NEW NAME, LONG LEGACY

Camp Courage and Camp Friendship are names that have been around for more than 50 years. Through the years, Camp Eden Wood, Camp Courage North and Camp New Hope have been added. We are now together as True Friends in one non-profit organization. We provide services to individuals with physical, developmental and learning disabilities. Our camps feature wooded, lakeside environments where participants experience therapeutic, intellectual and social outcomes, unlike any other environment.

WE ARE CAMP AND SO MUCH MORE

Our programs and services include summer and winter camp, day camp, respite, therapy riding, travel and team building. We also develop dynamic partnerships with other organizations to host a wide variety of health and education camps. True Friends serves nearly 4,000 children and adults with disabilities each year.

RESPITE CARE

This can be a life-saver for families who have 24/7 care duties for a loved one with disabilities. Anyone who has been a care provider can appreciate the value of this service. One dad said it saved his marriage. Weekend and week-long sessions are offered with fees prorated based on length of stay. True Friends offers respite on most weekends throughout the year. Respite services are licensed by the Minnesota Department of Human Services.

TRUE STRIDES THERAPY HORSES

True Strides is a therapy horse program providing equine-assisted activities, therapeutic riding lessons and hippo-therapy services to children and adults with a variety of special needs. Participants gain physical, emotional and social benefits of this unique therapy. Among the results are improved relationship skills and greater functional independence. The program is designed to help each individual take strides to be their personal best. Learn more at truefriends.org/true-strides

CAMP WITH TRUE FRIENDS

Our program provides opportunities to develop an appreciation of nature, live cooperatively with others, share in the responsibilities of group living, develop new leisure interests, experience traditional camp activities and have fun!

Camp sessions provide a traditional experience for children and teenagers, while the resort-like settings offer a relaxing and refreshing atmosphere for adult campers. Some sessions feature occupational skill-building or arts and sports interests – each one designed to challenge individuals in new ways. Campers get to determine their activity interests and level of participation. Siblings and friends are welcome to attend.
TRAVEL WITH US

For 30 years, Ventures Travel has been serving customers with specialized services. Supervised travel and custom trip-planning help make vacation dreams come true for people with disabilities. Ventures Travel offers trips with more choices, more fun and more of what makes a vacation memorable! venturestravel.org

TEAMBUILD WITH US

Schools, companies and non-profits are able to achieve more than ever before with the dynamic team building and leadership programs of Team Quest. These programs give participants of all abilities the freedom to move from a comfort zone into a challenge zone, conquering their fears through team support and individual determination. We operate on and off-site year round. No matter what the season, participates are immersed in a unique, productive, fun and memorable team-building experience. team-quest.org

OUR VISION:
A world where experiences and adventures are open to individuals of all abilities
VOLUNTEER WITH US

Volunteers return time and time again to help make our programs extraordinary. They help with summer and winter camp and year-round weekend programs. They support services such as housekeeping, kitchen and maintenance. Our volunteers come from all walks of life, ranging in age from 14 to 80. They include health care personnel, educators, business executives and students from college and high school. True Friends offers individual, group and corporate opportunities.

RETREAT WITH US

Open year-round, our inviting cabins and variety of meeting spaces can fit nearly any style of gathering. Take advantage of our beautiful wooded lakeside locations. Escape the daily grind with hiking trails, campfires and many other outdoor activities followed by delicious home-cooked meals. Our friendly and accommodating staff will meet your needs with customized planning. We have great ideas and suggestions for any style or type of event, from low-key to high-energy!

When you stay with us, you help support the mission of True Friends. Thank you for improving the lives of people with disabilities. conferenceandretreat.org

CHANGE LIVES WITH US

Your support is extremely important to True Friends because it provides resources that make an immediate impact. With five camp locations and a wide audience to serve, we take our mission seriously. We believe in making a difference in the lives of people with disabilities and their families.

Our programs and services continue to thrive because of individuals like you who offer donations of cash, estate planning and in-kind gifts. We partner with small and large businesses to meet their philanthropic wishes through matching gifts, volunteer projects and sponsorships. We also encourage individuals, families and businesses to fundraise on our behalf through our community fundraiser program. Visit truefriends.org/giving to see all the ways you can support this meaningful mission.
This element is subtle, because True Friends see the people first, not the disability.

Blue and green represent the lakes and trees of our camps - a distinctive environment where our programs take place.

Many people with disabilities don’t have a wide circle of friends. We see the outcomes at camp…true friendships between campers, staff and volunteers.

truefriends.org  TrueFriendsCan  800.450.8376