



You Are Not Alone: Teens Talk About Life After The Loss Of A Parent

Lynne Hughes

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Words of reassurance and strategies for coping with the loss of a parent, by the director of the nation's largest bereavement camp for children.

Loss is one of the most isolating experiences there is, and kids who have lost a parent feel especially different than those around them. Comfort Zone Camp was founded as a safe place for grieving children, and now this very special healing experience can reach an even larger audience of children and the people who care for them. Through frank and accessible testimonials, Lynne Hughes and the kids of CZC share the most difficult parts of their losses and offer their own experiences of what helps, what doesn't, what "stinks," and ways to stay connected to their loved ones. The CZC team (con'd)

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