



SEND A KID TO CAMP POCKET HEARTS



To: _____

From: _____

This pocket heart has been purchased in your honor to support Camp Meridian. Keep it in your pocket as a reminder of how much you are appreciated!

About Camp Meridian: Camp Meridian is a three-day overnight camp for children with heart conditions. A meridian is a longitudinal line in a map, or an anchoring point from which any journey can begin. We envisioned a camp where children could find their own "meridian" and begin a journey to reach beyond their medical diagnosis, realize heightened self-esteem, experience goal setting and accomplishment, and make lasting friendships.



Where we are located: We feel fortunate to have found a great partner in our host camp, Camp Merrowvista. The camp is in Center Tuftonboro, NH, set on 600 acres in the Ossipee Mountains. The heated cabins and amazing facilities are fully equipped to run year round.

Our Camp Programs: Professional counselors and program staff partner each year with the medical and volunteer staff to create a fun-filled and medically supervised camp experience. Campers also benefit from having young adult bunk counselors who have grown up with their own heart disease. We have three programs for three age groups:

Youth Program (ages 8-12): our original program, founded in 2003, is an exciting themed program where campers must complete missions to solve a mystery. Campers build teamwork, solve clues, and gain a sense of accomplishment while engaging in physical activities tailored for all levels of abilities.

Teen Program (ages 13-14): founded in 2008, our Teen Program builds on the success of our Youth Program and guides the campers toward developing group dynamics, individual leadership characteristics, adventure, and sense of self. And have lots of fun!

Compass Program (ages 16-17): new in 2011, we started a Leadership program for our oldest campers, to build their understanding of themselves as young leaders and good citizens. They enjoy the rewards of giving back to the younger campers, as well as learning about their own skills and setting specific goals for projects to fulfill in each of their communities after camp.



Our Funding: We are deeply grateful for the donations that support the camp experience, allowing us to offer camp free of charge for all participants. If you would like to learn more, please visit our website at www.campmeridian.org, email us at info@campmeridian.org, or call us at (603) 740-3254.