

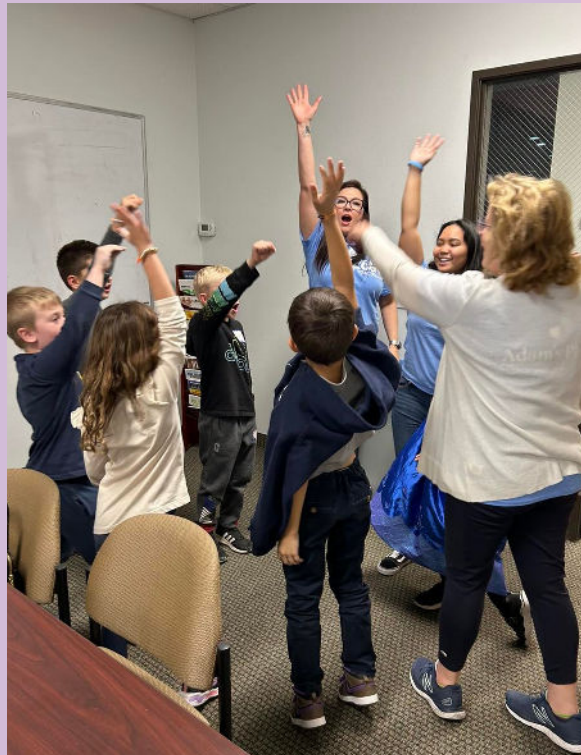
Who We Are

Adam's Place is a 501(c)(3) local non-profit organization and our mission is to support children, teens, and families experiencing grief and loss through our Camp Cope programs, activities, and resources.

Camp Cope is a peer support group program created to help children, teens, and families cope with loss. Trained volunteer facilitators lead and encourage group members to express the many feelings that are a part of the grieving process. Group members discuss and share activities with others who share similar life-changing experiences. The goals of Camp Cope are to make connections, build resiliency, and acquire healthy coping skills. Adam's Place also offers monthly virtual support group for adults, through our Third Thursday programs.

We also provide community activities for Camp Cope alumni throughout the year. These fun events combine recreation and support, in a variety of community locations..

"Our joys will be greater,
our love will be deeper,
our life will be fuller
because we shared your moment."



Visit us

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Tips on how to Help Someone in a Time of Loss



To sign up for our peer
support groups please go to
adamsplacelv.org

Some people know instinctively how to help a grieving person. But for most of us, dealing with someone else's grief is a little more uncomfortable. We might be at a loss for words. We might be uncertain about what to do. We might not know how to respond to the raw emotions a grieving person exudes. Our greatest temptation might be to avoid the person or ignore the situation. But that is the worst thing we can do.

Understanding Grief

The word "bereavement" means "to be torn apart." It describes the deep emotional wound caused by the death of a loved one. Grief is not an illness or a disease. It is a normal human reaction to the painful void that death creates. Grief is the process by which healing takes place.

Each person experiences grief differently, but most people find themselves struggling through areas such as:

- Accepting the reality of the death
- Feeling the pain of loss
- Adjusting to life without the person
- Repositioning the person as a memory
- Finding new meaning in life



Reaching Out

There is no magic formula for dealing with a grieving person. The best way to reach out to someone will depend on your relationship with that person and where he or she is in the grieving process. And if you don't have a close relationship with the person grieving, you still might be the first person they have seen since the news of their loss.

If the death just occurred, let the person know that you are saddened to hear the news. Expressions of genuine sympathy- even from acquaintances- offers the assurance that someone else cares. You will know instantly whether the grieving person wants to share the details of what happened.



Listening

Most people in the early stages of grief struggle with shock and disbelief. Telling the story of what happened allows them to come to grips with the reality of the death. You can help by listening. A good listener doesn't interrupt or try to change the way the person is feeling. A good listener just listens.

When grieving people begin to share their story, they sometimes get emotional. Assure the person that it's okay to cry or to express anger or frustration.

Don't say...

I know how you feel... You've got to be strong... It's a blessing in disguise...

Instead, say...

I can't imagine how painful this must be... It's okay to cry... What I'm hearing you say is... Anytime you want to talk...

Helping Children Grieve

Children grieve in different ways. Some will withdraw into themselves. Others will act out. Here are some suggestions for dealing with grieving kids of all ages:

- Let them know that you are willing to listen
- Answer questions honestly
- Admit when you don't know the answer
- Assure children that the death was not their fault
- Allow them to cry or express angry emotions
- Help them create a memorial

