

# Zebra Crossings

• Empower • Connect • Care •

**Fall 2018  
Youth Programs  
(ages 6-13)**

**Zebra Crossings** offers **empowerment** programs for youth with chronic medical conditions. Whether it is a week-long camp or weekend activities, **care** is always provided by trained medical staff. We aim to lessen the burden of chronic medical conditions by **connecting** kids through play and giving respite for caregivers. Zebra Crossings is a fun, safe place to be where kids just get to be kids.

## **October 19 - Friday Night Climb & Get Together**

**6:00 pm - 9:00 pm at University of New Hampshire • Durham, NH**

**\$15**

- Join us for a fun evening reconnecting with your Zebra Crossings friends. Scale the climbing wall or your favorite games from summer camp. Parents can enjoy a night by themselves, too!

## **November 16 - Parade Party**

**6:00 pm - 9:00 pm at The McConnell Center • Dover, NH**

**\$10**

- Join us for music and frivolity as we build the float for the Dover Holiday Parade
- Open to all ages including teens (regardless of ability to attend the parade)
- The Dover Holiday Parade will be **Sunday November 25th** from 1-4 pm

## **December 11 - Holiday Caroling**

**5:30 pm - 8:00 pm at CHaD, Wentworth-Douglass Hospital • Dover, NH**

**Free**

- Drop your child off or bring the family to share holiday cheer throughout the hospital

*Program scholarships available upon request.*

Our Fall programs are generously sponsored by:



## **Teens Ages 13-17 - Save The Date!**

**November 10-11 is our next Teen Weekend Get Away!**

**Family Wellness Series - Presented by Wentworth Douglass Hospital**

**October 3 from 5:30 - 7:30 pm with Lynn Lyons, LICSW**

**"Interrupting the Worry Cycle: Concrete Strategies for Raising Independent Children."**

Zebra Crossings is a proud partner of this series of six presentations, which are free to the public. For more information about sessions and to register, visit [wdhospital.com/events](http://wdhospital.com/events) or call (603) 609-6964. Series continues on 11/7, 12/5, 2/6, 3/6 and 4/3. Limited childcare available with pre-registration.



**For more information & registration**

603-312-2052 x0

[sheila@zebra-crossings.org](mailto:sheila@zebra-crossings.org)

[www.zebra-crossings.org](http://www.zebra-crossings.org)

Zebra Crossings is a 501 (c)(3) non-profit

