



# Class of 2025 - Camping Trip

# EmpowHer Camp

## Impact Report



### Quick Recap

EmpowHer Camp welcomed seven new young leaders to the program this summer during a wilderness camping trip in the Adirondacks. Our young leaders spent an incredible week with accomplished disabled women mentors and allies. Across the week we saw this group of young leaders form strong connections with each other through intellectual conversations, silly inside jokes, and opening up about their vulnerabilities. We explored topics such as emergency preparedness and response, while building leadership skills such as communication, problem-solving, teamwork, and self advocacy. Each young leader learned to build fires, cook new foods, and much more. Each young leader was matched with a disabled woman mentor who will support them in completing a community impact project over the next year which they planned together while at camp. The week was also filled with fun activities like tie-dyeing, campfire songs, and a camp-wide scavenger hunt. Everyone is leaving camp with new memories of plenty of laughter, camaraderie, and unforgettable experiences. We cannot wait to see what exciting and impactful things these young leaders do this next year!

### Fast Facts

100% of parents indicated that their child had strengthened independent living skills such as self-advocacy, planning, cooking, and self-care.



86% of young leaders reported growing in at least one leadership skill including communication, problem solving, time management, and teamwork

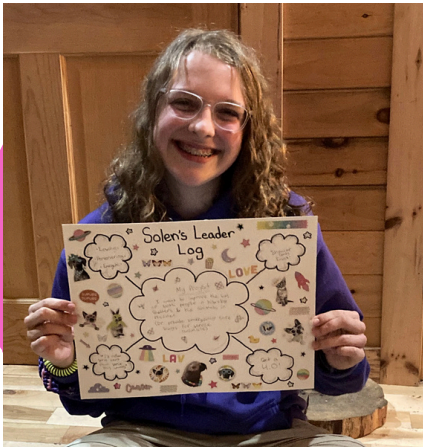


## What Comes Next?

Now that our young leaders have learned about emergency preparedness and advocacy and been matched with their mentor, they are ready to spend the next year tackling their community impact project.

They will advocate for inclusive and accessible emergency preparedness and response for disabled people in their communities, navigating the obstacles and difficulties of their project with the support of their mentor whom they will meet with every month virtually. Participants and mentors discuss their projects, school, family, goals, college, future careers, and much more! They will also have virtual meet-ups across the year with the whole class to bond, play games, learn new skills like resume writing, and hear about each other's projects.

After nine months, the Class of 2025 will travel to Washington, D.C. for their reunion trip. While on this trip, the young leaders will visit museums and monuments, learn new skills like interviewing, share about their project with their Senator's office and members of the disability community, and spend time with their camp friends.



## What People Are Saying

**"EmpowHer Camp was life-changing. The experience showed the importance of being independent and interdependent in our community."**

Mentor

**"I've learned that disabled women have more power than we realize and that we shouldn't say sorry to anyone for being different or doing things differently than others."**

Young Leader

**"I've learned that I'm capable of much more than I thought."**

Young Leader



**When Disabled Girls Lead, We All Succeed!**

[www.DisabilityEmpowHerNetwork.org](http://www.DisabilityEmpowHerNetwork.org)