

IMPORTANT INFORMATION

Virtual Programming

We are developing a "Camp Fox from Far" virtual program to still allow for engagement, connectedness, personal growth, and fun during the planned week of Camp Fox, June 21st – 27th. We would love to see your camper there! Please be on the lookout for more information on what will be offered and how to sign up.

Refunds

We are offering three options for refunds. **Our staff will be contacting registered camp families in the coming weeks to process your preferred method.** Thank you for your patience as we contact all families.

Donations: Making a gift of some or all of the funds you have already paid is a generous way to ensure that the Anaheim Family YMCA's camp programs remain strong and we are able to continue to provide these life-changing experiences for youth in the future. Your gift preserves our mission and legacy and helps us provide a camp experience to youth and families in need. Thank you to everyone who is able to make this vital gift to the Anaheim Family YMCA's camp scholarship fund during a time of extreme hardship.

System Credit: Your payment can be left as a credit on your Anaheim YMCA account to be used towards any future programming, including future camp registrations. This option also assists Anaheim Family YMCA's financial stability, and we are incredibly grateful.

Full or Partial Refunds: We know that many families are also facing their own hardships. We can process a full refund, or you may choose to take a partial refund and make a donation with the remainder. We will process refunds as quickly as we are able; we kindly ask for your patience as our processing time will be longer than usual.

Future Programming

Although much is subject to change, we currently plan to continue our elementary age program, Camp Miehana, later in summer. There is a possibility we may add registration options for older youth to attend and participate in separate programming. More information will be sent out as soon as it is available. We also are exploring some shorter program options for Camp Fox (weekend camps) in the fall. Again, all information will be made available to families as soon as it is finalized.

Anaheim Family YMCA's Mission & COVID-19

Our mission to serve all remains strong during this time. While we have paused a variety of in-person programming, we are still working hard to serve our community where we can. The Anaheim Family YMCA is currently providing free meals at 23 locations Monday-Friday. Please visit our website for information regarding free meal locations and times, as well as additional resources we are currently offering.

TALKING TO YOUR CHILD ABOUT CAMP CANCELATIONS

When talking to your child about this or any difficult news, first remember that **you know your child best**. Try to digest the news yourself before talking to your child. Below are some tips that can help guide you:

Acknowledge their feelings. Expect a range of emotions, including disappointment, anger, sadness, or even grief. Most of us, including our children, have experienced a lot of cancelled plans, and adding yet another disappointment to the list may feel overwhelming. Acknowledge that it is frustrating to suffer yet another loss.

Ask: What would help? When your child is ready, think about what can be done to cope. Let them know we will be providing a virtual camp experience or set up a video call with some camp friends. What are some things that your child can do to share their favorite parts of camp with your family? Maybe they can teach you a game from camp or camp song. Is there a camp meal you can make at home? Not every child will feel better by doing camp activities at home, so let them be the guide. Remember, it may take time for your child to process their feelings to get to a place where they can think about pro-actively moving forward.

Check-in again. Over the next few days, gently ask how they're doing and see if they need more support. Try to remember to ask again as we get closer to the days when camp would have started.

Here are some additional resources for addressing other challenges that can arise in a crisis:

[How to Talk to Your Children When Bad Things Happen](#): This article offers help with one of the biggest challenges of parenthood, explaining bad things in the world.

[Supporting Families During COVID-19](#): The Child Mind Institute shares supportive and comprehensive resources for parents on a number of coronavirus-related topics.

[Parenting in a Pandemic: Tips to Keep the Calm at Home](#): These tips from the American Academy are designed to help families through the current crisis.

[How to Be Your Best Self in Times of Crisis](#): Psychologist Susan David shares wisdom on how to build resilience, courage, and joy in the midst of the coronavirus pandemic in this TEDtalk.

[Emotional Regulation Worksheets: A Coping Skill Activity](#): This worksheet and calming technique can help you focus on the present rather than overthinking about the past or future.

[51 Mindfulness Activities for Kids](#): These tips and activities can teach elementary-aged students how to practice mindfulness.