

# EmpowHer Camp

A Year of Disabled Mentorship, Growth, and Community



## WHAT IS EMPOWHER CAMP?

**EmpowHer Camp is a yearlong mentorship program for disabled girls and feminine-aligned youth.**

Through EmpowHer Camp, Young Leaders connect with mentors & other youth with disabilities. We also learn basic survival skills, practice leadership, build confidence, and gain independent living skills.

## HOW CAN I JOIN?

Applications open December 2024!  
To learn more, visit our website:

 [DisabilityEmpowHerNetwork.org](https://DisabilityEmpowHerNetwork.org)

EmpowHer camp includes:



**Wilderness Camping Trip**

July 27-August 1, 2025



**Yearlong Community Project, Mentorship, & Workshops**



**Leadership Trip to D.C.**

July 12-17, 2026

After the year, participants continue to grow and bond in our **Alumni Network**.

"EmpowHer Camp has opened many doors for me and given me a community of young disabled women who are ambitious and goal-driven."  
~ Participant

# FREQUENTLY ASKED QUESTIONS

## Who can apply for EmpowHer Camp?

Girls and feminine-aligned youth ages (13-18) with any kind of disability. Youth over 18 may apply if they are in high school or a transition program.

## Is EmpowHer Camp free?

EmpowHer Camp is free to participants, however we ask all participants to fundraise a certain amount throughout the year. We also offer some travel reimbursements.

## What if I have a personal care attendant or other access needs?

We work with each young leader to make sure camp is accessible to them. Our mentors and allies at camp work together with participants to provide any personal care or physical assistance needed.

## How big is EmpowHer camp?

We select 8-10 participants each year.

"She came back from camp feeling empowered about who she is and knowing it's ok to do things that might look different than other people. Everyone has noticed the maturity that has happened in her since starting EmpowHer Camp!"

~ Parent

## How intense is the camping?

During the wilderness camping trip, we stay at an accessible camping site, sleep in lean-to structures, and cook our meals outdoors.

## How can I support EmpowHer Camp?

We recruit disabled women and non-binary folks to serve as mentors, personal care support allies, volunteer committee members, and more! If you're interested in getting involved or donating to EmpowHer Camp, email our camp director at [lilian@disabilityempowhercamp.org](mailto:lilian@disabilityempowhercamp.org).

## LEARN MORE

