



“Camp Courage” The First Responder’s Society

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Media Release General

In 2006, a firefighter named Andréa Speranza founded a charity called Camp Courage, The First Responder's Society - a **one-of-a-kind, free, award-winning, life-changing** camp that **informs, educates, and inspires** young women to become police officers, firefighters, and paramedics. The ultimate goal is that the young women leave with a sense of **empowerment** and **increased confidence** to believe that they can achieve any goal, career, or dream they desire.

Camp Courage partners with Emergency Health Service, Emergency Medical Care, Halifax Regional Police, Royal Canadian Mounted Police, and Halifax Regional Fire Service to put on an eight-day camp for twenty-four young women. Some of the knowledge and skills learned are self-defence, crime scene investigation, the role of police service dogs and horses, cardiopulmonary resuscitation, inserting airways and intravenous lines, delivering mechanical babies, making cars into convertibles, climbing a 100' ladder, and putting fires out. We have guest speakers, fitness professionals who empower and inspire the participants to reach their potential.

The graduates are eligible to apply for **high school credit, first-aid and CPR** courses, several **educational bursaries** and our post-camp **mentorship program**. This program focuses on preparing and supporting graduates for the intensive application processes required for employment in the emergency services, specifically preparing for aptitude tests, fitness tests and interviews.

The camp is 100% free. Instead of paying tuition, the applicants must write an essay on improving someone else's life or improving your community. Then must implement their plan. Past graduates have helped people - young, old, physically challenged, homeless - and positively impacted the environment. They have organized blood drives, sports nights, fundraised or lobbied to get automated external defibrillators in schools, and started a new Kids Help Phone chapter.

36% of our graduates have moved on to post-secondary education in the emergency services field or are currently working in the emergency services. Visit our website <https://campcourage.ca> to see many remarkable success stories, moving testimonials, and awesome promotional videos. My favourite video is Episode 10 of our mini-reality series.

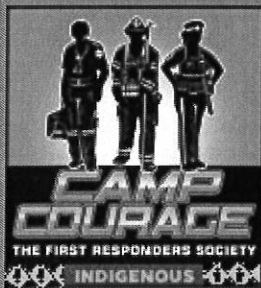
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Do you want to have an experience of a lifetime?



An empowering Police, Fire & Paramedic program for young women aged 15-18.

24 young Indigenous women will be selected to join Camp Courage

July 3 - 10, 2022

You can apply online at campcourage.ca or contact Mi'kmaw Native Friendship Centre at mymnfc.com

The submission deadline is April 13, 2022.

For more information, email campcourage1@gmail.com or call 902-701-1405.



If applying at the Friendship Centre, please contact Melanie Nasson | melanie.nasson@mymnfc.com | cell: 902-802-1199 | work: 902-420-1576 extension #219



Camp Courage Graduate Quotes and Success Stories



Class of 2007 - Tabitha, 16 years old – became a Paramedic

*"I'm going to push hard for a job and I'm not going to let anyone tell me that I can't do something because it's a man's job."
"I loved the repelling, and paramedic work. I loved the dolls that gave birth."*

Class of 2007 - Erin, 17 years old - became a Paramedic & Volunteer Firefighter.

*"Thank you for showing me that I can do anything... for showing me how to face my fears and accomplish the "impossible", ... for giving me the best times of my life, ... for the zillion and once in a life time opportunities and experiences, ... for accepting me here and introducing me to all these amazing people! Thanks x 239860001"
"I was inspired to be more excited about life and new things and overcoming my fears."*

Class of 2007 - Whitney, 18 years old - became a Firefighter & Paramedic

*"Amazing. Super hands on. :)"
"Throughout the camp I realized it's all about mindset and positive thinking."
"You'll never gain anything without determination, guts, passion and courage."
"I have learned more than I ever could have dreamt of in Camp Courage and I know this camp will greatly effect the contribution of more females in these types of jobs in the workforce."*

Class of 2007 - Hillary, 17 years old – became 1st female Firefighter in Sydney, Nova Scotia

"By getting in way better shape and pushing myself and not waiting for someone to push me."

Class of 2007 - Kelsey, 17 years old – became a Canadian Military Medic.

"It made me realize how strong we are when we put our minds to something."

Class of 2007 - Taigan, 17 years old – became a Critical Care Paramedic, Air Medical Crew & Camp Mentor

*"It has inspired me to go for what I dream whether it is in the emergency field or not. I am woman And damn proud of it!!"
"You have taught me not to fear the unexpected, but to embrace the challenge, and "struggle to emerge".
"Girls rock" and can do anything that men can do Except with more style."*

Class of 2008 - Katie, 18 years old – became Canadian Military Firefighter

Camp Courage Graduate Quotes and Success Stories

"I feel like I have a purpose and future goal and this camp has given me the tools to obtain them. It has inspired me to take care and make plans for my future.

Class of 2008 - Kodi, 17 years old – became one of the 1st female Infantry Soldiers in the Canadian Military

"...helped me gain self esteem, self confidence, and to come out of my shell."

Class of 2009 quote from Kayla, 15 years old – became an RCMP Officer

"I thought the taser was cool and it wasn't as hard to use as I thought it would be."

Class of 2009 - Mariah, 18 years old – only female Firefighter/Paramedic at Suncor-Fort Hills Emergency Service Dept. – was awarded two medals for Fort McMurray wildland fire

"I believe Camp Courage gave me the stepping stones into my career."

Class of 2010 - Bethany, 17 years old – became a Police Officer

"I met amazing women, and they made my experience fun."

Class of 2010 - Michelle, 18 years old – became a Paramedic & Volunteer Firefighter

"I learned how to shoot a hand gun and how it feels like to drive drunk."

Class of 2011 - Samantha, 18 years old – became a Police Officer, Volunteer Firefighter & Camp Mentor

"I learned a lot, had new experiences and fun experiences and faced some fears. I feel more determined, confident and have a better mind set to go out and accomplish my goals."

Class of 2011 - Savannah, 18 years old – became 1st Female Officer at her dept.

"With the bonds created at camp courage and the good deeds that are done, before during and after this experience is remarkable. The encouragement and guidance and having someone believe in you is something that words cannot describe. Camp courage is something remarkable in which the opportunity is one in a lifetime and one experience that will be cherished forever."

Class of 2011 - Melissa, 17 years old – became a Registered Nurse

"It was one of the biggest accomplishments in my life. After I did that I literally felt like I could do anything. There is so much support from the other campers and mentors that you know you can get through whatever is thrown at you."

Class of 2011 - Jess, 18 years old – became a Registered Nurse

"I loved intubating someone and giving the needles.

"This has been the best experience of my whole life. This camp has truly changed my life for the better. I was in a very hard spot starting camp & it gave me the motivation, determination & courage to be whoever I wanted to be. I actually got a tattoo on my wrist saying "Courage" to always remind me to be determined or motivated when I forget that."

Class of 2013 - Rebecca, 17 years of age – became a Paramedic

"Paramedicine was my favorite unit; so thrilling & hands on, very instructive; learned so much-the greatest time of my life."

Class of 2015 - Lisa, 17 years of age – became a Volunteer Firefighter

"Camp courage has been the most rewarding experience I've had in my life, it taught me to be who I truly am and never give up no matter the obstacles life may throw our way. Be sure to stay true to yourself and don't be scared to push yourself past your limits. Be sure to enjoy every second of the camp as it will be over before you know it and you'll be left wishing you could go back!"