

# Camps for Kids

Fun, friendship and adventure at sleep-away camps for children and teenagers with disabilities







## Time for an adventure

Are you ready to go on Cara's Camps for Kids? You'll be travelling all over South Australia, sleeping at campsites, learning lots and having fun.

- Cara hosts more than 15 camps across the year, during school term time and in school holidays. Our camps are held in Adelaide, the Riverland, Adelaide Hills and the South East.
- Camps are for children aged 4 to 18.
- You'll get to practise your skills and meet your goals around independence and social skills.
- You'll also have lots of fun and make friends. You'll take home photos from your camp.
- Cara's qualified, caring and enthusiastic staff are there to support children and teenagers with a range of disabilities. Our staff have qualifications in high-level health needs, medication management and personal care.

Camps for Kids, which has been running in SA since 1995, also has the support of volunteers, including senior students from secondary schools across SA, and the support of local businesses and service clubs. Thank you!

## We're here for campers

Camps for Kids offer a structured environment where there are lots of activities on offer, but participating is your choice.

You are in control of what you want to do.

You might do things like:




- Water sports
- Scavenger hunts
- Games
- Cooking
- Sensory play
- Music and dancing
- Movie nights

## Let's talk

The Cara Connect Team is here for you through your entire National Disability Insurance Scheme (NDIS) journey. Contact us by emailing [contact@cara.org.au](mailto:contact@cara.org.au) or phone **08 8347 4588**.

You can find out more at **[www.cara.org.au](http://www.cara.org.au)**. Download a Camps for Kids calendar, watch a video, get an Easy English version of this flyer or read some Frequently Asked Questions (FAQs).

Let's get social!

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Registered NDIS Provider

