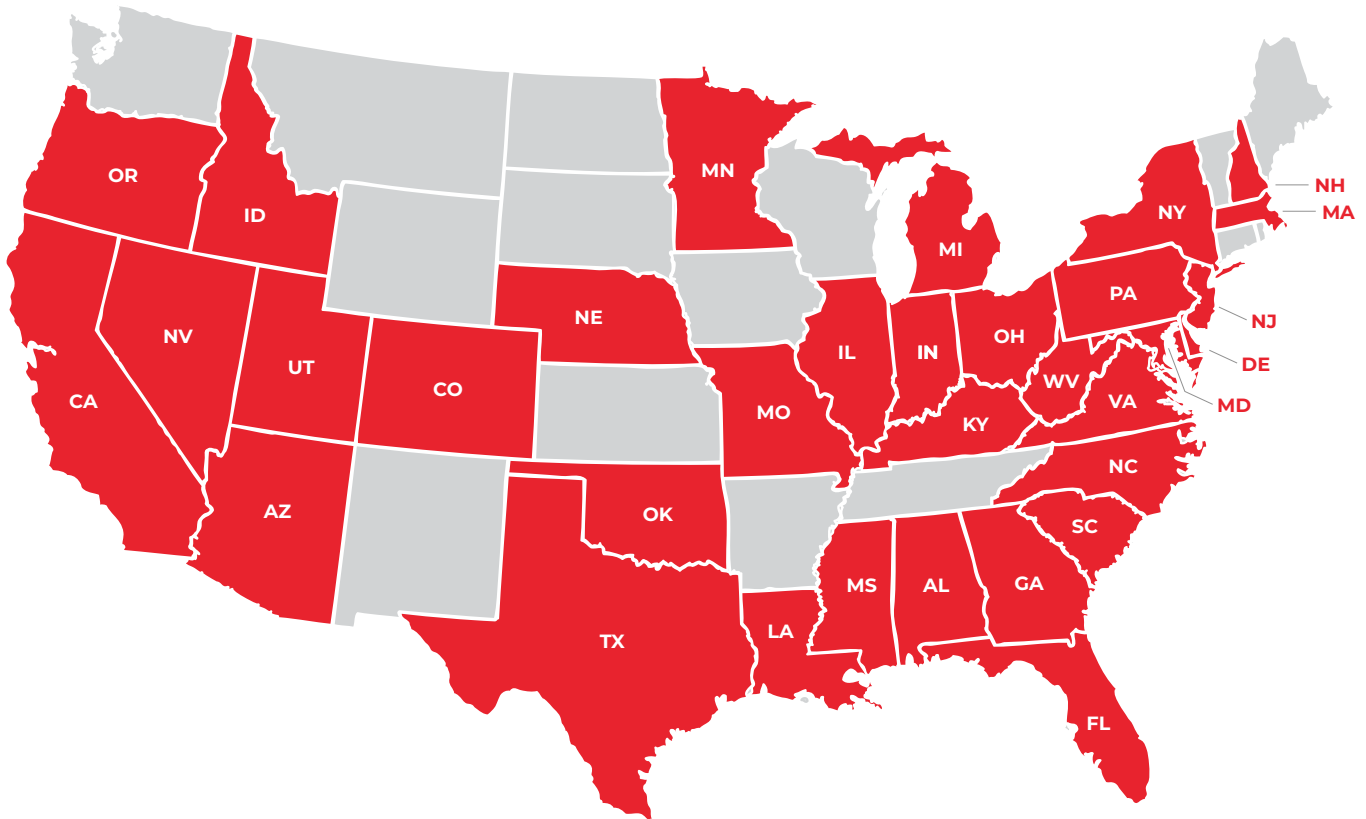


184

VOLUNTEERS WERE  
TRAINED

## WHERE CZC SERVED IN 2022, INCLUDING 2 NEW CAMP SITES IN CO & NY

Highlighted in **RED** are the states where our Campers resided in 2022.



## NEW IN 2022!

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As a result of the unfortunate rise of need, CZC developed a Suicide Loss Taskforce. This is a committee dedicated to spreading awareness about the suicide loss program to communities around the country. For more information, visit: <https://comfortzonecamp.org/suicideloss/>. This task force was developed to compliment our long term partnership with A Little Hope Foundation offering suicide loss camp.



The Brave of Heart Fund partnered with CZC to offer camps for those who lost a family member to COVID-19, especially those in the medical profession. This allowed us to not only learn more about the challenges this loss type experiences, but to be part of their healing journey.



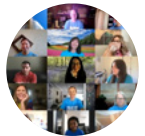
We expanded our staff in the NJ/NY region to support the growing region with more camps, and expansions planned for 2023.



Massachusetts and North Carolina held their first annual Cornhole Tournament.



CZC was selected as a Charity Partner for the New York City Marathon! Five participants trained, raised funds, and ran 26.2 miles to send grieving children to camp. Thank you Caitlyn Fabrocini, Kelly Merkel, Lou Greco, Casey Windmuller, and Aidan Bond for raising over \$42,000! We will have 5 participants in 2023.



We began offering virtual support groups for grieving children ages 10 and up, with an optional separate parent/guardian group that takes place simultaneously. These weekly support groups will continue in 2023.



A Little Hope Foundation and CZC co-hosted their first joint fundraiser, An Evening of Hope Gala, in New York City on October 13, 2022. We are planning a return of this impactful event on November 2nd in New York City.



CZC launched a Young Adult Council (YAC). This group of young professionals help Comfort Zone Camp plan events and create meaningful volunteer opportunities for other young adults. Inaugural Members include Jasmine Dabney, Connor Creech, Geoffrey Cole, Anne Barrett Mayfield, Ashley Bentley, Ashley Birdsell, Mariah Leonard and Scott Anonick.



## WE'RE BACK IN CALIFORNIA!

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In 2022, we were able to return to in-person camps for the first time since the pandemic! We held 3 in-person camps and launched a new Regional Advisory Council.

3

CAMPS

107

CHILDREN

7

PARENTS





## TRADITIONAL CAMPS

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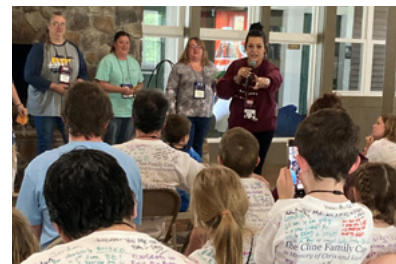
We are incredibly grateful to the individuals, companies, and foundations who supported Comfort Zone Camp financially. Because of the community's generosity, 1037 grieving children attended camp FREE of charge in 2022!





# PARTNERSHIP CAMPS

We held partnership camps in the following states in 2022; New Jersey, New York, Utah, Florida, California, Colorado, West Virginia and Virginia.



## PARENT/GUARDIAN CAMPS

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*"The parent program is one of the good things that was born of Covid. Not only does it allow you to experience what your kid(s) will experience at camp, you will also have some time for grieving and healing yourself. CZC has been a lifeline for me and my girls and I'm very grateful for the parent program."*

*- Jami Westby  
Camper Mom*

118

GRIEVING PARENTS/GUARDIANS  
ATTENDED CAMP FREE OF CHARGE  
IN 2022!

11

SEPARATE PARENT/GUARDIAN  
PROGRAMS OFFERED  
THROUGHOUT THE COUNTRY





# COVID LOSS CAMPS

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*"Coming to CZC with other members of the Covid Community meant the world to my girls and me. A Covid Loss has additional layers of trauma and grief that others who haven't experienced can't fully understand. Being with others who have lived our nightmare helped us to not feel alone."*

- Jerri Vance  
Camper Parent

4

IN-PERSON  
CAMPS



2

VIRTUAL SUPPORT  
GROUPS



1

COMFORT ZONE AT  
HOME CAMP



## CZC IN THE COMMUNITY

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Thank you to these organizations for spotlighting Comfort Zone Camp and helping to raise awareness of the need to support grieving children.



15th Annual Volunteer Expo hosted by Prudential Center  
Alamance Presbyterian Church  
Alpha Academy  
Authority Magazine  
Bergen County  
Blue Cross Blue Shield  
Boston Area Volunteer Managers  
Cap May TLC Meeting  
CarMax  
Credit Suisse  
Dominion Payroll  
Endicott College  
Espes Love Shack  
Essex Fells School  
Family Partners of Morris & Sussex Counties  
Genuis Talent  
Goochland County Schools  
Hunterdon County  
KPMG  
Main Street Investment Group  
Manakin Episcopal Church  
Mashable  
Massachusetts School Counselor Association  
Mass Mutual  
Montgomery County PA Suicide Prevention Taskforce  
Mother Magazine  
NB+C Network Building and Consulting  
News 12 Connecticut  
News 12 New Jersey  
Newsbreak  
NJ School Counselors  
NJ Spotlight News  
North Shore Child and Family Guidance Center  
PBS 13  
Petersburg School Counselors  
River City Consulting  
Steve Madden Foundation  
Sussex County Technical School  
The Star-Ledger  
USA Today  
VA School Counselors Association  
Virginia Pond  
WFMZ-TV  
WNET-TV  
WTOP  
WTVR  
Yahoo News



## OUR REGIONAL RACS GET THINGS DONE

In 2022, our Regional Advisory Council (RAC) Members accomplished A LOT! They raised funds, recruited and trained volunteers, organized events, and reached out to grieving families. Together, they raised over \$580,000, trained 98 volunteers, and organized 12 events! Here are the 2023 RAC Members:

CA	MA	NC	NJ/NY	VA
Kendi Eppley Mike Gaines Will Grewal Craig Peck Steve Pomerantz David Storch Sahmon Zoughi	Eric Gorewitz Isabella Grillo Judi Harrington Jenn Harris Joe Harrold Cyndi Holohan David Hull Steven Kunevich Molly Moran	Brooke Conn Izzy Larscheid Kimberly Lawrence Nick Margroff Tom Murray Patrick Nunn Lydia Ross Eron Vizcaya Andrea Wise	Sarah Ash Brenda Catalano Caitlin Fabrocini Kara Feigeles Karina Grossman Jason Kleinberger Joe Mastrogiovanni Chris Pellegrino Niki Russo David Weber	Charlie Connell Craig Heah Sara Heisler Tim Hoerner Anthony Jackson Ryan Keuster Tom Love Dawn South Michele Stehl Ryan Tagg Megan Wolfgang Daniel Wright

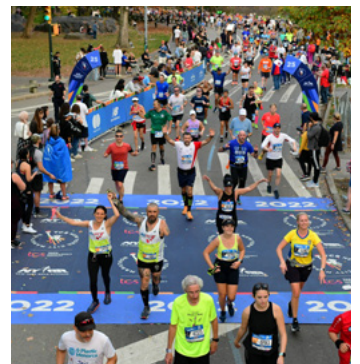
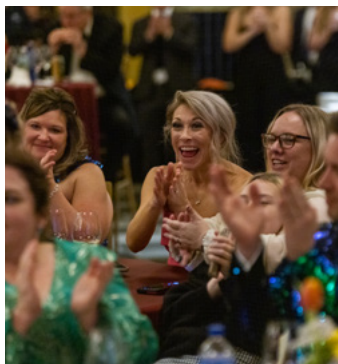




## FUN FUNDRAISING & BREAKING RECORDS!

Thank you to everyone who put the “fun”  
in fundraising in 2022 and helped us raise:

\$835,286!

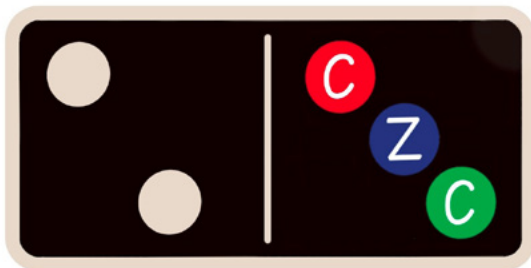


## COMING UP IN 2023

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*CAC - Camper Advisory Council*



*2023 camp theme is domino!*

- New camps! In partnership with A Little Hope Foundation, we will hold a drug overdose loss camp in New York the weekend of September 22nd.
- Starting an Overdose Loss Taskforce to address the 31% growth in overdose loss since 2021. This is a committee dedicated to spreading awareness about the overdose loss program to communities around the country.
- We are expanding camps in Virginia, California, Florida, New York and New Jersey.
- We will be offering more Family programs and virtual support groups.
- Expanding workshops, education, trainings for first responders.
- We have piloted a new group of advocates, the CAC - Camper Advisory Council. This group of young leaders and current campers will help to create awareness, advocate for childhood grief, and create opportunities to connect outside of camp weekends.



## 2023 PROGRAM OFFERINGS

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- New camp for overdose loss
- Suicide loss camp
- Continue our COVID loss camps
- In-person and virtual camps for children (7-17 year-olds; 18 if still in high school) with all loss types
- In-person and virtual camps and support groups for parents/guardians
- In-person camps for young adults (ages 18 – 25)
- Coaching and processing sessions for schools, groups and families after a loss
- In-person camps in: CA, MA, NY, NJ, VA, NC, FL, UT, WV





## YOUNG ADULT CAMP

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**Young Adult Campers (18-25) kicked off 2023 with 16 campers from 5 states.**

In 2023, there are three camps for young adults:

- Virginia in January 5-7
- New Jersey in May 19-21 for Suicide Loss
- New York in August 4-6

*"The CZC young adult retreat is a great reminder that I'm not alone in this grief journey. It gave me a chance to interact with others my age who can relate with navigating the young adult life stages without that important person in our lives. I'm always so thankful for CZC allowing access to these spaces that you can't find in the 'real world.'"*

- Cory Van Dyke  
Young Adult Camper

# CAMP DATES & LOCATIONS

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## **JANUARY 6TH - JANUARY 8TH**

Harrisonburg, VA at Massanetta Springs Hotel

## **JANUARY 9TH**

Virtual Volunteer Training

## **JANUARY 28TH**

North Carolina Volunteer Training

## **FEBRUARY 3RD - FEBRUARY 5TH**

Fruitland Park, FL at Warren Willis Camp in Partnership with Brave of Heart Fund

## **FEBRUARY 1ST - FEBRUARY 22ND**

Wednesday Night Virtual Support Group

## **MARCH 4TH**

Virginia Volunteer Training

## **MARCH 10TH - MARCH 12TH**

Wake Forest, NC at Camp Kanata

## **MARCH 20TH**

Virtual Volunteer Training in Partnership with OneLegacy

## **MARCH 27TH - MARCH 28TH**

Virtual Volunteer Training in Partnership with The Mark Wandall Foundation

## **MARCH 31ST - APRIL 2ND**

Williamsburg, VA at Jamestown 4-H Educational Center

## **APRIL 1ST**

New Jersey Volunteer Training

## **APRIL 15TH**

Virginia Volunteer Training

## **APRIL 15TH**

New Jersey Volunteer Training

## **APRIL 21ST - APRIL 23RD**

Hardwick Township, NJ at Camp Mason

## **APRIL 21ST - APRIL 23RD**

Fruitland Park, FL at Warren Willis Camp in Partnership with The Mark Wandall Foundation

## **APRIL 29TH**

Massachusetts Volunteer Training

## **MAY 5TH - MAY 7TH**

Palmyra, VA at Camp Friendship

## **MAY 5TH - MAY 7TH**

Lake View Terrace, CA at Gold Creek Center in Partnership with OneLegacy

## **MAY 19TH - MAY 21ST**

Johnsonburg, NJ at Camp Johnsonburg in Partnership with A Little Hope

## **MAY 19TH - MAY 21ST**

Cowen, WV at Camp Cowen in Partnership with The Cline Family

## **JUNE 2ND - JUNE 4TH**

Sandwich, MA at Camp Burgess

## **JUNE 24TH**

Comfort Zone at Home Virtual Camp

## **JUNE 26TH - JUNE 27TH**

Virtual Volunteer Training in Partnership with Intermountain Healthcare

## **JULY 10TH**

Virtual Volunteer Training in Partnership with By the Bay Health

## **JULY 14TH - JULY 16TH**

Williamsburg, VA at Jamestown 4-H Educational Center

## **AUGUST 4TH - AUGUST 6TH**

Wading River, NY at Camp DeWolfe

## **AUGUST 4TH - AUGUST 6TH**

Occidental, CA at CYO Camp in Partnership with By the Bay Health

## **AUGUST 11TH - AUGUST 13TH**

Salt Lake City, UT at Camp Kostopulos in Partnership with Intermountain Healthcare

## **AUGUST 18TH - AUGUST 20TH**

Wanship, UT at Big Canyon Camp in Partnership with Intermountain Healthcare

## **AUGUST 19TH**

New York Volunteer Training

## **AUGUST 23RD**

Virtual Volunteer Training

## **SEPTEMBER 9TH**

Massachusetts Volunteer Training

## **SEPTEMBER 15TH - SEPTEMBER 17TH**

Palmyra, VA at Camp Friendship  
The Becky Love Memorial Camp

## **SEPTEMBER 22ND - SEPTEMBER 24TH**

Fishkill, NY at Fresh Air Fund

## **SEPTEMBER 30TH**

Virginia Volunteer Training

## **OCTOBER 6TH - OCTOBER 8TH**

Sandwich, MA at Camp Burgess

## **OCTOBER 6TH - OCTOBER 8TH**

Greensboro, NC at Camp Weaver

## **OCTOBER 20TH - OCTOBER 22ND**

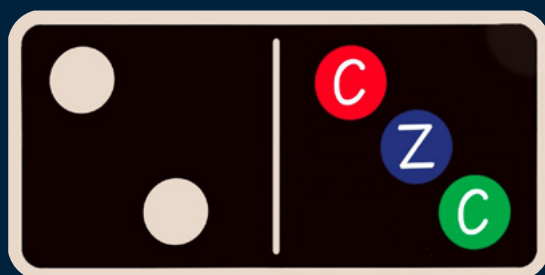
Hardwick Township, NJ at Camp Mason

## **OCTOBER 20TH - OCTOBER 22ND**

Cowen, WV at Camp Cowen in Partnership with The Cline Family

## **NOVEMBER 3RD - NOVEMBER 5TH**

Mechanicsville, VA at Camp Hanover



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