



Stepping Stones of Hope



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How do you reach out to a child who has experienced the death of someone they love? How does an adult family member explore and cope with grief, yet still support a child's loss? Stepping Stones of Hope provides an opportunity to answer these questions during our many programs designed for kids, teens, adults, and families.

From First Steps support group to their One Day At Camp and a variety of weekend, overnight camps, our programs reach out to children, teens, and adults in separate, synergistic settings that have been designed to provide a nurturing, expressive, creative, and fun environment for healing to transpire.

Death is a difficult concept for children to grasp. Kids often keep their emotions hidden, not knowing how to communicate their pain, and not wanting to add to an adult's grief burden. Their programs provide a safe place for children to express themselves.

Through art, music, role-playing, and a lot of talking and laughing, kids learn about death and dying. And, they learn how to begin to cope. At the same time nearby, and in a separate location, adult family members are learning too, exploring their grief through journaling, music, art, self-care, relaxation and dialogue. And they discover ways to best support the children who share their loss.

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