

**Camp Courage**  
Maple Lake

**Camp Friendship**  
Annandale

**Camp Courage North**  
Lake George

**Camp Eden Wood**  
Eden Prairie

**Camp New Hope**  
McGregor



# TRUE FRIENDS

Camps. Respite. Programs. Travel.

# 2014 SCHEDULE



A world where experiences and adventures  
are open to individuals of all abilities



# TRUE FRIENDS

Camps. Respite. Programs. Travel.

Welcome to True Friends! What an interesting journey we have made this past year. There is so much excitement in our organization as we launch our new name and brand. Here's the heart behind it ... We believe in helping amazing individuals and their families.

Our mission has been crafted by board members who are professionals, parents and advocates: **Provide life-changing experiences that enhance independence and self-esteem for children and adults with disabilities.**

Life-changing experiences are a tall order, but our staff has been providing this for years. We will strive to do it even better. By working together, True Friends can make an incredible difference.

A year ago, our catalog was a combination of two schedules – Courage Camps and Friendship Ventures programs. This year, we are excited to bring not only your favorite sessions, but also new programs for more audiences. If you haven't looked at camp lately, come see what we're all about.

Ed Stracke  
President & CEO

## CAMP OPEN HOUSE

Sunday, May 4, 2014

Camp Friendship (CF) 2-4 p.m.

Camp Eden Wood (CEW) 1-3 p.m.

Camp Courage North (CCN) 2-4 p.m.  
(R.S.V.P. at 218.266.3658)

Camp New Hope (CNH) 2-4 p.m.  
(R.S.V.P. at 952.852.0110) ext. 6

Sunday, May 18, 2014

Camp Courage (CC) 1-4 p.m.

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# ABOUT TRUE FRIENDS

## What's new at camp?

- Enhanced and expanded programs to serve children and adults with physical, developmental and learning disabilities.
- Program descriptions are in categories to help you find the session that meets your needs. The categories are: **developmental disabilities, physical disabilities, learning disabilities and health & education.**
- We have structured our prices based on care ratios. Our staff to camper ratios often differ from daily living care ratios. Please visit [www.truefriends.org](http://www.truefriends.org) or speak with camp staff to determine the best care ratio for you.

We have a strong legacy built on more than 100 years of combined service through our five camp locations. In the past year, we served more than 4,000 children and adults with disabilities. Come and see all that camp has to offer.

## Care and Safety

Our staff provide the guidance, supervision and support participants need to get the most out of their experience at camp.

- Staff to camper ratios range from 1:1 to 1:8. Our staff to camper ratios often differ from daily living care ratios. Please visit [truefriends.org](http://truefriends.org) or speak with camp staff to determine the best care ratio for you.
- True Friends will accommodate food preference and special diets including but not limited to: vegetarian, lactose intolerant, limited vegan and any specific food allergies. We can provide gluten-free meals, however our facilities are not 100 percent gluten-free. Contact us with any questions.
- Health care staff and professionals to distribute medications and monitor the day-to-day health of participants (nurse is available 24 hours).

## ACA Accredited

True Friends resident camp programs at all five locations are accredited by the American Camp Association (ACA). These programs comply with nationally recognized standards for content, personnel, administration, health care, site and facilities. ACA representatives visit facilities every three years to assure compliance with these standards.

## RESPIRE Weekends at camp

Respite offers campers ages five and up a chance to extend their stay, or for those who cannot commit to an entire session, the opportunity to experience camp during a convenient weekend.

All sessions are based on a 1:1 care ratio with a \$690 rate. See page 13 for deposit information.

Children and adults who receive waiver dollars may pay for respite services with these funds. The waivers include CADI (Community Alternatives for Disabled Individuals), BI (Brain Injury), DD (Developmental Disability), and CDCS (Community-Directed Community Supports). Please contact Registration at 952.852.0101.

Check-in Friday from 6:30-7:30 p.m.

Check-out Sunday from 4-5 p.m.

## BYOC Bring your own caregiver

BYOC is designed for people who want to have the camp experience, but with their own support person who is 18 years or older. Participants may attend select sessions at Camp Friendship, Camp Eden Wood and Camp New Hope, and will enjoy all the same traditional camp activities. See BYOC section on our website for guidelines and how to register.

## Choose Your BYOC Package

### Full-day camp

Enjoy six hours of activities.  
\$45 per camper (caregiver free)  
\$10 per person to add meal

### One overnight

Cabin stay, six hours of activities and three meals  
\$132 per camper  
\$60 per caregiver

## 2014 SUMMER RESPITE SCHEDULE

Date	Camp Friendship Sessions	Camp Eden Wood Sessions
June 6-8	410	611
June 13-15	411	-
June 20-22	412	612
June 27-29	413	613
July 4-6	414	614
July 11-13	415	615
July 18-20	416	616
July 25-27	417	617
Aug. 1-3	418	618
Aug. 8-10	419	619
Aug. 15-17	420	620
Aug. 22-24	421	-

# DEVELOPMENTAL DISABILITIES (DD) Session descriptions

## Camp Otter 1:1

NEW! Providing an environment that brings out gifts within individuals who have a high care needs. Our 1:1 staffing fosters the nurturing setting that enhances campers' unique qualities and talents. Focusing on their contribution to the camp community builds self-worth and social comfort. Campers who need 1:1 support due to behavioral or physical needs can choose Camp Otter. Offered at CF, CEW and CNH.

## Adult Camp

Classic camp activities with lots of group interaction. Enjoy outdoor and lakefront sports, hikes, campfires and cabin living. Build friendships with other campers and counselors as you experience the best nature has to offer. It's the classic camp experience. Offered at CF and CNH.

## Youth Camp

These sessions are for kids and their siblings to come to camp for a week of outdoor adventures, recreational sports, and creative arts activities. Learn to live with a group, try new activities, socialize with peers, and be a kid! Live and play with kids and teens of a similar age, interest and activity level. Offered at CF.

## Sibling Youth Camp

A fully-inclusive program for kids ages 5-18. Campers and their siblings and friends enjoy a wide variety of programs such as outdoor recreational games, swimming, archery, fishing, boating, camping, creative arts, talent shows and climbing activities. Staff members guide cabin groups through activities that help campers learn and thrive in peer living settings while practicing social interactions in a safe, non-judgmental environment. Offered at CEW.

## Day Camp

Come enjoy action-packed days at Camp Eden Wood and Camp Friendship this summer! Day Camp provides campers of all ages and ability levels outdoor experiences and creative outlets. Campers interact with peers and join in traditional camp activities without spending the night. Sessions are offered for all ages and it's a great way to sample the camp experience. Day Camp runs Monday-Friday all summer from 8:30-5:30. Offered at CF and CEW.

## "On the Town" Day Camp

One special week of day camp at Camp Eden Wood that incorporates local beaches, splash pads, museums, farmers markets and local events to foster a sense of belonging and independence in the community. Offered at CEW.

## DID YOU KNOW

According to Native American legend, the Otter is a clever, creative creature equipped with a brilliant imagination and intuition. However, the Otter is seen as quirky and unorthodox, whose unconventional methods are not often called upon by society. Left to his or her own devices, the Otter can be rebellious, isolated, and unscrupulous. In a nurturing environment, however, the Otter is sensitive, courageous, and sympathetic.

## Destination Smiles Down Syndrome

For kids, teens, and adults. Enjoy outdoor experiences with new friends! Campers live in cabins with peers of a similar age, and will participate in camp activities that foster friendship-building within the Down Syndrome community. A youth mentorship program will help welcome young, new campers by pairing them with an older teen to help them learn the ropes of camp. Offered at CEW.

## Adult Getaway Retreat

Designed for campers with low care needs who can complete daily living skills. Participants enjoy more free time and plan their own camp vacation by choosing activities that challenge and interest them. Each camp is located on a lake packed with aquatic fun and is full of hiking trails for exploring. Make sure to get enough rest in our modern cabins to do it all again the next day! Offered at CF, CEW, CCN and CNH.

## Adult Getaway Retreat Art Extravaganza

This new session was developed as a spin off the traditional Adult Getaway Retreat, with a focus in art. Featured activities include: ceramics, digital art, pencil drawing, sculpture, printmaking, textiles, jewelry making, basket weaving and photography. Campers will build patience with an extended project and express life challenges and successes with creative media and fine art. Offered at CEW.

## Adult Camp Fishing Retreat

Crazy about fishing? Don't let this week be the one that got away! Explore everything Glacier Lake has to offer with an all-inclusive fishing vacation at Camp New Hope. Vacationers will fish from a pontoon and dock, learn fishing strategies, species identification and boat safety. Plus, knot-tying, cleaning and cooking fish, lake conservation and fish biology. Bait, tackle and fishing poles provided, but vacationers may bring their own. Offered at CNH.

## Horsing Around

Any session with “Horsing Around” in the title offers traditional camp PLUS equine experiences. Learn horsemanship, horse history (from the wild west to the pony express), fun saddle skills and a taste of what Therapeutic Horseback Riding (THR) is like. In riding or connecting with a horse, participants gain physical, mental, social and emotional skill development in a unique setting, plus get an unforgettable experience. Several sessions offered at CC, CF and CEW.

## Camp Independence

Designed for higher ability campers who can be supported at a 1:3+ ratio. Siblings are invited to all sessions. Participants are independent in daily living and social skills with few behavioral challenges. This inclusive camp is for youth with or without disabilities seeking to grow skills in: Independence, self-esteem, peer-relationship building, social comfort, adventure, exploration and decision-making. In this graduated program, youth and teens are responsible for achieving individual daily objectives based on their personal growth goals. Campers work both individually and as a team to earn “camp money” on credit cards that they can use to “purchase” outings and special treats. Staff are trained to build skills in campers ages 5-18. Offered at CC, CF, CEW and CCN.

## Autism Sensory Splash 1:1

Geared towards individuals who benefit from short, frequent programs, with a high-level of transition support between activities. Campers' days are filled with visual supports, sensory breaks, and highly-structured activity periods. One-to-one staffing provides flexibility to campers so they can make activity choices that meet their individual tastes, and take breaks as needed. Campers who benefit from this program include those experiencing disabilities associated with autism spectrum disorders, sensory processing disorders, profound cognitive disabilities, and anyone who enjoys a high level of structure, visual supports and staffing flexibility. Offered at CEW.

## Aspergers Camp

This structured program for campers with autism spectrum disorder will focus on social skill learning. Campers practice asking to join activities, trying something new, sharing and taking turns while participating in traditional camp activities. Participants build confidence with leadership development and social interactions among other campers facing similar challenges. True Friends partners with ANSWER (Aspergers Network Support) to offer this session. Offered at CC and CF.

## Camp Discovery 1 & 2

A partner camp with AuSM (Autism Society of MN). Ideal for youth with autism spectrum disorder who enjoy a camp experience with a high degree of structure and small group activities. Campers should be able to positively and safely participate within small groups, as this camp provides 1:4 support only. Activities include swimming, kayaking, canoeing, mountain biking, hiking, arts and crafts, nature experiences, recreational games and more. The experience includes interest groups and special events, along with small group discussions focusing on self-awareness and self-advocacy. Adults with ASD work as mentors, serving as empathetic, positive role models. For information and an application, call the Autism Society of Minnesota at 651.647.1083. Offered at CCN.

## Discovery Trip

Following Session 2 of Camp Discovery, a limited number of participants will embark on an adventure trip. Campers will canoe from campsite to campsite and get to know the great outdoors in a new way. To participate in this trip, campers must have previously attended Camp Discovery, are able to tolerate several hours of canoeing, able to sleep in a tent in any weather, tolerate insects, and use a portable, outdoor toilet. Camp directors will make the final selection. Offered at CCN.



# PHYSICAL DISABILITIES (PD) Session descriptions

## Youth Camp

This session provides opportunities to enjoy outdoor activities ranging from swimming and campfires to boating and crafts. As part of this experience, youth increase self-confidence, independence, learn responsibility and develop essential leadership and self-advocacy skills. Campers select activities based on their individual interests. Trained staff members provide personal care and assist with activities. Offered at CC.

## Youth Camp BYOC

Designed for campers with complex physical disabilities that require total or extremely involved care. "Bring Your Own Caregiver" to provide support and care. Enjoy a fun-filled week of traditional camp activities such as boating, fishing, swimming, canoeing, kayaking, digital photography, nature and environmental studies, arts and crafts and overnight camping. In addition to having fun, campers learn social and leadership skills and gain independence in a safe environment. Campers select activities based on their individual interests. Offered at CC.

## Adult Camp

Featuring traditional camp activities such as swimming, boating, campfires and arts and crafts. In the evenings, come to our all-camp events that give you time to socialize and connect with your fellow campers. Trained staff members provide your personal care and assist with activities. Offered at CC.

## Adult Camp BYOC

Designed for campers with complex physical disabilities or sensory impairments requiring total or extremely involved care. "Bring Your Own Caregiver" to provide support and care. Participate in traditional camp activities from boating and swimming, to crafts, fishing and more. In the evenings, come to our all-camp events that give you time to socialize and connect with fellow campers. Offered at CC.

## Spring Break BYOC

NEW! Blooming and full of life, come for a spring break weekend at Camp Courage on Cedar Lake! Specifically designed for campers with complex physical disabilities or sensory impairments requiring total or extremely involved care. "Bring Your Own Caregiver" to provide support and care, while participating in traditional camp activities like fishing, crafts and more. In the evening, come to the all-camp events to socialize and connect with fellow campers. Offered at CC.



## Family Camp

Courage family camps are fun, accessible and short getaways that include individuals of all abilities. Our staff facilitate a variety of activities and ensures a comfortable stay. Parents are responsible for supervision of their children. Enjoy networking, sharing stories and savoring nature. Families have the option of participating in group activities or exploring areas on their own. Each evening features a special group gathering or campfire. Please inquire with staff for accommodation details. Offered at CC.

## Fall Family Camp

Enjoy the autumn beauty with fall colors and crisp cool air. Each day features traditional and seasonal camp activities such as hay rides, pumpkin decorating and outdoor campfire cooking. You can choose to participate in planned activities, or spend some quiet time relaxing with your family in the peaceful camp environment. Offered at CC.

## LEARNING DISABILITIES (LD) Session descriptions

### **ADDventure Trips**

Adventure is out there and our trips will bring your child right into the thick of it. Power-packed camping trips focus on meeting the needs of youth with ADD/ADHD and other academic and/or social skill difficulties. These trips foster friendships, build skills, raise adrenaline and grow confidence through exploring the great outdoors. Trips are led by a trained wilderness guide who promotes independence and growth. This year's Spring Break session will feature a trip to the Rocky Mountains. The all-boys session and all-girls session will explore Minnesota's north shore. Trips depart from Camp Eden Wood.

### **Camp ADDventure**

Designed for youth with ADD/ADHD. Camp ADDventure creates a place for participants to have fun, meet new friends, and grow in their understanding of self and others. Each morning campers take part in team-building workshops that focus on self-confidence, positive interaction and independence. They then have the opportunity to practice those values in afternoon adventures. Offered at CCN.

### **Weekend Focus**

NEW! The weekends just got a little more exciting! Designed for youth with ADD/ADHD who want to make new friends and build self-confidence. Each weekend participants will be part of an environment which fosters socialization, positive interactions and independence through skill-building, volunteering and play. From rock climbing to robotics, science to dance, Weekend Focus provides an opportunity to say, "Hey, I have done that!" Offered at CEW.

### **Camp enVISION**

NEW! Volunteers Innovating, Serving, Inspiring, Organizing and Nurturing. Come explore nature while building confidence and learning valuable life skills. Camp enVISION is designed for youth ages 16-25 to discover their interests in the outdoors. While campers swim, boat, bike, take a weekend trip and use the high ropes course, they will work as a team to learn from one another and support each other in their move to adulthood. Campers create and plan activities, listen to each other, work together and interact. Participants learn more about employment responsibilities by touring the working side of camp and learning about the different departments, leading into volunteer opportunities in their areas of interest. Offered at CF.

## HEALTH & EDUCATION (H&E) Session descriptions

### **Hemophilia Camp**

For people with hemophilia and other related bleeding disorders. Take advantage of safe facilities and the great outdoors. Campers have multiple opportunities for developing leadership skills. To apply, contact: Children's Hospitals and Clinics of Minnesota, 612.813.7064 or Angela.boyd@childrensmn.org Hemophilia Foundation of MN and the Dakotas at 651.406.8655, Mayo Clinic at 507.538.3270; Hemophilia Outreach Center of Wisconsin at 920.965.0606 Great Lakes Hemophilia Foundation at 414.937.6782. Offered at CCN.

### **Hemophilia Extreme Adventure Trip**

Campers push their boundaries on this extreme adventure through the Wisconsin woodlands. This 4-day, 3-night trip will take you to multiple locations for canoeing, hiking and camping. Campers must be able to tolerate 3-hour canoe rides and 45-minute hikes. A medical professional specializing in hemophilia will accompany the excursion. Days are spent canoeing or hiking to special destinations the adventurers will help plan. Nights are filled with stories, bonding and learning how to live within nature. Campers must have attended Hemophilia Camp to go on this trip. See Hemophilia Camp description for contact and registration information. Offered at CCN.

### **Camp Connect**

A camp for students with communication disabilities. Help your child maintain valuable communication skills over the long summer break. This session is geared for children who have a primary diagnosis of a speech, language or hearing disorder. Language development is the primary focus. Counselors and staff are led by a speech and language professional to reinforce communication skills in activities ranging from swimming and boating to nature and crafts. Interpreters for deaf and hard of hearing campers provided. Offered at CCN.

### **Handiham Radio Camp**

A partner camp with the Courage Kenny Rehabilitation Institute Handiham program. Enjoy a week of ham radio fun and learning. Make new friends while building an on-air community that continues after you leave Radio Camp. Get a general radio license or learn new operating skills. New this year is expanded operating skills and maximum fun! If you already have a ham radio license, you will enjoy smaller group operating skills classes and more time to get on the air. Wireless internet access is available. Instructors are experienced amateur radio operators from across the nation. Trained staff members provide personal care assistance. We will have plenty of time to enjoy traditional camp activities. If you have questions, call the program manager at 952.852.0110 ext. 5. Offered at CC.

## HEALTH & EDUCATION (H&E) continued

### Brain Gains

This partner camp with Courage Kenny Rehabilitation Institute is for adults with brain injuries. Have fun and attend classes led by skilled therapists who will cover memory, time management, problem-solving strategies, coping and social skills. Campers also get to enjoy traditional camp and outdoor activities while increasing independent living skills. If you have questions about these retreats, call the program manager at 952.852.0110 ext 2. Offered at CCN. \$1560

### Arthritis Camp Cambria

Join the Arthritis Foundation's first annual Camp Cambria! A residential camp for children ages 8-17 who have juvenile arthritis or related conditions. Experienced professional and recreational staff develop the camp program. Emphasis is placed on involvement in activities the camper may not otherwise experience. Camp Cambria is held at Courage Lakeside August 11-15. To apply, contact Liz Atchison at 651.229.5371 or [latchison@arthritis.org](mailto:latchison@arthritis.org). Offered at CC.

### Mitch's All Star Camp

This camp is sponsored by the Miracles of Mitch Foundation. It is a partner camp for kids who either currently have or have had pediatric cancer and their siblings. Campers get to know their peers in a safe, healthy, recreational setting with pediatric hematology/oncology medical staff on site (both physicians and nursing staff). Siblings can participate in special programs that focus on living with a brother or sister with cancer. Activities range from crafts and nature study to photography, swimming, horseback riding and more. For more information about the camp and the application process, please call the Miracles of Mitch Foundation at (952) 974-9600.



### Power Soccer Family Camp

In partnership with the Courage Kenny Rehabilitation Institute Sports and Recreation Department. Enjoy six days of power soccer training and camp fun. Top power soccer coaches and players from across the United States teach you the latest drills and training methods to make you the best power soccer player ever! If you are a first-timer or current player, come and learn the latest techniques from the experts. To apply contact Jr. Mamea at [Jr.mamea@couragecenter.org](mailto:Jr.mamea@couragecenter.org) or 763.520.0558. Offered at CC. \$360

### Literacy Camp

This unique session is for struggling readers, whether beginners or years behind grade level. Enjoy recreational activities and also work with educational specialists on literacy-related activities. Session is directed by national literacy experts Drs. David Koppenhaver and Karen Erickson. Informal descriptive reports of literacy assessments and interventions are provided to families and campers to share with their schools. Campers should be independent in their personal care needs and have a means of communication, which may include an AAC (augmentative communication) system. Offered at CC.

### Camp R.O.C.K.

This partner camp is sponsored by Raising Our Celiac Kids, Twin Cities. This gluten-free camp session offers all of the joys of classic camp with an entirely gluten-free menu with food made in a safe and dedicated gluten-free kitchen. Children diagnosed with celiac disease or gluten intolerance are encouraged to attend this program where they can make new friends in an environment free of worry about the safety of their food. Night games, bonfires, swimming, talent show and dance are just a few of the memory-making activities. To apply, contact Katie Radeke at [ktannradeke@hotmail.com](mailto:ktannradeke@hotmail.com) or visit the website at [www.twincitiesrock.org](http://www.twincitiesrock.org). Offered at CC.



## Sessions Listed by Location

### CAMP COURAGE Resident camp schedule

Dates	Sessions	Ages	Program Type	Care Ratios		
				1:1-2	1:3-5	1:6 +
June 29-July 4	801 Youth Camp	5 to 18	PD	\$1560	\$1100	\$780
June 29-July 4	802 Youth Camp BYOC	5 to 18	PD	\$795 for all campers		
June 29-July 4	803 Youth Camp Horsing Around	8 to 18	PD	\$1860	\$1400	\$1080
June 29-July 4	804 Camp Independence	5 to 18	DD	-	\$1100	\$780
June 29-July 4	805 Camp Independence Horsing Around	8 to 18	DD	-	\$1400	\$1080
July 7-11	806 Mitch's All Star Camp	7 to 17	H&E	See description page 8		
July 13-19	807 Adult Camp	18 & up	PD	\$1872	\$1320	\$936
July 13-19	808 Adult Camp BYOC	18 & up	PD	\$928 for all campers		
July 13-19	809 Adult Camp Horsing Around	18 & up	PD	\$2247	\$1695	\$1311
July 20-25	810 Camp R.O.C.K.	8 to 17	H&E	See description page 8		
July 22-25	811 Adult Camp	18 & up	PD	\$936	\$660	\$468
July 22-25	812 Adult Camp BYOC	18 & up	PD	\$530 for all campers		
July 27-Aug. 1	813 Aspergers Camp	16 to 21	DD	-	\$1100	\$780
July 27-Aug. 1	814 Aspergers Camp Horsing Around	16 to 21	DD	-	\$1400	\$1080
Aug. 3-8	815 Adult Camp	18 & up	PD	\$1560	\$1100	\$780
Aug. 3-8	817 Adult Camp Horsing Around	18 & up	PD	\$1860	\$1400	\$1080
Aug. 3-8	818 Power Soccer Family Camp	Families	PD	\$360 for all campers		
Aug. 11-15	819 Arthritis Camp Cambria	8 to 17	H&E	See description page 8		
Aug. 17-22	820 Literacy Camp	12 to 18	H&E	\$1560	\$1100	\$780
Aug. 17-22	821 Literacy Camp Horsing Around	12 to 18	H&E	\$1860	\$1400	\$1080
Aug. 16-23	822 Handiham Radio Camp	18 & up	H&E	\$1,560 for all campers		

### SPRING BREAK & FAMILY CAMP Camp Courage

Dates	Session	Ages	Program Type	Care Ratios		
				1:1-2	1:3-5	1:6 +
April 4-6	824 Spring Break BYOC	18 & up	PD	\$318 for all campers		
April 4-6	825 Family Fun	Families	PD	\$60 day / per person		
Oct. 24-26	826 Fall Family Camp	Families	PD	\$60 day / per person		

## CAMP FRIENDSHIP Resident camp schedule

Dates	Session	Ages	Program Type	Care Ratios		
				1:1-2	1:3-5	1:6 +
June 8-13	205 Camp Otter 1:1	5 & up	DD	\$1560	-	-
June 8-13	205A Adult Camp	18 & up	DD	\$1560	\$1100	\$780
June 8-13	205B Youth Camp	5 to 18	DD	\$1560	\$1100	\$780
June 8-13	206 Camp Otter 1:1 Horsing Around	8 & up	DD	\$1860	-	-
June 8-20	207 Camp enVISION	16 to 25	LD	-	-	\$1100
June 15-20	208 Adult Getaway Retreat	18 & up	DD	-	\$1100	\$780
June 15-20	209 Camp Independence	5 to 18	DD	-	\$1100	\$780
June 22-27	210 Adult Camp	18 & up	DD	\$1560	\$1100	\$780
June 22-27	211 Adult Camp Horsing Around	18 & up	DD	\$1860	\$1400	\$1080
June 22-27	212 Youth Camp	5 to 18	DD	\$1560	\$1100	\$780
June 29-July 2	213 "Mini" Adult Camp	18 & up	DD	\$936	\$660	\$468
June 29-July 2	214 "Mini" Youth Camp	5 to 18	DD	\$936	\$660	\$468
July 6-11	215 Camp Otter 1:1	5 & up	DD	\$1560	-	-
July 6-11	215A Adult Camp	18 & up	DD	\$1560	\$1100	\$780
July 6-11	215B Youth Camp	5 to 18	DD	\$1560	\$1100	\$780
July 13-18	216 Adult Camp	18 & up	DD	\$1560	\$1100	\$780
July 13-18	217 Youth Camp	5 to 18	DD	\$1560	\$1100	\$780
July 20-25	218 Camp Otter 1:1	5 & up	DD	\$1560	-	-
July 20-25	218A Adult Camp	18 & up	DD	\$1560	\$1100	\$780
July 20-25	218B Youth Camp	5 to 18	DD	\$1560	\$1100	\$780
July 20-Aug. 1	219 Camp enVISION	16 to 25	LD	-	-	\$1100
July 27-Aug. 1	220 Adult Camp	18 & up	DD	\$1560	\$1100	\$780
July 27-Aug. 1	221 Youth Camp	5 to 18	DD	\$1560	\$1100	\$780
Aug. 3-8	222 Adult Camp	18 & up	DD	\$1560	\$1100	\$780
Aug. 3-8	223 Youth Camp	5 to 18	DD	\$1560	\$1100	\$780
Aug. 3-14	224 Camp enVISION	16 to 25	LD	-	-	\$1100
Aug. 10-14	225 Adult Getaway Retreat	18 & up	DD	-	\$880	\$624
Aug. 10-14	226 Aspergers Camp	7 to 15	DD	-	\$880	\$624
Aug. 10-14	227 Camp Independence	5 to 18	DD	-	\$880	\$624

## DAY CAMP Camp Friendship

Dates	Session	Ages	Program Type	Care Ratios		
				1:1-2	1:3-5	1:6 +
June 9-13	228 DC Day Camp	5 & up	DD	\$690	\$490	\$345
June 16-20	229 DC Day Camp	5 & up	DD	\$690	\$490	\$345
June 23-27	230 DC Day Camp	5 & up	DD	\$690	\$490	\$345
June 30-July 2	231 DC "Mini" Day Camp	5 & up	DD	\$414	\$294	\$207
July 7-11	232 DC Day Camp	5 & up	DD	\$690	\$490	\$345
July 14-18	233 DC Day Camp	5 & up	DD	\$690	\$490	\$345
July 21-25	234 DC Day Camp	5 & up	DD	\$690	\$490	\$345
July 28-Aug. 1	235 DC Day Camp	5 & up	DD	\$690	\$490	\$345
Aug. 4-8	236 DC Day Camp	5 & up	DD	\$690	\$490	\$345
Aug. 11-14	237 DC Day Camp	5 & up	DD	\$552	\$392	\$276

## CAMP EDEN WOOD Resident camp schedule

Dates	Session	Ages	Program Type	Care Ratio		
				1:1-2	1:3-5	1:6 +
June 15-20	715 Camp Otter 1:1 Cruise Into Summer	18 & up	DD	\$1560	-	-
June 15-20	716 Camp Otter 1:1 Horsing Around	18 & up	DD	\$1860	-	-
June 22-27	717 Adult Getaway Retreat Art Extravaganza	18 & up	DD	-	\$1100	\$780
June 29-July 2	718 "Mini" Camp Otter 1:1	5 & up	DD	\$936	-	-
July 6-11	719 Destination Smiles Down Syndrome	5 & up	DD	\$1560	\$1100	\$780
July 13-18	720 Adult Getaway Retreat	18 & up	DD	-	\$1100	\$780
July 20-25	721 Camp Independence	5 to 18	DD	-	\$1100	\$780
July 27-Aug. 1	722 Autism Sensory Splash 1:1	5 & up	DD	\$1560	-	-
Aug. 3-8	723 Sibling Youth Camp	5 to 18	DD	\$1560	\$1100	\$780
Aug. 10-14	724 Sibling Youth Camp	5 to 18	DD	\$1248	\$880	\$624
Aug. 10-14	725 Sibling Youth Camp Horsing Around	8 to 18	DD	\$1473	\$1105	\$849

## DAY CAMP Camp Eden Wood

Dates	Session	Ages	Program Type	Care Ratio		
				1:1-2	1:3-5	1:6 +
June 9-13	726 DC "On the Town" Day Camp	5 & up	DD	\$690	\$490	\$345
June 16-20	727 DC Day Camp	5 & up	DD	\$690	\$490	\$345
June 23-27	728 DC Day Camp	5 & up	DD	\$690	\$490	\$345
June 30-July 2	729 DC "Mini" Day Camp	5 & up	DD	\$414	\$294	\$207
July 7-11	730 DC Day Camp	5 & up	DD	\$690	\$490	\$345
July 14-18	731 DC Day Camp	5 & up	DD	\$690	\$490	\$345
July 21-25	732 DC Day Camp	5 & up	DD	\$690	\$490	\$345
July 28-Aug. 1	733 DC Day Camp	5 & up	DD	\$690	\$490	\$345
Aug. 4-8	734 DC Day Camp	5 & up	DD	\$690	\$490	\$345
Aug. 11-14	735 DC Day Camp	5 & up	DD	\$552	\$392	\$276

## ADVENTURE TRIPS Departing from Camp Eden Wood

Dates	Session	Ages	Program Type	Care Ratio		
				1:1-2	1:3-5	1:6 +
July 12-17	737 All Boys Trip to the North Shore	15 to 24	LD	-	\$1320	\$936
July 26-Aug. 1	738 All Boys Trip to the North Shore	16 to 18	LD	-	\$1320	\$936
Aug. 2-8	739 All Girls Trip to the North Shore	13 to 16	LD	-	\$1320	\$936
Aug. 9-16	740 All Boys Trip to the North Shore	13 to 15	LD	-	\$1320	\$936

## WEEKEND FOCUS New year-long program at Camp Eden Wood

Dates	Session & Time	Ages	Program Type	Care Ratios		
				1:1-2	1:3-5	1:6 +
Jan. 18	703 Saturday 9 a.m. to 5:30 p.m.	6 to 15	LD	-	\$100	\$100
Feb. 22	704 Saturday 9 a.m. to 5:30 p.m.	6 to 15	LD	-	\$100	\$100
March 22	705 Saturday 9 a.m. to 5:30 p.m.	6 to 15	LD	-	\$100	\$100
April 26	706 Saturday 9 a.m. to 5:30 p.m.	6 to 15	LD	-	\$100	\$100
May 2-4	707 Friday 7 p.m. to Sunday 1 p.m.	6 to 15	LD	-	\$225	\$225
May 3	708 Saturday 9 a.m. to 5:30 p.m.	6 to 15	LD	-	\$100	\$100
Sept. 26-28	709 Friday 7 p.m. to Sunday 1 p.m.	6 to 15	LD	-	\$225	\$225
Sept. 27	710 Saturday 9 a.m. to 5:30 p.m.	6 to 15	LD	-	\$100	\$100
Nov. 14-16	711 Friday 7 p.m. to Sunday 1 p.m.	6 to 15	LD	-	\$225	\$225
Nov. 15	712 Saturday 9 a.m. to 5:30 p.m.	6 to 15	LD	-	\$100	\$100
Dec. 5-7	713 Friday 7 p.m. to Sunday 1 p.m.	6 to 15	LD	-	\$225	\$225
Dec. 6	714 Saturday 9 a.m. to 5:30 p.m.	6 to 15	LD	-	\$100	\$100

## CAMP COURAGE NORTH Resident camp schedule

Dates	Session	Ages	Program Type	Care Ratios		
				1:1-2	1:3-5	1:6 +
June 15-20	901 Camp Discovery 1	10 to 21	DD	See description page 5		
June 22-27	902 Camp Discovery 2	10 to 21	DD	See description page 5		
June 26-29	903 Camp Discovery Trip	10 to 21	DD	See description page 5		
June 29-July 4	904 Adult Getaway Retreat	18 & up	DD	-	\$1100	\$780
July 6-11	905 Camp ADDventure	7 to 15	LD	-	\$1100	\$780
July 13-18	906 Hemophilia Camp	8 to 17	H&E	See description page 7		
July 18-22	907 Hemophilia Camp Trip	8 to 17	H&E	See description page 7		
July 20-25	908 Camp Independence	5 to 18	DD	-	\$1100	\$780
July 27-Aug. 1	909 Camp Connect	7 to 21	H&E	\$1560	\$1100	\$780
Aug. 3-8	910 Camp ADDventure	7 to 15	LD	-	\$1100	\$780
Aug. 17-22	912 Brain Gains	18 & up	H&E	\$1,560 for all campers		

## CAMP NEW HOPE Resident camp schedule

Dates	Session	Ages	Program Type	Care Ratios		
				1:1-2	1:3-5	1:6 +
July 20-25	503 Adult Retreat Getaway	18 & up	DD	-	\$1100	\$780
July 27-Aug. 1	504 Camp Otter 1:1	13 & up	DD	\$1560	-	-
Aug. 3-8	505 Adult Camp Fishing Retreat	13 & up	DD	\$1560	\$1100	\$780

# REGISTRATION AND PAYMENT **Additional information**

## How to Register

There are a limited number of spaces available in each session, so apply EARLY. If a session is filled, you will be placed on a waiting list and notified if an opening occurs.

Please follow these steps for registration:

1. Select the session(s) you want to attend.
2. Download and complete the Camper Application form. This and other helpful forms are available in the Participants section of our forms library at [www.truefriends.org](http://www.truefriends.org).
3. If you need a paper copy, please call 800.450.8376 to request that a form be mailed to you.
4. Send your completed application form along with your deposit to True Friends, 10509 108th St NW, Annandale, MN 55302 or email your application to [registration@truefriends.org](mailto:registration@truefriends.org), and mail your deposit to the Annandale address.

NOTE: Some sessions are partner camps and will have contact information regarding its registration process

5. We confirm receipt of all applications with a postcard or email. After receiving completed applications and deposits, a confirmation packet with important info for camp will be mailed within three weeks.
6. We will notify you if the session you've selected is full and we will try to find an alternative session.

## Deposit

To be registered for services, a deposit is required for each session. Deposits will be applied toward the total session cost. True Friends encourages campers to apply early, as openings fill quickly and the deposit increases for later registrations.

Deposit deadlines are listed on the right.

Application Received	Total Deposit Due
Before Jan. 1, 2014	\$100
Jan. 1 - March 31, 2014	\$300
April 1 - May 15, 2014	\$400
After May 15, 2014	\$500

## Payment Options

Fees should be paid in full on or before the first day of camp. VISA, MasterCard, Discover or AMEX are accepted.

If needed, payment plan options are available:

- ZERO-INTEREST MONTHLY PAYMENTS - A bill will be sent monthly until the balance is paid. The balance must be paid within six months after the session. The minimum monthly payment is \$75.
- SINGLE BILLING - No-interest credit will be extended to anyone who needs to pay the fee after the session. The full amount due must be paid within 30 days after the session.

## Financial Assistance

We believe camp is full of fun, recreation and learning. It's also a place where adventure is open to all individuals. No one should be discouraged from applying due to cost. Financial assistance is available to individuals and families when need is demonstrated. The Financial Assistance Committee determines eligibility for need-based aid through a review of an individual's or family's income documentation and financial circumstances. All information will be kept confidential.

To apply, please indicate on your application form. You will need to complete the Financial Assistance Form in the registration packet. We recommend you have your federal tax returns available as a reference. An incomplete form may result in a delay affecting the financial determination.

For those who are eligible for funds through the Consumer Directed Community Supports (CDCS) program or dollars from the Developmental Disabled (DD), Community Alternatives for Disabled Individuals (CADI), Brain Injury (BI), or Elderly Waiver (EW) programs for respite or camp, please contact us and/or your social worker for information on how these funds can be applied to fees.

## Transportation

We can help with round-trip transportation to camp. Meet us at one of our Twin Cities pick up locations. You will be notified of pick up / drop off locations and times in your confirmation packet. A fee will be added to your invoice based upon the distance traveled to your camp. Fees may vary from \$60-\$100 per person.

NOTE: Effective Jan. 1, 2014, all camp and respite rates may change in accordance with the MN Department of Human Services.

## Want to work with people with disabilities?

# YOUTH DEVELOPMENT & LEADERSHIP VOLUNTEERING **Camp Friendship**

### Program Overview

True Friends Youth Development & Leadership Volunteering offers young people a unique and well-rounded program. Through volunteering with our core programs, youth are engaged in activities that lead to personal growth, self-discovery and leadership development.

Volunteers work directly with the agency's staff assisting participants with involvement in a diverse range of activity areas such as swimming, arts & crafts, music, nature study, rock-climbing and other fun camp based activities too. Young people who share their time with our agency tell us it's the experience of a lifetime!

### Young Leaders Tier One Volunteering

**Ages 14 to 16**

**20 positions per week**

This program is designed as an entry level program for youth with limited or no experience working with people with disabilities. Tier one participants will spend one part of their day working with core programs and the other portion of their day with other Tier One Volunteers team building, developing their leadership ability and learning more about the community we serve.

### Young Leaders Tier Two Volunteering

**Ages 16 & up**

**25 positions per week**

Tier Two Volunteers are required to demonstrate significant prior experience working with the community we serve as a prerequisite to securing a position in the program. Tier Two Youth Volunteers spend the day with their cabin group engaged in an intentional experiential learning program supervised and guided by camp leadership. Through self-directed reflection and developmental supervision Tier Two Volunteers continue to develop the leadership and personal skills necessary to advance.

### Additional Information

The donation of time, energy and passion empower True Friends to provide incredible experiences at no cost to volunteers. Food and lodging are provided at no additional charge. Comprehensive training provided.

## PROGRAM DATES **Camp Friendship**

June 7-13

June 14-20

June 21-27

June 28-July 2

July 5-11

July 12-18

July 19-25

July 26-Aug. 1

Aug. 2-8

Aug. 9-15



# GETTING TO CAMP Location directions

## Camp Courage

8046 83rd St NW Maple Lake, MN 55358

### From Hwy 55 West:

Camp Courage is located one half mile west of the town of Maple Lake. A green Camp Courage sign will direct you north on Co Rd 7. Follow Co Rd 7 for 3.2 miles to gates to camp on the left.



### From I-94:

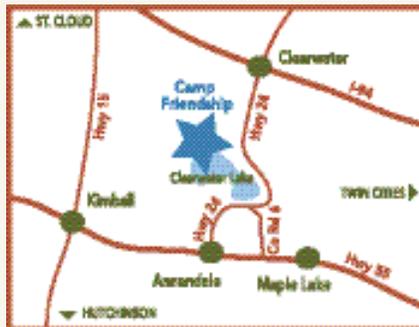
Take exit 178/Clearwater. Go south toward Annandale on Hwy 24 for nine miles. Turn left onto Co Rd 39 and follow for 2 miles. Turn right onto Co Rd 7 to gates to camp on right.

## Camp Friendship

10509 108th St NW Annandale, MN 55302

### From I-94:

Take exit 178/Clearwater. Go south toward Annandale on Hwy 24 for 7.5 miles, turn right onto 108th St NW and continue 0.7 miles to the camp on the left.



### From Hwy 55:

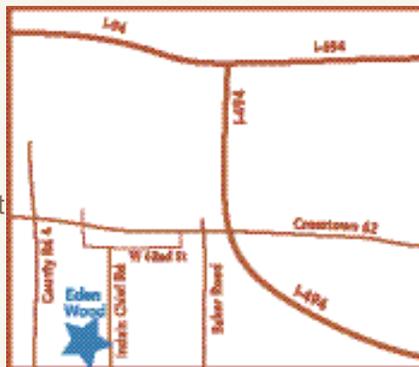
Take Hwy 55 to Co Rd 6 N for 2.6 miles. Turn right onto Hwy 24 and drive 2.3 miles. Turn left onto 108th St NW and continue 0.7 miles to the camp.

## Camp Eden Wood

6350 Indian Chief Rd Eden Prairie, MN 55346

### From I-94:

Take Cross-town Hwy 62 W to the South Frontage Rd /W 62nd St stoplight. Take a left at the stoplight and then an immediate right onto Indian Chief Rd. Go 0.1 miles south on Indian Chief Rd. The entrance to Camp Eden Wood is on the right.

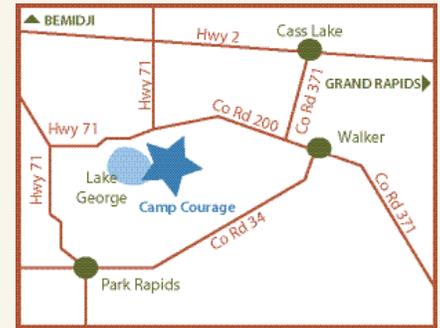


## Camp Courage North

37569 Courage North Dr Lake George, MN 56458

### From Park Rapids on Hwy 71:

Follow US Hwy 71 north 30 miles. One mile west of Lake George is a green entrance sign for Courage North.



### From Bemidji:

Follow US Hwy 71 south 25 miles. Look for the green entrance sign for Courage North.

### From MSP:

Follow Hwy 10 north to Motley, go north on Hwy 64 to Hwy 200. Go west on Hwy 200 for five mile to Hwy 71, turn left onto Hwy 71. Go six miles and turn at the blue Hwy sign to Courage North.

## Camp New Hope

53035 Lake Ave McGregor, MN 55760

### From MSP:

Take I-35 N. Take Moose Lake Exit onto Hwy 27. Go west on Hwy 27 to Hwy 65. Go north on Hwy 65 to McGregor. Follow directions from McGregor.



### From Duluth:

Take I-35 S 21 miles. Take MN 210 Exit 235. Go west on MN 210 to McGregor. Follow directions from McGregor.

### From McGregor:

Take Hwy 65 north 7 miles to the BP gas station. Turn right and go east 7 miles on Co Rd 14 / Lake Ave. Camp New Hope is on the left.

## The meaning behind True Friends' logo

The center figure represents individuals with disabilities. The wheelchair is purposely subtle because True Friends see the person first, not the disability. Blue and green colors represent the lakes and trees of our camps – a distinctive environment where our programs take place. The two figures on either side, and the two colors in the name represent the two legacy organizations coming together to support people with disabilities. It also shows one of the goals of our programs – creating friendships.

