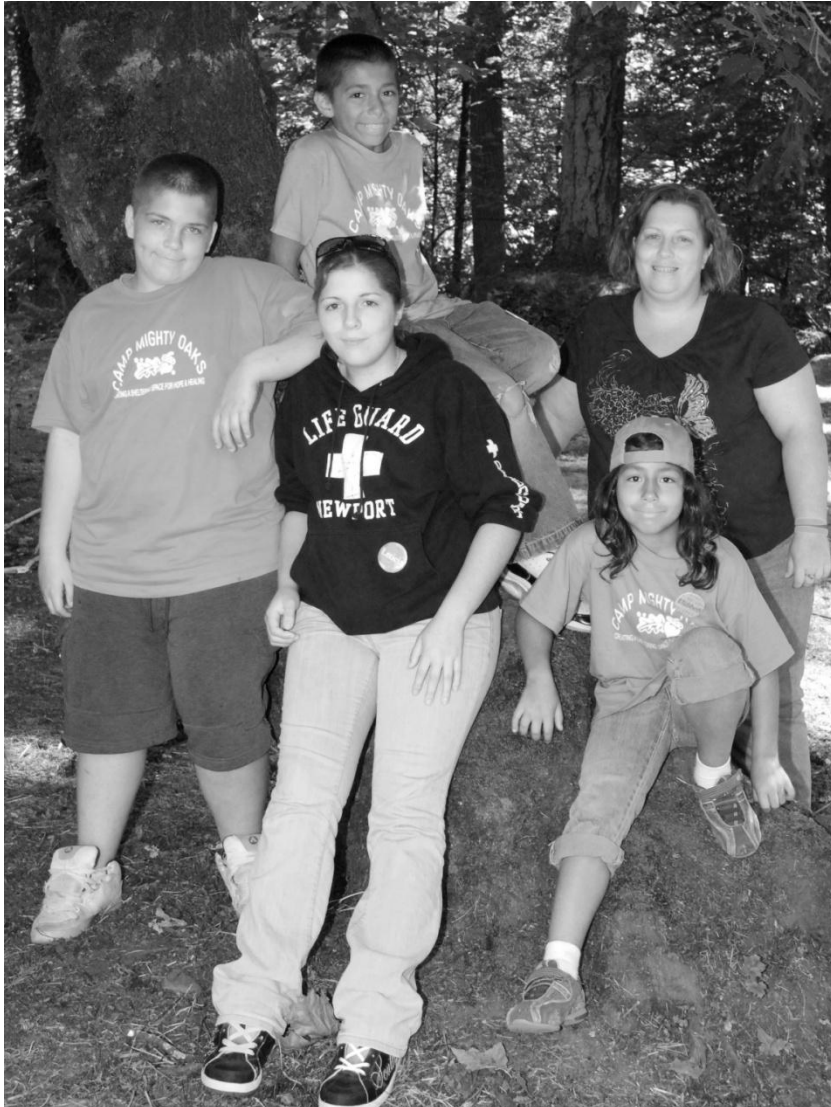


Kim felt as though she watched her children open “from little closed flowers to full blown blooms. Since camp ended, “the kids talk more about their grandmother and say “let’s go do this...you know she wouldn’t want us sitting around feeling sad all the time.”



Kim Herrera and children:

Leticia, 15; David, 12; Cristian, 10; and Elizabeth, 8

Family Matters

While attending a six-week grief support group offered by Willamette Valley Hospice, Kim learned about Camp Mighty Oaks. It is the only summer grief camp of its kind in the Marion and Polk counties dedicated to children and families. The camp experience focuses on family. Kim and her four children attended and spent the weekend participating both in adult and age-specific groups and as a family.

Each of Kim’s children took something special away from camp. For one of her daughters music therapy was the favorite, for son Cristian it was the quilt, specially made and donated by a local Quilters Guild in the area for just this purpose. Kim felt as though she watched her children open “from little closed flowers to full blown blooms. It was amazing to see.” Since camp ended, “the kids talk more about their grandmother and say “let’s go do this...you know she wouldn’t want us sitting around feeling sad all the time.”

Kim is looking forward to coming to the Coping with the Holidays Workshop provided by Willamette Valley Hospice bereavement counselors. She is hoping to get other family members involved and feels that this is just one more step in their healing process.

Photographed by Martin Giovannini