



HEALING HEARTS. BUILDING HOPE.

Teen Retreat

Erin's House Teen Retreat allows **teens ages 14-18** who have experienced a death to take part in a 1-day retreat designed to encourage healing in a safe, comfortable environment, especially for them. This camp takes place each year in the **spring**.

Erin's House is partnering with Camp Red Cedar to bring equine-assisted learning activities to our teen campers, along with other activities that introduce and enhance emotional skills. This includes fun-filled games, crafts, open conversation, and more.

This retreat can provide a decreased sense of isolation among teens and feeling that they are the only person in the world having these thoughts and emotions after a death occurs.

We have found that the teens return from Teen Retreat with stronger, improved coping skills and ability to identify and express their emotions in positive ways, allowing them both respect and dignity in their personal grief journeys.

About Camp Red Cedar

Camp Red Cedar's mission is to encourage children and adults of all abilities to move beyond their boundaries through recreational activities, outdoor education, creative arts, and interaction with horses in an integrated environment. For more information about Camp Red Cedar, please visit CampRedCedar.com.

The History

At Camp Good Grief in 2009, the camp directors watched how the teens interacted so well together. Although the teens were very much part of the whole group, it was clear that they thrived together as true peers. So, beginning April of 2010, we offered the first Erin's House Teen Retreat!

Questions? Please contact Cindy Maldonado-Schaefer, Director of Operations: Cindy@ErinsHouse.org or 260.423.2466.