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• **Houston Solari Hospice Care**  
• **NEWS RELEASE**  
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**Houston Solari Hospice Care:**  
6800 W. Loop South, Ste. 250  
Bellaire, TX 77401  
Office: (713) 664-7120  
[info@solarihospice.net](mailto:info@solarihospice.net)

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## **DEALING WITH DEATH**

### ***Camp Solari Brings Children and Families Together to Heal***

**Houston, Texas – Jan. 27, 2012** – When children or teens and their families experience the death of a close loved one, they often need help in sorting through the intense flood of emotions that follow.

Solari Hospice Foundation provides a unique opportunity for insight, comfort and healing through Camp Solari, a weekend-long bereavement camp for children, ages 6 to 18, and their surviving guardian(s). Led by Mary Thory, M.A., LPC Intern, LMFTA, a Houston-based professional in grief counseling, this free community service reaches out to families as they face one of life's biggest challenges.

"Losing a parent, grandparent or sibling can affect every aspect of your life," explains Thory. "Being part of Camp Solari will teach these children and their families how to turn a negative event into something positive that they can carry forward with them for the rest of their lives."

The next Camp Solari will be held from March 23-25, 2012, at the beautiful Blisswood Bed & Breakfast at Lehmann Legacy Ranch, about an hour west of Houston. Applications are being accepted through February 17, 2012.

"Both children and their parents will learn to identify and deal with emotions, to commune with nature to heal, to use words, art and music to explore grief, and to better manage their stress," says Thory. "We will also explore creative ways to remember the family member who died."

Activities will be geared to children's ages and developmental levels. For example, younger children will make scream bags and memory boxes. Teens will learn relaxation techniques, create poems and decorate journals. In addition, special workshops and activities will help adults work through their own grieving process, while also teaching them strategies they can use to assist their children. All campers will have the opportunity to go on hikes and engage in other fun, outdoor experiences.

“Often times, people are told that grief comes in perfect linear stages and that everyone grieves in a similar way,” says Thory. “At Camp Solari, campers will learn that everyone grieves in a unique way and that all ways are normal. Counselors will coach campers in the coping skills they need to find their own way through the waves of emotions they are experiencing.”

Thory notes that she is excited about the group of counselors that she has recruited to run the camp this year.

“Each counselor brings his or her own set of talents, and professional and personal experiences to Camp Solari, and they all have strong backgrounds in working with children and families,” says Thory. “For example, one of our counselors used to teach junior high, one used to help children who have cancer, one works at a grief resource center, and another works in a county jail. Each of these counselors is passionate about helping individuals find healthy ways to cope with grief.”

All weekend activities – including lodging, meals and materials – are free to camp participants. Solari Hospice Foundation covers these costs through fundraisers and charitable donations.

“We’re honored to offer a camp that brings children and parents throughout the Houston metropolitan area together in one location to help them work through the difficult aspects of loss,” says Bren Hingle, R.N., executive director, Houston Solari Hospice Care. “It’s so important that families not feel like they are alone or different, and that they learn how to communicate their pain in constructive ways. Camp Solari gives them a peaceful place to connect, explore, laugh, cry and begin to heal.”

For information about Camp Solari, please call 713-664-7120. To learn more about the camp, download an application form or make a donation, visit [www.solarihospice.com](http://www.solarihospice.com) and click on the link for Camp Solari.

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