About Camp Courage North

Lake George

Located in the beautiful Paul Bunyan Forest, near Itasca State Park, this historic camp promotes opportunities for independence and leadership development. Meals are enjoyed outside under towering white and red pines on our beautiful new dining hall deck, and at night there is nothing cozier than time spent reading or chatting by the fireplaces in our charming lakeside log cabins. We provide adaptive and accessible programs for youth and adults of all abilities.

2019 Sessions

Arts & Fishing Camp - Ages 7-17 - June 30 - July 3, 2019
Arts & Fishing Camp - Ages 18+ - July 14 - 19, 2019

In addition to all of the other great activities available at Courage North, this session provides tons of extra opportunities to spend time working on amazing art projects, fishing for walleye, or enjoying other exciting waterfront activities such as swimming, tubing, and kayaking. All experience levels are welcome.

Brain Gains - Ages 18+
July 14 - 19, 2019

This session is designed for adults with mild to moderate brain injuries. Have fun while attending groups led by skilled therapists from Courage Kenny Rehabilitation Institute. Work on memory, time management, problem solving strategies, coping and social skills. Campers also enjoy traditional camp and outdoor activities while increasing social and cognitive capacity.

Turn the sheet over for more opportunities or visit truefriends.org.
Come explore the wilds of Northern Minnesota! After preparing at camp, campers will be heading out into Itasca State Park and surrounding wilderness areas for four days of hiking, biking, canoeing, camping, nature, and exploration. Campers should be able to tolerate 1-3 hours of moderate exercise at a time and adapt comfortably to changing conditions.

Headwaters Autism Adventure - Ages 13 - 17
August 2 - 9, 2019

In collaboration with the Autism Society of Minnesota (AuSM), this exciting weeklong trip is tailored to the needs of teenagers on the autism spectrum. Campers will be staffed at a 1:3 care ratio and will have the opportunity to delve into a special interest such as: animal tracking, shelter building, outdoor cooking, and nature art. Please apply for this program directly through True Friends.

Northern Lights - ASL Immersion Camp - Ages 7 - 17
August 4 - 9, 2019

With the support of trained interpreters, audiologists, Deaf education students, and experienced volunteers, we welcome everyone including those that are: Deaf, Deaf+, Hard of Hearing, Cochlear Device Users, CODAs, Siblings, Allies, Friends, or anyone interested in learning more about American Sign Language in a fun camp environment.

Learn more at www.truefriends.org/camp
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