



YOUNG ADULT WEEKEND RETREAT

August 4-6, 2023



FREE
GRIEF
SUPPORT!

WHAT IS COMFORT ZONE?

Comfort Zone Camp serves children and young adults who have experienced the death of a parent, sibling, primary caregiver, or friend. All programs are offered at no cost to families. CZC provides a safe, nurturing environment where kids can have traditional camp fun, while at the same time acquiring tools to help them cope with their loss.

WHAT IS A YOUNG ADULT RETREAT?

The Weekend Overnight Young Adult Retreat program is designed for participants to join peers in a beach front camp retreat setting where discussions and activities are facilitated by a trained grief specialist.

Throughout the weekend, participants take part in conversations surrounding their loss and are able to share how grief changes as they reach life's milestones.

The program includes activities designed to facilitate trust, expression, and connection. For this particular retreat, there will be a lot of fun indoor and outdoor activities, as well as time to just hang out with peers.

CAMP MODELS & ELIGIBILITY

YOUNG ADULT RETREAT: Young adults must be ages 19-25 (18 if no longer in high school) who have experienced the death of a parent, sibling, or guardian.

WHEN & WHERE?

Friday, August 4th - Sunday, August 6th

Camp DeWolfe in Wading River, NY 11792

TO FIND AND FILL OUT AN APPLICATION TO ATTEND A YOUNG ADULT RETREAT:

- Create profile at <https://comfortzonecamp.org/>
- Email at sbruno@comfortzonecamp.org OR call 732-701-7636

