



A Consortium of Residential Camps and Services for Children with Chronic Health Conditions
Have Fun—Be Wise—Live Well

Camp Take Charge

For Children, Adolescents and Teen with Type 1 Diabetes

August 11 – 16



- Camp Take Charge is a 7-day/6-night camp for 9-17-year-olds diagnosed with T1D
- Leadership training program is offered for counselors-in-training, ages 16-17
- Campers learn about diabetes from medical experts who provide full time medical supervision at camp
- Support groups address issues particular to children with diabetes and those relevant to all children
- Campers learn to regulate their food intake, exercise, and insulin as it relates to their diabetes
- A support network of peers who share the condition is created
- Campers participate in a wide range of fun and challenging activities:

Arts & crafts	Campfire/Campfire songs	Hiking	Rockwall
Archery	Outdoor education	Acting	Zip Line
Soccer	Creative Writing	Basketball	Dance
Kickball	Handball	Volleyball	
Baseball	Music	Yoga	

- The cost of camp is \$950 which includes a \$200 non-refundable deposit
- Need-based scholarships are available
- The campsite is located in St. George, VA
- Transportation is available at an additional cost

For more information, please call us at 202.476.3181 or 202.476.5142

To register online, go to our website: www.brainycamps.com



111 Michigan Avenue, NW
Washington, DC 20010
202-476-5142 /202-476-3181

www.brainycamps.com
501(c)3:Tax ID #27-1547370
CFCNCA # 39791



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Camp Take Charge Family

For Families Who Have Children with Type 1 Diabetes

August 16 – 17



- Take Charge Family Camp is an overnight camp for families who have a child, 5-9-years-old, with T1D
- Families learn about diabetes from medical experts who provide full time medical supervision at camp
- Support groups address family issues concerning diabetes
- Families learn how to regulate food intake, exercise, and insulin as it relates to diabetes
- A support network of families is created
- Families participate in a wide range of fun and challenging activities:

Arts & crafts	Campfire/Campfire songs	Hiking	Rockwall
Archery	Outdoor education	Acting	Zip Line
Soccer	Creative Writing	Basketball	Dance
Kickball	Handball	Volleyball	
Baseball	Music	Yoga	

- The cost of camp is \$150/person which includes a \$50/person non-refundable deposit
- Need-based scholarships are available
- The campsite is located in St. George, VA

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