



www.mywoodlands.org

The Woodlands

Enriching the lives of children and adults
with disability and chronic illness

CHILDREN · TEENS · YOUNG ADULTS · ADULTS



2019 Media Kit



ABOUT THE WOODLANDS

Let's Imagine The Possibilities

The Woodlands signature programs, expert staff and adapted facilities are all designed around our mission to enrich the quality of life for individuals and families navigating the journey of disability and chronic illness. We also collaborate with other nonprofits serving individuals with special needs to deepen our offerings and expand resources available to participants and caregivers.

Our barrier-free environment encourages everyone, of every ability and disability, to safely explore what's possible and discover new levels of independence. Hands-on experiences guided by our caring staff help to reinforce social, cultural, environmental, recreational and spiritual growth. Participation is encouraged at every level, and celebrated in a welcoming and approachable group setting such as our camps, retreats, clubs and events.

Come explore our 52-acre site in the North Hills of Pittsburgh. Nestled on serene, private wooded property, our grounds feature: an indoor heated pool, 48-bed lodge, dining hall, creative arts and computer lab, activity center, camping area, sports court, nature trail, adapted zip line, amphitheater, adapted kitchen, adapted archery range, and a par-3 adapted golf course. Every experience at The Woodlands is made to be as accessible as possible - so participation can be enjoyed by all individuals and families ready to see what's possible!

THE WOODLANDS 134 SHENOT ROAD
WEXFORD, PA 15090 724-935-6533
WWW.MYWOODLANDS.ORG





THE WOODLANDS

OUR WORK + OUR PROMISE

Always ensure an environment and staff rooted in safety and quality.

Welcome and act as enabling host through year-round programming for all children and adults with disability and chronic illness.

Ensure the ongoing enhancement and development of both staff and facilities to fulfill our promise to participants and families as a trusted and respected service provider.

Commit to expanding access - whereby all children and adults with disabilities and chronic illness in the region have access to the programs offered by The Woodlands.

Nurture and expand a healthcare provider, academic leader, and expert network for collaboration and diversification of offerings for our participants.

Achieve financial sustainability - whereby all children and adults with disabilities and chronic illness in the region have access to the programs offered by The Woodlands.



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THE WOODLANDS 2019 PROGRAM SCHEDULE

- | | | |
|--|--|--|
| <ul style="list-style-type: none"> • Adult Retreats & Camps
Ages 30 & over • Young Adult Retreats & Camps
Ages 22-29 • Fun & Friends
Ages 18 & over, Thursdays 6pm-8pm | <ul style="list-style-type: none"> • Teen Retreats & Camps
Ages 13-21 • BLOOM
Ages 13-21, Two Saturdays a month 10am-3pm
<i>Transition</i> • Music Ensemble
All ages welcome! Mondays 6:30pm-8pm | <ul style="list-style-type: none"> • Cub Club
Ages 6-12, Two Saturdays a month 10am-3pm • Camp Woodlands Jr., Day Camp
Ages 6-12 |
|--|--|--|

January

- 14 Music Ensemble
- 17 Fun & Friends
- 18-20 **Adult Weekend Retreat**
- 19 **BLOOM**
- 19 **Cub Club**
- 21 Music Ensemble
- 24 Fun & Friends
- 25-27 **Young Adult Weekend Retreat**
- 26 **BLOOM**
- 26 **Cub Club**
- 28 Music Ensemble
- 31 Fun & Friends

February

- 1-2 **DIVA Retreat (Girls Only)**
- 4 Music Ensemble
- 7 Fun & Friends
- 8-10 **Adult Weekend Retreat**
- 9 **BLOOM**
- 9 **Cub Club**
- 11 Music Ensemble
- 14 Fun & Friends
- 15-17 **Teen Weekend Retreat**
- 18 Music Ensemble
- 21 Fun & Friends
- 22-24 **Young Adult Weekend Retreat**
- 23 **BLOOM**
- 23 **Cub Club**
- 25 Music Ensemble
- 28 Fun & Friends

March

- 1-3 **Adult Weekend Retreat**
- 2 **BLOOM**
- 2 **Cub Club**
- 4 Music Ensemble
- 7 Fun & Friends
- 8-10 **Teen Weekend Retreat**
- 11 Music Ensemble
- 14 Fun & Friends
- 18 Music Ensemble
- 21 Fun & Friends
- 22-24 **Young Adult Weekend Retreat**
- 23 **BLOOM**
- 23 **Cub Club**
- 25 Music Ensemble
- 28 Fun & Friends

April

- 1 Music Ensemble
- 4 Fun & Friends
- 5-7 **Adult Weekend Retreat**

April (continued)

- 6 **BLOOM**
- 6 **Cub Club**
- 8 Music Ensemble
- 11 Fun & Friends
- 12-14 **Teen Weekend Retreat**
- 15 Music Ensemble
- 18 Fun & Friends
- 22 Music Ensemble
- 25 Fun & Friends
- 26-28 **Young Adult Weekend Retreat**
- 27 **BLOOM**
- 27 **Cub Club**

May

- 3-5 **Project Beacon**
For children of military families

June

- 1 -7 **Camp Academy** *Counselor Training*
- 9-14 **Adult Sports Camp**
- 16-21 **Young Adult Sports Camp**
- 23-28 **Teen Camp Woodlands**
- 24-27 **Camp Woodlands Jr., Day Camp**

July

- June 30 - July 5 **No Woodlands' Camps**
- 7-12 **Young Adult & Adult Notes from the Heart Music Camp**
- 14-19 **Children & Teen Notes from the Heart Music Camp**
- 21-26 **Camp Inspire**
For children & teens with ventilator dependency
- July 28-August 2 **Adult Camp Woodlands**

August

- 4-9 **Camp BLOOM**
- 11-16 **Young Adult Camp Woodlands**

September

- 6-8 **Project Beacon**
For children of military families
- 13-15 **Counselor Training**
No Participant Retreats this weekend
- 16 Music Ensemble
- 19 Fun & Friends
- 20-22 **Boys Only Weekend**
- 21 **BLOOM**
- 21 **Cub Club**
- 23 Music Ensemble
- 26 Fun & Friends
- 27-29 **Young Adult Weekend Retreat**

September (continued)

- 28 **BLOOM**
- 28 **Cub Club**
- 30 Music Ensemble

October

- 3 Fun & Friends
- 4-6 **Adult Weekend Retreat**
- 5 **BLOOM**
- 5 **Cub Club**
- 7 Music Ensemble
- 10 Fun & Friends
- 11-13 **Teen Weekend Retreat**
- 14 Music Ensemble
- 17 Fun & Friends
- 19 **Fall Festival (Open House)**
- 21 Music Ensemble
- 24 Fun & Friends
- 25-27 **Young Adult Weekend Retreat**
- 26 **BLOOM**
- 26 **Cub Club**
- 28 Music Ensemble
- 31 Fun & Friends

November

- 4 Music Ensemble
- 7 Fun & Friends
- 8-10 **Adult Weekend Retreat**
- 9 **BLOOM**
- 9 **Cub Club**
- 11 Music Ensemble
- 14 Fun & Friends
- 15-17 **Teen Weekend Retreat**
- 18 Music Ensemble
- 21 Fun & Friends
- 22-24 **Young Adult Weekend Retreat**
- 23 **BLOOM**
- 23 **Cub Club**
- 25 Music Ensemble

December

- 2 Music Ensemble
- 5 Fun & Friends
- 6-8 **Adult Weekend Retreat**
- 7 **BLOOM**
Field Trip
- 7 **Cub Club**
- 9 Music Ensemble
- 12 Fun & Friends
- 13-15 **Young Adult Weekend Retreat**
- 14 **BLOOM**
- 14 **Cub Club**
- 16 Music Ensemble
- 19 Fun & Friends



About The Woodlands' Programs

The Woodlands is a non-profit organization dedicated to enriching the lives of children and adults with disability and chronic illness. Our fully accessible 52-acre campus in Wexford, PA provides year-round programs including camps, retreats, and clubs for participants of all ages.

Goals of The Woodlands' Programs

SOCIALIZATION

Program Goal: To provide opportunities to increase peer socialization and utilization of social skills for healthy relationships through recreational experiences.

SELF-PERCEPTION

Program Goal: To provide opportunities to improve self-perception through positive recreational experiences.

INDEPENDENCE

Program Goal: To provide opportunities to increase independence with self-care through practicing activities of daily living in a supported environment.

HEALTH/WELLNESS

Program Goal: To provide opportunities to increase physical fitness through adapted physical activity and healthy cooking activities.

RECREATION

Program Goal: To provide opportunities to increase participation in adapted recreational activities in a group environment.

Cost and Payment Options

We provide various solutions for program payment including waivers. The Woodlands experience should be affordable for all – cost should not prohibit participation.

<u>Program</u>	<u>Actual Cost</u>	<u>Suggested Cost</u>
Summer Camp	\$1,100	\$700 or less
Camp Woodlands Jr. Day Camp	\$515	\$515 or less
Retreats	\$430	\$125 or less
Music Ensemble, BLOOM, Fun & Friends	\$300	\$300 or less
Cub Club	\$75 per day	\$75 per day or less



Apply today at WWW.MYWOODLANDS.ORG

Notes from
the Heart



MUSIC CAMPS

FOR CHILDREN & TEENS

July 14 - 19, 2019

Campers ages 6-21 with strong musical interests and abilities who will enjoy expanding their passion for music to the next level. Courses include music appreciation, choral, instrumental, and vocal instruction, and composition.

Performance, education, appreciation, creativity, and enjoyment are our five hallmarks that bring fulfillment to those attending these camps. Participating in The Woodlands' Notes from the Heart programs allows participants to find their voice and channel choice to engage in self-expression.

Participants are provided with a comprehensive experience that enables them to explore the universal expression of music, find joy in making music, and the accomplishment of participating in a musical performance. The hallmark of the Notes from the Heart Music Program for children and teens is the spectacular "Bringing out the Stars" concert, which culminates the weeklong summer camp, and celebrates accomplishments with family, friends, and members from the community. The Notes from the Heart Music Camps are one-of-a-kind experience and a destination for children and teens with disability and a strong interest in music.

Notes from
the Heart
**BRINGING OUT
THE STARS**
concert

JULY 19
7:00 P.M.



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ENRICHING THE LIVES OF CHILDREN AND
ADULTS WITH DISABILITY AND CHRONIC ILLNESS

Notes from
the Heart



MUSIC CAMPS

FOR ADULTS (AGES 22 & OVER)

Week long camps for either adults or teens with strong musical interests and abilities who will enjoy expanding their passion for music to the next level. Courses include music appreciation, choral, instrumental, and vocal instruction, and composition.



JULY 11
7:00 P.M.

Participants are provided with a comprehensive experience that enables them to explore the universal expression of music, find joy in making music, and the accomplishment of participating in a musical performance. The hallmark of the Notes from the Heart Music Program is the spectacular "Starlight Serenade"* concert, which culminates the weeklong summer camp, and celebrates accomplishments with family, friends, and members from the community.

Participants continue to nurture their musical interests as they engage in composition, small ensemble performances, solo performance, and concentrated instrumental study. Participants do not need to have attended the youth & teen camp in order to join the camp for Adults. This week at camp encourages participants to find strengths, passions and skills to achieve their personal and musical goals. Hard work of participants is showcased in the final performance, "The Starlight Serenade."

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ENRICHING THE LIVES OF CHILDREN AND
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MEET THE STAFF



LILLY ABREU

Vocal Recording Artist, Carnegie Mellon Faculty



EDWARD CUMMING

Director of Orchestral Activities and Associate Professor of Music, Hartt School



ALLISON FROMM

Choral Instructor, Director, Joyful Noise chorus



KORY ANTONACCI

Music therapist at Children's Hospital of Pittsburgh, Woodlands Music Ensemble Coordinator



ANDREW CLARK

Conductor of the Harvard Glee Club, the Radcliffe Choral Society, and the Harvard Collegium.

SUMMER CAMP 2019



ADULT SPORTS CAMP (AGES 30 AND UP)

JUNE
9-14



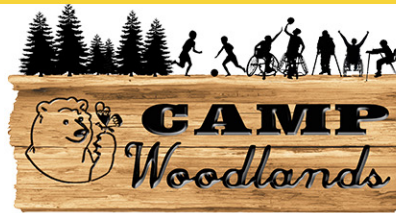
YOUNG ADULT SPORTS CAMP (AGES 22-29)

JUNE
16-21



TEEN CAMP WOODLANDS (AGES 13-21)

JUNE
23-28



CAMP WOODLANDS JR (AGES 6-12)

JUNE
24-27



JULY
6-11



JULY
14-19



FOR CHILDREN WITH VENTILATOR DEPENDENCY

JULY
21-26



ADULT CAMP WOODLANDS (AGES 30 AND UP)

JULY 28 -
AUG. 2



FOR TRANSITIONING YOUNG ADULTS AGES 13-21

AUG.
4-9



YOUNG ADULT CAMP WOODLANDS (AGES 22-29)

AUG.
11-16



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MUSIC ENSEMBLE



The Woodlands Music Ensemble is an adapted group experience for Children, Youth, Teens and Adults with disabilities. Individuals expand their talents by playing a variety of instruments while working with peers. The group learns many music skills including song writing, music reading, and music performance, while having fun working with friends and creating music.

Music Ensemble meets Mondays 6:30pm - 8:00pm
January 14th through December 16th

With Instructor Kory Antonacci, Board Certified Music Therapist

SPRING FALL

January 14, 21, & 28

September 16, 23, & 30

February 4, 11, 18, & 25

October 7, 14, 21, & 28

March 4, 11, 18, & 25

November 4, 11, 18, & 25

April 1, 8, 15, & 22

December 2, 9, & 16

Register ONLINE today!

Find Program application and request forms through www.mywoodlands.org



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ENRICHING THE LIVES OF CHILDREN AND
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SPRING & FALL

Now Accepting



2019 CLUBS

Registrations

FUN & FRIENDS



Fun & Friends is a weekly program focused on having fun & meeting new people. Spend your Thursday nights being creative, cooking, playing games, swimming, and making lasting friendships!

For adults ages 18 & over
Thursdays from 6pm - 8pm

Jazz up your Monday night by coming to Music Ensemble! Join the cast of musical Woodlands campers while learning song writing, music reading, performance skills, and more! Find your rhythm while making new friends!

For all ages & all musical abilities
Monday evenings 6:30pm – 8:00pm

MUSIC ENSEMBLE



BLOOM



Spend your Saturdays with BLOOM. (Building Lifestyles for Ongoing Opportunities & Movement) a transitional program for teens! BLOOM members spend their Saturdays learning basic transferable life skills all while bonding with their peers!

For teens ages 13-21
Two Saturdays each month 10am -3pm

CUB CLUB is a day camp that reflects the activities of Woodlands Weekend retreats without the overnight commitment. Each day campers explore, socialize, create, learn, and play!

For Children ages 6 to 12
Two Saturdays each month 10am - 3pm

CUB CLUB



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ENRICHING THE LIVES OF CHILDREN AND
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Please click on the following links for Woodlands' informational videos.

The Woodlands Notes from the Heart Music Program

The Woodlands Wonderfund

The Woodlands Fall Festival Highlights

Summer Camp Memories at The Woodlands

How to Register for The Woodlands' Programs

Stay up to date and follow all the fun at The Woodlands through our social media channels.

