



Join us for Winter Camp

DECEMBER 27-31 2018

Registration Opens October 1, 2018! Space is Limited!

CLASSIC CAMP

You can participate in traditional winter camp activities, including sledding, snowshoeing and snowmobile rides with indoor activities like arts and crafts, music and cooking.

Our staff thoughtfully select cabin groups based on ages and gender. Trained staff members provide activities of daily living assistance as needed and live in staff rooms in the cabins.

WINTER CAMP BLAST

It's time to play away those winter blues with fun, adventure and friendship. Winter Blast is five days of swimming, archery tag, snow fun, dog sleds, science experiments and more for kids and teenagers with Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD) and high functioning autism.

Led by a group of energetic and passionate staff, you can build friendships and memories that will last far into the new year.

ADULT RETREAT

You can participate in a variety of winter camp activities, including sledding, snowshoeing and snowmobile rides with indoor activities as well. You will choose activities that interest and challenge you and have free time to enjoy camp.

You and your cabin group also plan a free day trip during the week.

All Winter Camp programs will be held at Camp Courage in Maple Lake. Same great programs, all in one great location!



CAMP COURAGE, Maple Lake DEC. 27-31, 2018

Session	Age	High 1:1	Medium 1:3	Low 1:5
101 Classic Camp	5+	\$1,365*	\$995*	-
102 Adult Retreat	18+	-	-	\$685*
103 Camp Blast	7-17	-	\$995*	-

* Deposit of \$200 required for all programs before your application will be accepted and registered for camp. See Deposit Section on the next page for more information.

SUPPORTING PARTICIPANTS FOR A SUCCESSFUL EXPERIENCE

True Friends partners with families and guardians to make each participant's experience successful. In order for us to do this we need guardians and families to provide extensive information about each participant. True Friends also acknowledges not all participants are appropriate for the "camp-type" setting in which the program is provided. True Friends is a licensed home and community based basic support service; we are not an intensive or crisis service organization.

Therefore, True Friends reserves the right to deny services to individuals who we believe pose a safety threat to themselves, other participants and/or employees.

CARE RATIOS

High Care Support: 1:1

- Needs "eyes on" supervision during awake hours - The True Friends staffing model does not offer overnight awake staff. Staff assist campers with typical needs during the night.
- Uses manual wheelchair and needs staff support to propel outside buildings
- May need total support with activities of daily living

Medium Care Support: 1:3

- Campers enjoy living in group setting
- May need verbal support with activities of daily living
- Easily accepts support from staff

Low Care Support: 1:5

- Campers enjoy group settings
- Are independent with activities of daily living
- Easily communicates wants and needs
- Easily accepts support from staff

WE PUT CARE AND SAFETY FIRST

Staff provide the guidance, supervision and personal care you need to get the most out of your camp experience.

- Our staff to camper ratios often differ from home
- Food service professionals qualified to prepare meals matching special diet needs including gluten free, dairy free, diabetic and pureed/chopped
- A licensed nurse will be available either on-site or on-call during the winter session.

PRE-SET MEDICATIONS

To enhance the safety and well-being of participants, as well as to ease the check-in process, True Friends requires participants to use pre-set medications for their stay. To learn about pre-set medication options visit the website at www.truefriends.org/forms and click on pre-set medication information. Information regarding pre-set medications is also provided once you have been confirmed to attend camp.

WHO IS AN IDEAL CAMPER?

We serve individuals ages 5 years old and up. Many of our campers have autism, cerebral palsy, ADD/ADHD, Down syndrome, epilepsy, hearing or visual impairment, mild developmental delays, physical challenges or a combination of disabilities. Winter camp gives everyone the opportunity to enjoy a wide variety of activities, each one adapted by trained staff to meet the age and ability level of every individual.

HOW TO REGISTER

1. Choose your session from the previous sheet.
2. Apply online at www.truefriends.org/camp. If you need instructions to apply online please call 952.852.0101.
3. Apply via mail by downloading the camper application from www.truefriends.org/forms or call to request a paper copy. Mail your form and deposit to: True Friends, 10509 108th St. NW, Annandale, MN 55302 (you may also email the scanned paper application to registration@truefriends.org. You can also pay your deposit online by logging into your account or you can call our Customer Relations team).
4. Review your confirmation packet when it arrives. It will be sent via mail or email within three weeks of receiving your completed application and deposit.

DEPOSIT REQUIRED BEFORE PARTICIPATING

A deposit of \$200 is required for each winter camp session. Deposits will be applied toward the total cost. Please note: your application will not be confirmed, and you will not be registered for camp, until a deposit has been received.

MAKING CAMP AFFORDABLE

With the generous support of donors, we are able to provide assistance to many participants with proven need. To request aid, the financial assistance portion of the application must be completed and submitted with the application. Private pay, Consumer Directed Community Supports (CDCS) and 245D waiver funds, as well as other unlicensed payment sources including adoption assistance and other county sources are accepted.

HOW TO PAY FOR YOUR STAY

True Friends offers a variety of ways to pay for your camping session including:

1. Pre-payment options.
2. Monthly payment installments. Consider making monthly payments throughout the year.
3. One installment payment.

