



MEET THE WOODLANDS



ABOUT THE WOODLANDS

Our mission is to enrich the lives of children and adults with disability and chronic illness.

The Woodlands provides year-round recreational, social, and wellness opportunities for those with disabilities. 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.





OUR COMMUNITY

THE WOODLANDS SERVES THOUSANDS OF PARTICIPANTS EACH YEAR

- Spinal Cord Injuries
 - Cerebral Palsy
 - ID/ Downs syndrome
 - Autism/Autism Spectrum
 - ADHD
 - Prader–Willi Syndrome
 - Spina Bifida
 - Visual & Hearing Impaired
 - Multiple Sclerosis
 - Muscular Dystrophy
 - Arthritis, various forms
 - Developmental disorders
 - ...many others
- Children (6-12)
 - Teen (13-21)
 - Young Adult (22-29)
 - Adult (30+)

GOALS OF THE WOODLANDS PROGRAMS



- Socialization
- Independence
- Recreation
- Self-Perception
- Health & Wellness





CAMP

AGES 6-12



CAMP WOODLANDS JR. DAY CAMP

Day camp provides our youngest participants with an opportunity to explore a variety of recreational activities, while developing lasting friendships with peers.

IMAGINATION STATION

Camp Woodlands Jr.-Imagination Station is all about creativity! A day program suggested for ages 6-12, this camp focuses on arts and music as tools for exploration. Based around a common theme (2023: Trains!), participants will engage in an array of arts and music-based activities that promote social skills, kinesthetic learning, and creative risk-taking. The week culminates in a “Sharing Show” for friends and family!





CAMP

AGES 13-21



CAMP WOODLANDS

Enjoy the “ULTIMATE summer camp experience” at Camp Woodlands! This camp is designed to feature a wide variety of recreational and hands-on activities, including adaptive sports, creative arts, and nature education. Participants enjoy quality bonding time with peers whether it be on the zipline or over campfire smores!

BLOOM

The Woodlands BLOOM Transition Program is a weeklong, overnight summer camp that acts as a transitional bridge between school programs and the experiences of adult life. In collaboration with Children’s Hospital of Pittsburgh of UPMC, BLOOM supports post-school outcomes in the areas of education, employment, independent living, and health and wellness. Reverse inclusion connects adolescents with disabilities and typically developing peers to interact in natural, engaging, and enriching ways!





CAMP

AGES 14+



NOTES FROM THE HEART CAMP

At Notes from the Heart Music Camps (NFTH for short), participants experience music making in all its forms! Daily classes are held in areas such as choral singing, band-instrumental, songwriting and more. An emphasis is placed on ensemble-building and collaboration, as participants learn from a variety of music professionals and each other! The week culminates in a one-of-a-kind, Friday evening concert where our participants perform and share all the music skills they've been learning throughout camp. No prior music experience is necessary, but an enthusiasm and appreciation for music is helpful!





FOR EDUCATORS

We value local teachers, therapists, college students, and anyone working within disability services. We would love to work together to support one another. Here is a sampling of the opportunities available:

- Custom Field Trips
- Continuing Education
- Educator Retreats
- Volunteer Opportunities

OUR PARTNERS





OUR PARTNERSHIPS

Partnering with school districts, community organizations, and health professionals allows us to work together to expand the possibilities through collaboration and the sharing of resources.



OUR CAMPUS

Our 52-acre site in the North Hills of Pittsburgh is 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.



FULLY-ADAPTED
ZIP LINE



ADAPTED
GOLF COURSE



ARCHERY
RANGE



CABINS



DINING HALL



CAMPGROUND



MEDITATION
CENTER



AQUATIC
CENTER



GYM & FITNESS
CENTER