



PART OF THE ELUNA NETWORK

PARENT/CAREGIVER RETREAT



COPE offers a concurrent Parent/Caregiver Retreat to Camp Erin NYC. While the children are attending Camp on one side of the lake, parents and caregivers have the option of partaking in their own Retreat on the other side of the lake.

Loss affects the entire family. Supporting grieving children ideally involves supporting their parents and caregivers. The Retreat offers parents and caregivers similar support and caring to their children in a beautiful and serene setting.

During the Retreat, participants will have their own room and private bath with meals served in the dining hall. There will be scheduled programs and circles where they can share their personal story and find understanding from others who are on a similar path of loss—while learning tools to support themselves and their children in their grief.

There will also be optional free time to enjoy the camp grounds, swim, play tennis, pickle ball, and walk on a wooded trail—hopefully finding some downtime and personal peace.



“It opened my grief. It gave me new ideas. It showed me the power of holding grief as a community. It helped me feel more comfortable with my grief. It was truly the gift of a lifetime.”
-2023 Parent/Caregiver Retreat Participant

While Camp Erin NYC is free to attend, a \$100 donation is requested for those participating in the Parent/Caregiver Retreat. This donation helps offset the cost of a room for 2 nights and 6 meals and can be made in memory of your loved one.

COPE programs are available to all regardless of your ability to pay, so please contact adam@copefoundation.org if you are unable to cover the full donation.



PARENT/CAREGIVER RETREAT



ABOUT LILLY & JERRY—

The Parent/Caregiver Retreat was created and is led by COPE Founder, Lilly Julien, and her partner, Jerry Weinstock.

In 1992, Lilly Julien's life was shattered when her 20 year old daughter, Michelle, lost her life in a fatal car accident.

With her husband and two surviving children, Lilly struggled to rebuild her life after the devastation of losing a child. Inspired by a dream visitation from her daughter, Lilly founded COPE Foundation, a non-profit organization dedicated to supporting parents and families living with the loss of a child. COPE—an acronym for Connecting Our Paths Eternally—serves the Long Island and greater New York area.

In 2000, Lilly lost her husband to a fatal heart attack. Her children, grieving their father and sister, had little support. Their losses inspired Camp Erin NYC in 2012 and the Parent Caregiver Retreat in 2015.

Jerry lost his wife, Joy, to breast cancer, in 2007. He's written a grief memoir, JOYride: How My

Late Wife Loved Me Back To Life and Grief Quest: A Workbook & Journal to Heal the Grieving Heart. Lilly and Jerry collaborated on adapting it for parents who've lost a child. They've given workshops at bereavement conferences across the country.



For more information on the Parent/Caregiver Retreat, please contact info@copefoundation.org.

"I felt the weekend gave me some space from my daily responsibilities as a parent, wife, daughter and sister to help me start processing my own grief and gain tools to help my children work through their grief."

-2023 Parent/Caregiver Retreat Participant