



A Grief Support Program for Youth
CELEBRATING 22 YEARS OF SERVICE!



Expressions

Newsletter
May 2017

Spencer Butte Challenge Course Adds Excitement and Adventure for the Teens at Camp

Eight years ago Courageous Kids redesigned their teen camp program and Robert Brack and his team have played a very important role in that ever since. They work with the kids at camp the day they arrive and again the next day at the ropes course.

Robert is the Course Supervisor of the Spencer Butte Challenge Course, which is owned by the City of Eugene. In this experiential education program groups experience success, challenge, fear, risk and collaboration through participation. Through those experiences facilitators discuss what people observed, learned and how those things can be applied to their life or work. "We are capable of more than we think we are" is the essence of this program. (from their website)

Robert has been enormously generous and helpful to Courageous Kids. Our volunteers, who do the challenging activities at camp with the younger kids, have been able to participate in his training. Robert has also loaned us equipment to use and Athena met with him recently for a cup of coffee.

Athena: "What is it like for you to come out to Courageous Kids Camp?"

Robert: "We love coming out to camp. We come in to camp knowing the kids are there for their first day. They have a lot of questions about each other, and what to expect from camp. We are there to help them get comfortable with each other and with playing silly warm-up games."

The goal is for the kids to begin to bond, to trust one another and themselves and then to build upon that the next day. They learn to recognize and respect their comfort zone. And only when they are ready will they be able to get to the high elements. Robert believes it is especially valuable with the teens to have the camp counselors there and involved in the group forming process. They then can help the youth integrate what they learned further during the rest of camp: how can what they learned about themselves and others help them with the many adjustments (internal and external)

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Courageous Kids is a grief support program for youth and their families for whom a loved one has died.

We have provided camp, a teen theatre troupe, and support groups -serving 3,782 youth and parents- since we started in 1995.

Our services are free of charge. We depend solely on grants and donations.



Continued from front page

nal) they have to make after a loved one has died?

Robert: *"It is an easy partnership with CK. In fact, we use Courageous Kids as a model for other groups and organizations for how to work with us for the greatest benefit for the kids. The camp program (from an outsider's perspective) is all about creating a variety of experiences for the campers to express themselves: art, music and we are the adventure, a piece of that."*

He continued that it is very rewarding for them to see the challenge course experience integrated into a larger picture for the healing of the children. *"That's what we are all about!"*

We, at Courageous Kids, witness the transformation of the teens and the impact the Challenge Course has on their experience of camp every year. They arrive nervous, unsure, guarded and feeling quite alone. They come back to camp from the day at the course feeling surprised at what they, personally, and as a group, were able to do. They have started to feel supported by their peers and counselors, excited for the rest of camp - and very tired.

If you would like to schedule a group, you can contact Robert at Robert.j.brack@ci.eugene.or.us or 541-682-6324 or www.eugene-or.gov/751/challenge-course.

"She did NOT want to go, but when I picked her up, she was very glad she went and showed excitement, even saying she wants to go back! She very rarely shows any kind of emotion, so when I saw this, I knew it was GREAT/AMAZING"
parent of a middle school camper

We appreciate our wonderful volunteers!

The following volunteers have supported us with countless hours of help in the support groups, the office and events! Thank you for your time, skill, energy and compassion!

October 2016- March 2017:

Erin Allman	Maria Kurtenbach
Anna Bohr	Leyna Kurtenbach
Fran Calciano	Andres Larios
Raja Char	Matt McCallum
Brooke Couture	Nelly Miranda
Jenna Crawford	Rikki Redhead
Kirsten Frazer	Beth Robinson
Lauren Hval	Jacob Thomas
Carolyn Knox	Samantha Westmoreland
Amber-Dawn Krupicka	Marissa Wood



*"Thank you!
This group gave me
a safe place to
think about my Papa."
elementary-aged boy*





“This program has helped me make new friends and that just because I’m not crying doesn’t mean something is wrong with me.”
teen girl

Self-care Boxes

Long after the groups are over we hear from youth and parents alike: “I still have that self-care box and use it when I am down. It was my favorite activity. I LOVE it!” When we are down, when we have been hit by a grief wave, it’s hard to remember sometimes what we can do to take care of ourselves. This box reminds us.

Here is how we do it.

- **Materials include:**

- Big piece of paper to hang on wall for brainstorming

- A small box for everybody (card board, papier-mache, wood,.....)

- Strips of colored paper to write words or short phrases on

- Pencils, markers

- Decorations for the box (scrapbook paper, tissue, self-sticking tape/ribbons, paint glitter, beads, buttons, rhinestones, shells, stones, stickers etc)

- Appropriate glue (Elmers for paper, hot glue gun for everything else)

- We brain storm ideas for self care and write them on a big piece of paper. What helps us feel better, when we have big feelings or feel down and discouraged or overwhelmed? (The only rule is: it has to be safe and it’s better if it costs little or no money.)

- Everybody picks at least 5 things from the list that appeal to them, things they could/would do and writes them on individual strips of paper to stuff them in their box.

- Next we ask them to write an encouraging phrase/sentence for each of the other members of the group also on individual strips of paper and give it to them. They could be things from the list, something they like about the person, a contribution they appreciated, a strength they observed. These are often more meaningful during hard times, when one’s own notes can be easily dismissed.

- Decorate the box.

If you are not in a group, you could give a few strips of paper to your friends or family ask them to write something encouraging or appreciative for you. Many friends want to help, but don’t know how - this is something you can ask them to do.

Many thanks to our donors!

A big Thank you to all of you who support our programs at Courageous Kids! We can’t do this without you.

Grants and donations from organizations and businesses, October 1, 2016 - March 31, 2017:

Eugene Active 20-30 Club
Eugene Active 20-30 Foundation
Hearts for Hospice
L N Calendars
Shadow Hills Country Club
Sixth Street Grill
The Farm Store
The Oregon Community Foundation
The R & M Clark Family Foundation
The Straube Joint Trust
United Way of Lane County
Wakerly Family Foundation
Willard E Smucker Foundation

Individual Donations Received October 1, 2016 - March 31, 2017:

James & Sandra Abrahamson
Cynthia Anderson
Bert & Shirley Babb
Roger & Robin Best

Alicia Beymer
Barbara Cargill
Melanie Carlone
Jean & Timothy Clancey
Suzanne & James Creech
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Programs

Summer Camp
Support Groups
School Centered Support Groups
Teen Theatre Troupe

Couragous Kids

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2017 Calendar

Camp 2017

August 7 through 10, 2017
Application deadline: July 10th

Teen Support Group

Middle & High School
Fall: October 9 - December 11, 2017
Caregiver groups meet concurrently.

Elementary Support Group

Fall October 10 - December 12, 2017
Caregiver groups meet concurrently.

Suicide Loss Support Groups

TBA: Call for more information

School Support Groups

Offered upon request and
our availability

Teen Theatre Troup

TBA: Call for more information

Intakes and Pre-Registration

Intake and pre-registration is
required. Please call
541-242-8693.

There is no charge for any of
these programs thanks to
the donations of individuals
and organizations in our area.

What's happening at Courageous Kids!



Be sure to check out in this newsletter:

- Challenge Course adventure for teens
- Making your own Self Care Box
- Thank you donors and volunteers!
- Register for camp! By emailing Isa at ijennings@peacehealth.org

On the web at:
www.courageouskids-oregon.org



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www.facebook.com/courageouskidsoregon



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