

# CANADIAN YOUNG JUDAEA

## 8 CAMPS. 1 MOVEMENT. 365 DAYS OF THE YEAR.

### SUPPORTING OUR FAMILIES

#### Canadian Young Judaea's Tips and Supports for the 2020 Summer

Canadian Young Judaea's summer camps have been caring for CYJ families for over 100 years, and we will not stop during this pandemic. We continue to uphold our commitment to the safety and well-being of our campers and staff. We are deeply emotional about not being able to care for your children this summer in the same way that we always do. The decisions that each camp is making are personal, challenging, and difficult for all of us, and we want you to know that we will be there to support you in every way that we can.

Here are a few tips that we hope can help families through this time:

#### INFORMATION IS HELPFUL

- When we feel out of control, accurate and reliable information can help us make informed decisions and understand the world around us. Some of our camps have made decisions to cancel their camp and some are still working to offer their program safely this summer.
- Keep up to date and inform yourself and your children in matter of fact ways about what is happening.
- CYJ and its camps will continue to offer as much information as possible through e-mail and will stay in close contact with you.

#### TIPS FOR TALKING TO YOUR KIDS ABOUT CAMP IN 2020

*Many parents will need to have tough conversations with their child(ren), who may be campers or staff this upcoming summer. We also recognize that parents are currently under a lot of stress themselves, and so it may be difficult to be emotionally available. But, our kids do need us and we need to take time to be there for them.*

- Try to stay calm and manage your own emotions before engaging in a conversation with your children. Some deep breathing and positive thinking can really help get you ready for a meaningful talk. This is also a golden opportunity for us all to learn and practise coping skills.

- Be aware and curious about your child's emotions. People respond differently to news and uncertainty, and so we cannot assume to know how someone will react.
- Actively listen to your child and help them label what they are feeling with words.
- Understand and offer comfort. Emotions are an opportunity to get closer to your child, and if they feel understood, you can offer comfort and support, such as hugs and words of support.
- Ask about problem solving. Emotions are an opportunity for teaching and learning to deal with challenging times, disappointment and how to cope. After you validate their emotions, you can then ask if they want to problem-solve with you about ways they think might help them.

## YOU ARE NOT ALONE

*CYJ is here for you. We recognize youth need to connect to their peers now more than ever. Families can help their young people connect, and CYJ will also be supporting our families in staying connected through small group and large group programming, both on-line and face to face when possible.*

Program Calendar: [www.youngjudaea.ca/virtualprograms](http://www.youngjudaea.ca/virtualprograms)

Sign up to receive our Program Communications here: [www.youngjudaea.ca/newsletter](http://www.youngjudaea.ca/newsletter)

## OTHER RESOURCES

- If your children are really struggling, you may need to refer your child for professional support. Please check with your doctor, local mental health agencies and/or private practitioners to find the right support for your child/family.
- Kids Help Phone provides 24/7 support via text, chat and phone across the country. They also have practical and helpful resources on a number of topics, including coping with COVID-19.  
<https://kidshelpphone.ca>
- Anxiety Canada has resources to support coping with COVID-19 and managing anxiety.  
<https://www.anxietycanada.com>
- COVID-19 Youth Mental Health Resource Hub at Jack.org: [www.jack.org/covid](http://www.jack.org/covid)
- Articles are available for Parents on Supporting Families during COVID-19:  
<https://childmind.org/coping-during-covid-19-resources-for-parents/>