

Class of 2024 EmpowHer Camp Impact Report



Quick Recap

The EmpowHer Camp Class of 2024 wrapped up their year-long journey this past July. Our journey began in August 2023 as young leaders and mentors gathered in the Adirondacks for a week of immersive camping. We explored survival, independent living, and leadership skills, interspersed with jam sessions featuring a ukulele and flute. By week's end, our young leaders left with a community impact project plan and a mentor ready to support them in carrying out their project.

Throughout the year, they tackled important issues with creativity and grit. Projects included presentations to school districts about keeping students safe when there is an active shooter, a wallet card to help folks with processing disabilities stay safe during fires, an awareness campaign on supporting people with disabilities in an emergency, and a one-pager on fire safety paired with an original song, "The Fire Safety Blues".

In July, the class reunited in Washington D.C. for a week of learning and fun. They participated in workshops, mock job interviews, and met with their Senator's office. This year the DC Public Library's Office for Accessibility hosted the young leaders for Presentation Night where each young leader shared their project accomplishments with other members of the Disability Community and members of the public. The group checked out the National African American History Museum and ended the week with a pool party on the hotel roof.

Fast Facts

88% of young leaders indicated growth in at least one leadership skill including communication, problem solving, confidence and adaptability.



100% of the Class of 2024 reported developing better self-care skills across the last year.





What Comes Next?

Having completed their community projects, the young leaders graduated from EmpowHer Camp at the conclusion of the reunion trip, but they are only just beginning their advocacy and leadership journeys, and Disability EmpowHer Network will be there to support them every step of the way.

During their reunion trip, the young leaders reviewed the goals they had set for themselves the previous summer and set new long term goals for their future. Disability EmpowHer Network will continue to support each graduate in reaching their long term goals by offering information and referrals for their transition to adulthood, offering support with employment and educational goals, and being a shoulder to lean on when it all feels too tough. Additionally, we conduct twice a year check-ins with each graduate until they are employed or for 6 years following their graduation- whichever is later.

Each and every graduate from EmpowHer Camp is given access to our active, supportive, and vibrant alumni group- opening up more doors for mentorship and new friendships.

What People Are Saying



“There is still much growing to be done, but I feel as though I have learned what it means to feel purpose.”

Young Leader

“I feel that I've grown to be a better and overall more confident public speaker. I also feel that I've become a stronger, even more passionate advocate.”

Young Leader



When Disabled Girls Lead, We All Succeed!

www.DisabilityEmpowHerNetwork.org