



“Camp Kerry’s influence on us is difficult to articulate, but know that it is profound.”

Camp Kerry Society  
Newsletter, Vol. 2

The Camp Kerry Society is a non-profit organization providing retreats, support groups, counselling and education for families coping with grief and loss.





## A Message From Dr. Heather Mohan (Executive Director):



Hello to all of you; our supporters, donors, volunteers, staff and participants. What a busy, rich and rewarding year we have had here at the Camp Kerry Society! As we grow, we are always asking ourselves what we need to improve, what is working and why? The philosophical foundation of everything we do implies a deep belief in the resilience and strength of families and in the power of community as a place of refuge and healing in times of turmoil and despair. As the American social activist Dorothy Day once said "we have all known the long loneliness ... we have learned that the only solution is love and that love comes with community". Love is the common thread that weaves us all together. Whether you are a supporter who champions our cause, a volunteer who gives of your time and energy, a donor who offers financial support, or a participant who chooses to courageously work through the process of grief in our programs; it is clear to me that you are each an essential part of the circle of giving, the circle of love that makes up our Camp Kerry community. I am inspired by your generosity, moved by your courage and very grateful to be part of this dynamic organization.

## YEAR AT A GLANCE: Some Highlights:

- **January:** Circles of Strength family support groups expand to include new groups in Burnaby
- **February:** Youth Group Recording Project is completed at Nimbus
- **March:** Peer Mentor/Youth Volunteer, Ali Clayton, wins a \$5000 YPI grant for Camp Kerry
- **April:** Connection, Healing & Hope Event at Cactus Club (Lougheed/Schoolhouse) raises over \$15,000 under the leadership of Justin Kovats, Melissa & Michael Lapczynski
- **May:** Camp Kerry office and family counselling space opens in New Westminster
- **June:** Team Camp Kerry, led by Joshua Dahling & Nicole Kirstiuk, raises almost \$70,000 in the 2013 Scotiabank Charity Challenge
- **September:** 27 families & 40 volunteers attend Camp Kerry BC retreat
- **October:** 4 families & 10 volunteers attend Camp Kerry Maui retreat
- **November:** Sovereign Order of St. John awards Camp Kerry a grant for the development of new youth program
- **December:** Camp Kerry DVD's go to press. All families and volunteers receive a personal copy



## PROGRAM UPDATES:



### *CIRCLES OF STRENGTH FAMILY SUPPORT GROUPS:*

In these year-round support groups, Camp Kerry counselors and trained volunteers help families to explore different facets of their grief experience and to acquire new coping tools and strategies. Our waitlists indicate a growing demand for this service and plans are in the works to expand these groups in the future.

### *CIRCLES OF STRENGTH ONLINE SOCIAL NETWORK:*

This private network was created as pilot project for the purposes of uniting Camp Kerry Alumni. Due to its success, we are now extending an invitation to the broader community of bereaved individuals/families, volunteers and health care professionals. Please send your request to: [joshua@campkerry.org](mailto:joshua@campkerry.org) if you are interested in joining us.

### *CIRCLES OF STRENGTH YOUTH PROGRAM:*

This new program is for youth between the ages of 12-19 who are coping with the loss of a loved one. It will provide youth with opportunities to generate positive memories and have fun through the use of adventure-based activities, expressive arts therapy, and peer support. If you wish to register or refer someone to this program please contact Joshua Dahling at [joshua@campkerry.org](mailto:joshua@campkerry.org)





## FAMILY RETREATS:



### CAMP KERRY:

Beautiful sunny weather graced our group once again at this year's retreat in British Columbia. 27 families and 40 volunteers embarked on a four-day adventure while reconnecting with old friends and meeting new ones. Together we experienced the power of music in a 115-person drum circle, the challenge of building a shelter in the forest, the beauty of a candlelight memory service under the stars, the intimacy of sharing circles and so much more. Many left with a sense of renewed strength, gratitude and hope for the future. One mother expressed it this way; "We were apprehensive about coming but we felt an instant connection with the families here. It has done a lot in helping us to feel more hopeful about our future. We feel stronger as a family."

### CAMP KERRY MAUI:

The beautiful tropical island of Maui created a magical space for our second successful Camp Kerry Maui retreat. Participants were guided through a process of self-discovery, relaxation and transformation as they experienced healing circles, music & art therapy, along with adventure challenges including; surfing, ziplining, outrigger canoeing, and more. We appreciate the generous support provided by the Pillon family for this unique project. We are also grateful for the 2500 hours that were given by our volunteer team to make this retreat a life-changing experience for four special families.

We've faced the darkness,  
the pain of endings  
And we remember  
the reason that we're here.  
But deep inside us,  
the light is growing  
With our hands joined together,  
we're facing down our fears.

- excerpt Camp Kerry  
Maui 2013 song



## WE SEND OUR IMMENSE GRATITUDE TO:

Our team of 60 dedicated volunteers who provided almost 12,000 hours of service this past year to the Camp Kerry Society!!! In the words of one participant: "Everyone who is part of the Camp Kerry team is just awesome ... They made each of us feel special as if we were the only ones that mattered. They each add another facet to the jewel of Camp Kerry."

All of those individuals who have generously provided financial support to the Camp Kerry Society. *We could not do what we do without you.* The following businesses and organizations who provided us with donations, gifts-in-kind and invaluable support:

Advantage Data Systems  
Adventure Group Whistler  
Banyen Books & Sound  
BC Lions  
Black and White Property Services  
Brandie Coe Photography  
Brock Smeaton Personal Real Estate Corporation  
Cactus Club Café (Coquitlam)  
Cake Your Dreams  
Canada Safeway  
Canadian Coast Guard  
Capilano Suspension Bridge  
CBR Photography  
Cheeseburger Island  
Chopra Yoga  
Condo Connection Services Inc.  
Costco Wholesale Canada  
Coquitlam Centre  
Dames & Dolls  
Diversified Staffing Services Ltd.  
Everything Wine  
442 Transport & Rescue Squadron  
Ferraro's Bar & Grill  
Gabrielle Guzzo

Global Freedom Foundation  
Golden Eagle Golf Club  
Golf BC  
Gotcha Covered  
Grand Wailea Resort  
Great Century Foundation  
Hollywood 3 Cinemas  
Hyak Wilderness Adventures  
Interior Design Group  
International Web Express Inc.  
Inspire Dental  
JLM Marketing Limited  
Kihei Canoe Club  
Kiwanis Club of Abbotsford  
KPMG  
Lancome  
Lochdale Community School  
Loden Hotel  
Lordco  
Maui Life Retreats  
M.D. Parry Holdings Inc.  
Mondofix  
Monkeypod  
Music Heals  
Northbridge Financial

North Lonsdale United Church/  
Upper Lonsdale Parent Participation  
Preschool  
Okanagan Crush Pad  
One Yoga  
Ouisi Bistro  
P3 Cream  
Paia Flatbread  
Personal Real Estate Corp.  
Pinantan Lake Resort  
Playland  
Prince of Whales Whale Watching  
Print Three Franchising Corp  
Purdy's Chocolates  
Royal Canadian Air Force  
Ruth's Chris Steak House  
Scandinave Spa  
Scott Hind & Associates  
Served Catering  
Servoweb Technologies  
Sid Dickens Inc.  
Signarama  
Skillful Touch Massage  
Skyline Eco Adventures  
Snorkel Bob's

Soccer Express  
Sovereign Order Of St. John Of  
Jerusalem Knights Hospitaller  
Stella & Dot  
Teldon  
The Howard Foundation  
The Toskan Casale Foundation  
Thomas Haas  
Urban Fare  
Vancouver Aquarium  
Vancouver Art Gallery  
Vancouver Canucks  
Vancouver Symphony  
Vancouver Urban Winery  
Vancouver Whitecaps  
W.E.B. Distributors Ltd.  
Wawanesa Insurance  
West Vancouver United Church  
Westwood Wines  
Wildplay  
Winwood Construction Ltd.  
Wireless Wave  
Yyoga  
Zip Trek Tours

## Did You Know That...

In the last year Camp Kerry helped families from over 16 different communities including: Ladner, Delta, Burnaby, Richmond, Vancouver, West Vancouver, North Vancouver, Coquitlam, New Westminster, Port Moody, Mission, Chilliwack, Kamloops, Prince George, New Brunswick and Maui!

## Did You Know That...

Over 300 professionals, volunteers and members of the general public were reached through our educational programs this year?

"I had forgotten how much light there is in the world, till you gave it back to me."

- Ursula K. Le Guin,  
*A Wizard of Earthsea*



## Did You Know That...

You can support the Camp Kerry Society by becoming a member for only \$10 a year?

### HOW YOU CAN HELP:

It is through giving that we all receive. Your donations of time, expertise, and finances allow us to continue offering all our programs without fees to families. There are many ways to contribute:

- Become a member
- Fundraise with us
- Volunteer
- Donate

#### Cheques can be mailed to:

Camp Kerry Society  
110-8061 Lougheed Hwy  
Burnaby, BC V5A 1W9

Camp Kerry Society  
145 East Columbia St.  
New Westminster, BC V3L 3W2

Online donations can be made through our website:

[www.campkerry.org](http://www.campkerry.org)

*Tax receipts will be issued for your donation.*

For more information, please contact us:

phone: **(604) 553-4663**

email: [info@campkerry.org](mailto:info@campkerry.org)

## Reflections on Therapeutic Touch at Camp Kerry

-By Team Member Ruth Stubens

Therapeutic touch (TT) is a gentle and safe energy balancing technique that can relieve stress and anxiety, boost immune function, enhance well-being and provide relaxation and comfort. This was my first year as a volunteer at Camp Kerry and I was honoured to offer TT to parents, staff and volunteers of all ages (including one very tired therapy dog!). In all, I gave 14 sessions and half of those were with people new to this type of relaxation technique. The feedback was very rewarding: everyone was so grateful for the opportunity to experience this gentle healing modality. Some could not remember feeling so relaxed and peaceful. Some were inspired to include more self-care into their routines. Those who had not experienced energy healing before came away with a new appreciation and sense of wonder. As for me, I can't wait to return next year!

