

EmpowHer Camp



Empowering young women with disabilities through transformational learning experiences.

Each year disabled young women from across the United States are invited to the Adirondacks for one week to have fun, connect with other disabled girls, meet mentors, and learn about disaster preparedness, all while developing leadership skills. Girls meet again in Washington, D.C. the next summer for an exciting reunion trip to reconnect with friends and explore how they have grown as leaders. During the year between the camp trip and the reunion trip, girls work on a year-long local project involving inclusive disaster strategies and check in with their mentor monthly. Mentors help the girls with the project, school, and disability issues, while empowering the girls to achieve their goals and continue setting bigger goals for the future.



Disability EmpowHer Network hosts our Adirondacks trip at John Dillon Park, a fully accessible wilderness facility located in the beautiful Adirondacks. The girls have fun, sleep in lean-tos, learn to build fires, and explore nature all while making lifelong friends and connecting with mentors who will support them.

Motivation

Women with disabilities experience the highest rate of unemployment of men and women with and without disabilities.

We can change that by motivating girls with disabilities to succeed!

Survival Skills

Women with disabilities are 2 to 4 times more likely to die or sustain a critical injury during a disaster than people without disabilities.

We can change that by teaching young women with disabilities about disaster preparedness and basic survival skills!

Mentorship

Research shows that disabled girls often do not have disabled adult role models to be positive influences in their lives & that there is a greater need for girls with disabilities to have such role models because there is less visibility of successful disabled women in our culture.

We can change that by having successful disabled women camp with disabled girls and be paired together for a 12 month mentoring relationship. Mentors will check in with the young women to talk about projects, school, life and more.

The 4 Stage of EmpowHer Camp

1 Adirondacks Trip

Development of independence, leadership, and survival skills while camping in upstate New York.

3 D.C. Reunion Trip

Communicate about their community projects to national leaders in the federal government and disability community. Learn about civic engagement and professional development



2 Community Project

Year-long emergency preparedness project to help disabled people in their home community while developing a mentoring relationship with successful disabled women.

4 Lifetime Membership

Lifelong friendships and support network for future success and opportunities.



What People Are Saying

Participants:

"EmpowHer Camp has opened many doors for me and given me a community of young disabled women who are ambitious and goal-drive."

Mentors:

"EmpowHer Camp helped improve my confidence unexpectedly I accomplish things I did not know I could do and EmpowHer Camp was a safe place to try new things and not fear failure or judgement."

Parents:

"She came back from camp feeling empowered about who she is and knowing it's ok to do things that might look different than other people. Everyone has noticed the maturity that has happened in her since starting EmpowHer Camp!"



Through EmpowHer Camp, our Young Leaders connect with mentors & other youth with disabilities, have fun, learn basic survival skills, practice leadership, increase their independence and become more confident

Learn More about EmpowHer Camp at disabilityempowhernetwork.org/EmpowHerCamp

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