



Fun at the dining hall



Campers and Volunteers



memory wall



THANK  
😊 YOU



Camp Stepping Stones  
May 31, June 1 & 2 2024

# Thank you to our 2024 supporters



# Once again Camp Stepping Stones was a great experience for campers and volunteers!

***Camp Stepping Stones welcomed 45 campers from across Manitoba.***

***58% from Interlake Eastern Region***

***40% from Winnipeg***

***2% from Prairie Mountain Region***



Campers creating memory boxes for special keepsakes.



Volunteers serve campers and special guests at the Friday night welcome dinner



Campers create drums and dreamcatchers

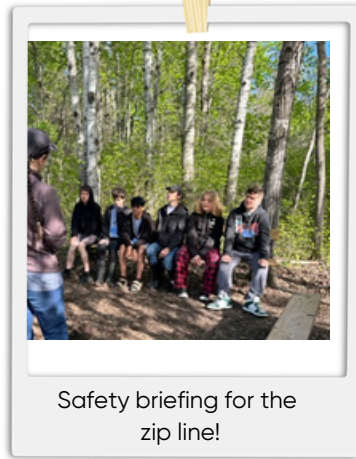
Generous donations from our communities ensured that these young people don't have to experience grief alone.

thank you



# 2024 Camp Highlights

Camp took place May 31, June 1 - 2



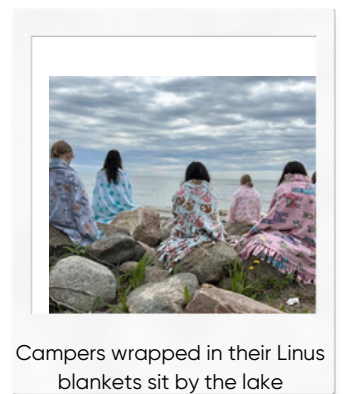
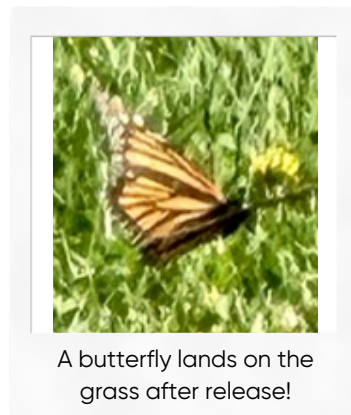
The weather cooperated with lots of sunshine throughout the weekend. The large amount of rain prior to camp made for soggy ground and lots of puddles but this did not dampen spirits or restrict any planned activities.

The weekend began with the arrival of campers on Friday evening and a welcome supper for them, their caregivers, and any family members who were with them at 'drop off'.

Parents and caregivers had the opportunity to participate in a coffee house with the IERHA spiritual care team prior to heading home. At the same time camper activities began. Campers created a memory frame and put pictures of their loved ones up on the memory wall where they stayed all weekend. The evening wrapped up with a hayride, campfire, s'mores and snacks!

Saturday morning began with breakfast and a full day of activities with shared camp mealtimes. Keeping with tradition, the day ended with a campfire where the campers had an opportunity to practice drumming on their homemade drums.

Sunday morning wrapped up the camp activities and camp ended with a big sharing circle for campers and volunteers to share what they liked most about camp. The final activity of camp was the release of butterflies.



# You make a difference. Thank you for being part of their journey.

“ On the way home he (my son) said “I am happy”. This is the first time I have heard him say this since his Dad died. ”

“ I believe it was really beneficial for my child to realize they are not the only one to lose a parent. In school they felt like they were. ”

“ Camp wasn't just something fun to do, it was a valuable resource that I hope can reach other kids who have difficulty processing death. ”

“ My son was able to process the loss of his dad as he learned of other kids' losses through their sharing circles. Although heavy, he was so open to hearing about the experiences of his friends and their families and this really aided in his ability to talk openly. He told me that he had a really good cry after talking about dad and it helped him to work through this with his cabin leaders. He loved his time at camp. ”

“ All the things they took home including the blankets, the stuffie, the pocket hug, personal water bottle and everything they created made a difference. It was wonderful. ”

“ My child loved all the crafts, especially the memory pillow. It was such a special way to remember his dad and he sleeps with it every night. ”

## CONTACT US

 [iehf@ierha.ca](mailto:iehf@ierha.ca)

[www.iehf.ca](http://www.iehf.ca)  204 485 5139



 **IEHF**  
Interlake Eastern  
Health Foundation  
Supporting care and community.

 **Interlake-Eastern**  
Regional Health Authority