



## FOR IMMEDIATE RELEASE

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Media Release

### Mountain Valley Offers Free Grief Camps for Kids and Teens

(Dobson, NC) When children experience the loss of a loved one, they often grapple with complex emotions and challenges as they navigate grief and try to make sense of their feelings. Mountain Valley, a local hospice and palliative care organization, is here to help. Through the Love's PEAK program, which stands for "Providing Empathy and Assurance for Kids," the organization offers both pediatric hospice services and bereavement support for children who have experienced a loss.

This year, Mountain Valley's Love's PEAK grief camps are being offered in two locations: Jack Dalton Park in Collinsville, VA (July 12<sup>th</sup>) and Dobson First Baptist in Dobson, NC (July 19<sup>th</sup>). The grief camps are a fun, free day for children (5 – 12) and teens (13 – 16) who've experienced a loss or are expecting a loss in the near future. Through art, music, and other fun activities kids come together in a therapeutic environment, learning that mourning is not a process of forgetting but a way of remembering with less pain.

"Grief Camp is important," said Kristie Byrd, director of patient advocacy, "because it provides a relaxed, fun-filled environment where a child can express their sorrow while making connections with other children who have experienced similar loss."

Love's PEAK camps are free to all families with children and teens who have or are experiencing grief. Learn more about the camps and register through the Mountain Valley website at <https://www.mtnvalleyhospice.org/camp2024/>.

In the meantime, the Love's PEAK program also offers continuous support for young individuals who are grieving over the loss of a loved one. For more information on Love's PEAK, contact Kristie Byrd or Stephanie Tilley at 1-888-789-2922.



Mountain Valley is a nonprofit organization providing high quality end-of-life care in 18 counties in North Carolina and Virginia. Through its team of hospice professionals and specially trained volunteers, Mountain Valley addresses the growing need for compassionate hospice care. Mountain Valley also owns and operates two hospice inpatient facilities: The Joan & Howard Woltz Hospice Home in Dobson, NC, and the SECU Hospice Care Center in Yadkinville, NC. Both offer a homelike setting for patients and families alike. The goal for both facilities is to help families be as comfortable as possible as they stay close by their loved one during this time when families are needed most. For more information, visit [www.mtnvalleyhospice.org](http://www.mtnvalleyhospice.org).