

Support the Mission of CZC
and Help Give Hope
Back to a Child

1 in 7 children

will experience the death of a parent,
sibling or guardian during a critical time
in their life.



Financial support of Comfort
Zone provides resources
directly to programs that will make a
difference in the lives of the children
and families we serve.

Therapeutic Results Matter



80% of campers reported
they learned coping skills.



94% reported that they
were able to share their story.



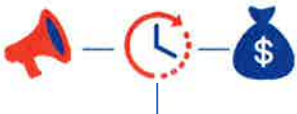
97% of campers reported they
were able to make a connection.

Lives Impacted

2,740

Over 2,740 lives impacted during
CZC program year 2016-2017.

Volunteers Make the Difference!



In program year 2016-2017,
clinical volunteers provided over 3,002
therapeutic volunteer hours at a total
value of \$302,000.



COMFORT ZONE CAMP

November 4, 2017



Grief has been an invisible force in my life ever since I was little. I was adopted from China as a baby and never knew my birth parents. I had no words for my emotions, and all I knew was they hurt. When I was seven, I was diagnosed with learning disabilities. The emotions I couldn't name grew even stronger. I became angry at myself because I couldn't be like my typically developing friends. Then when I was 14, my dad died of cancer. My dad was my buddy. He and I had a very close bond. Now the emotions had a name. People called it grief.

Grief was my stalker for fourteen years and I couldn't deal with it anymore. So I went online searching for resources and found Comfort Zone Camp. I went to my first camp in May of 2014, almost a year after my dad had died. I had a compassionate and kind Big Buddy who gave me the support to talk about my bottled up emotions. The whole camp bubble was so powerful. Throughout the weekend, I "turbo-bonded" with all the campers and volunteers through trust activities, Healing Circles, the bonfire, and the closing ceremony. I've been back for four more camps. CZC has helped me realize I'm not alone, and there is a safe place to grieve. It has helped me become more resilient. My invisible stalker can't torment me anymore. I have support, and now I'm the boss of my grief.

Ever since my first camp, I felt compelled to fundraise because grieving kids shouldn't have to feel isolated and bottle up their grief. I did a supply drive for my 15th birthday, fundraised for the polar plunge for Christmas, and I even raised \$500 for CZC's 2015 walk. I also became a volunteer so that I could pay it forward.

As a camper, I know why it's important to do all these things for kids that need Comfort Zone to show them how to cope in positive ways and that it's okay to grieve. I hope you will donate too!

Thanks,

Tina

P.S. Donate online at my.comfortzonecamp.org/tinaschallenge

Grieve. Heal. Grow.