

# Bright Star Center for Grieving Children and Families.



## A safe place to help grieving children heal.

Bright Star is a place for grieving children and their families to find support and connection.

This free community resource, offered by Hospice of Health First, provides a safe and understanding environment for healing after the loss of a loved one.

### At Bright Star, we believe:

- Grief is a natural reaction to the loss of a loved one, for both children and adults.
- Each person is capable of healing from grief.
- The duration and intensity of grief are unique to each person.

## Understanding is everything.

The most effective way to help children process feels of grief after losing a loved one is to provide a space where they can connect with others in similar situations. At Bright Star, we provide that space and facilitate understanding through meaningful peer support groups for children, teens, parents and guardians.

## We're here for you.

- Group meetings are held biweekly in the evenings from August through April each year.
- Camp Bright Star is a one-day experience for children ages five to 12 in November and May.
- Summer events at Bright Star include camp and activities for children, tweens, and teens.

**If you and your loved ones are grieving, please contact a Bright Star coordinator at 321.434.7622 or [brightstar@hf.org](mailto:brightstar@hf.org).** Together, we can discuss your needs and help you decide if our program can benefit you and your family.



**Bright Star Center for Grieving Children and Families**  
1131 W. New Haven Ave., Suite 102  
West Melbourne, FL 32904

Scan QR code to register for events and group meetings.



# Bright Star Camp.



Join us at Camp Bright Star for a free 1-day bereavement camp for youth who have experienced the loss of a loved one. Children ages 5 to 13 participate in a camp experience that facilitates emotional support and grief education with fun, interactive camp activities. Activities are led by Hospice of Health First and Bright Star bereavement specialists, registered nurses, and volunteers.

## Benefits.

- Opportunities to process their grief in healthy ways through group activities designed to help them express their feelings.
- Make friends who share similar experiences, fostering a supportive community.
- Provides a space for children to honor and remember their loved ones — helping in the healing process.
- Offers fun and interactive activities for an engaging experience.

## Additional Information.

- Registration is required for all campers. We do not allow same day registrations.
- Lunch will be provided the day of. We ask that your child have a good breakfast before coming to camp.

- Please ensure your child is in comfortable clothes and sneakers for camp activities.
- Guardians will be required to return at 2 p.m. for a family activity and closing ceremony.

If you have any questions, please contact us at 321.434.7622 or [brightstar@hf.org](mailto:brightstar@hf.org).



Saturday, November 4  
9 a.m. to 3 p.m.



Gleason Park  
1233 Yacht Club Boulevard  
Indian Harbour Beach FL, 32937

Scan the QR Code  
to RSVP. Space is  
limited.

