

EMPOWHER CAMP

CLASS OF 2024 - IMPACT REPORT



Image : Group photo of Class of 2024 Young Leaders, mentors, & allies

FAST FACTS

- COAST TO COAST -

In our third year of running EmpowHer Camp we have reached seven new states with a total of twenty-one different states being represented between our young leaders, mentors, and allies ranging from California to Rhode Island and many in between!

- GROWTH -

Young Leaders reported growth in at least 14 out of 17 skills categories, including mental and physical self care, communication, adaptability, & much more! Additionally, All young leaders reported growth in time management, teamwork, discipline, and confidence.

- PARENT OBSERVATIONS -

Parents have expressed witnessing increased confidence, pride, resilience, and overcoming fears after just one week of camping in the Adirondacks!



QUICK RECAP

This summer, EmpowHer Camp welcomed it's largest class yet with 10 young leaders from across the country! Our Young Leaders spent a week camping with successful disabled women mentors and fantastic allies. The way this group of young leaders bonded from day one was special to watch. During our camping trip we learned survival, independent living, interdependence, goal setting, and leadership skills! Each Young Leader learned how to build a fire, identify plants, plan meals, and cook in the wilderness! We also learned about emergency preparedness, teamwork, and adaptability. The fun included games, tie-dyeing, inside jokes, campfire singing and dancing, and so much more.



Image : Young Leaders learn to build a fire with mentors and allies



Image : Mentor playing the guitar next to a Young Leader playing the ukele

MENTORING MATTERS

By the end of camp each Young Leader was matched with a mentor who they will be working and bonding with throughout the year. Young Leaders created a yearlong community impact projects involving inclusive disaster strategies that they learned at camp and they will work on their projects with help from their mentor. Participants and mentors connect regularly to talk about their projects, school, family, goals, college, future careers, life, and so much more! Even though the Young Leaders & mentors are spread across the country, we still stay connected through virtual get-to-togethers with the whole class to have some fun!

“WHAT I LEARNED”

Wisdom from our Young Leaders

“I’ve learned to be more vocal about my needs, and I’ve learned several other useful skills, such as building a fire.”

“I learned how to better advocate for myself as well as ask for more help from people around me.”

“Going to camp out in the woods has pushed me a lot and now I want to take charge of my life this coming year and create a better version of myself.”



Image : Young Leader laughing & wearing a purple sweatshirt reading “Disabled women make history”



WHAT HAPPENS NEXT?

The Young Leaders will continue to work on their community impact projects with the help of their mentors for another ten months. Also throughout the year we all get together virtually to catch up, play games, laugh, and have fun until we are reunited in person. We will also have a resume workshop and we will work on other leadership and life skills throughout the year. In July 2024, we will reunite in Washington, D.C. where the Young Leaders will present their projects, practice their interview skills, learn Congressional meeting etiquette, meet with Congress, explore the city, demonstrate how they've grown as leaders, and set long term goals for the future! Then, later that summer, a new group of Young Leaders will begin their EmpowHer Camp journey by camping in the Adirondacks!

When Disabled Girls Lead, We All Succeed!