Creating a community where children with chronic medical conditions as well as their families feel supported, safe to explore and thrive.

Zebra Crossings

Empower • Connect • Care



Case for Support



A unique opportunity to impact a child

When a child is diagnosed with asthma, a heart condition, diabetes or epilepsy, it can strike fear in the heart of a parent and their world changes. Distinguished by something that makes them different, possibly stigmatizes them, and often limits them in some ways, the child's self-image is fundamentally altered.

Keeping a child safe and managing their health condition is an incredibly difficult and demanding daily task. Parents fear for the child's safety and feel greater responsibility to protect and control their lives. Because isolation is often created by the need for parental or medical supervision, children with a chronic medical condition have few opportunities for traditional social and recreational activities.

In New Hampshire, approximately 1 in 4 children (62,298) have special health care needs.* In 2009 Zebra Crossings set out to change the lives of these children by becoming the first organization in the region to provide year-round medically supervised programs. Today, we continue to build upon that strong foundation - growing our programs, reaching more children and families, and creating opportunities for connection, confidence, and independence. With support from sponsors and donors like you, more children can experience safe, medically supervised programs where they can try new things, build confidence, and thrive.

*https://new-futures.org/nh-kids-count/health, citing The Annie E. Casey Foundation (2024, July 14). *Children with disabilities and special health care needs.*





Our Mission

The mission of Zebra Crossings is to enrich the lives of children with chronic medical conditions. Zebra Crossings helps children develop greater self-confidence, a sense of independence and a desire to realize their full potential through fun and engaging enrichment programs that build a strong and caring community support network of families.

Zebra Crossings programs are intentionally designed to further develop each child's skills, boost their independence, and reduce anxiety based on their condition. Programs are **small and intimate in size** with an average of 20 – 25 participants.

Parents of children with chronic medical conditions benefit from **respite and community building opportunities** that our programs provide.

We **welcome siblings** to attend our programs, as it helps some children adapt and feel safe. We recognize that the entire family is impacted by a child's chronic illness and can all benefit from the supportive environment our programs provide.

"I want to have this camp again because I believe it's a very great experience for people with my syndrome and their family members to come out and connect with each other and just get to have fun and do stuff that usually people with this syndrome can't do. Like I did a lot of stuff today that I didn't think I'd ever be able to do in my life. I did the rock climbing and I got all the way to the top and I didn't think it was physically possible for me to do that and … I did it. "
~Charlie, PSF Family Sunshine Retreat (Proteus Syndrome)





Empower. Connect. Care.

At Zebra Crossings children with chronic medical conditions have a chance to experience new adventures. They are encouraged to try new experiences and empowered to approach life with greater confidence. In a supportive and safe peer environment they build lasting friendships, which helps them feel included, connected and understood.

Our core values of play, independence, achievement, wellness, and community are interwoven throughout every program. Activities are conducted at various camps, facilities, and state parks in New Hampshire and Southern Maine.

Current Programs that are inclusive of different medical diagnosis groups such as asthma, diabetes, epilepsy, JRA, Hemophilia, severe allergies, skin conditions, and autoimmune disorders include:

Monthly day programs are offered to keep kids and families connected throughout the school year.

Current specialty programs include:

Camp Spinnaker – Asthma family overnight camp.

Camp Blue Sky – Down syndrome family overnight camp.

Epilepsy Camp – New in 2026 for children with Epilepsy, an overnight camp retreat.

Camp Dazzle – Overnight family camp for children with chronic medical conditions.

Rare Disease Camps - Betsy's Camp (CLOVES), and PSF Family Sunshine Retreat (Proteus)



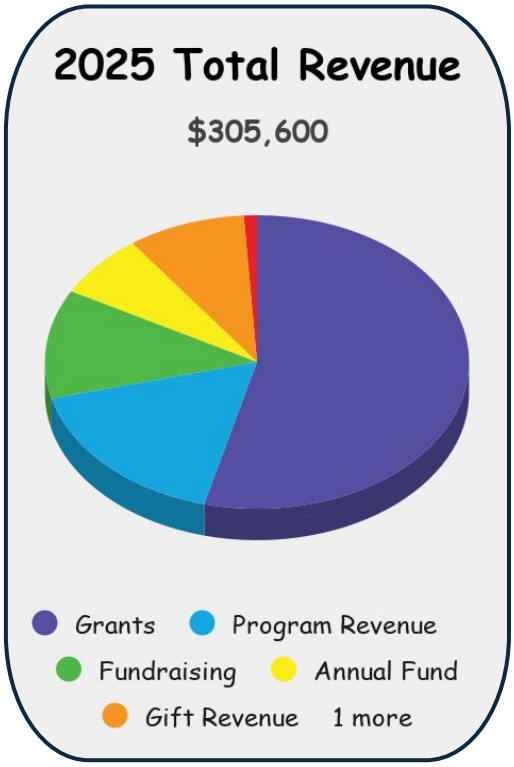


Our Success

Reach and Impact: Since our first programs in 2010, we have grown from 16 participants to serving more than 500 children and families.

Volunteerism: Our programs are supported by a strong base of volunteers who are dedicating approximately 1250 hours per year.

Funding: With the support of generous donors, we are able to keep our program fees at a reduced rate as many of our families face high out of pocket medical expenses. Camp scholarship funds are available upon request to ensure all interested children and families can benefit from our programs. In 2025 50% of our families utilized camp scholarships, and all day programs were provided at no cost to families.





Effecting Change: More families are finding a place to belong at Zebra Crossings. Camp Blue Sky attendance increased **383%** from 2024 to 2025, growing from 12 to 58 participants. With continued enthusiasm for Camp Blue Sky, we will offer two weekends in 2027, giving even more children and families the chance to experience the friendships, confidence, joy, and sense of community that make camp so special.
Inspired by this growth, we also launched Camp Dazzle in 2026, welcoming children with any chronic medical condition and their families.

"Zebra Crossings' staff and programs have impacted Chloe and our whole family. Through the programs Chloe has been able to hang out with other kids and feel 'normal' rather than 'different.'"

Our Vision – Planning for a Better Future

Through our work with families and community partners, one thing is clear: the need for Zebra Crossings continues to grow - and we are growing to meet it.

Our 2025 - 2028 Strategic Plan focuses on reaching more children and families, expanding programs for all ages, and responding to the needs of our community. Our goals include serving 10% more children each year, increasing contributed revenue by 5% annually, and expanding our reach throughout New Hampshire, northern Massachusetts, and southern Maine. With the support of our community, we can turn this vision into new programs, more opportunities, and meaningful experiences for even more children and families.

With your help, over the next few years Zebra Crossings can develop and offer:

- Parent Education Programs to address the impacts of illness, coping with illness, and sibling concerns.
- Teen programs for youth ages 13 – 18 to help them navigate the journey to independence and empowerment.
- Leadership In Training Program for those teens who have a chronic health condition and want to give back to their community by being role models themselves.
- Ambassador Program introducing children to adults that have learned to thrive with chronic illness.

Your support helps turn these ideas into meaningful opportunities for children and families. With strong community partnerships and years of experience creating medically supervised programs, Zebra Crossings is ready to expand access to existing programs and bring new opportunities to life. Together, we can reach more families and give more children with chronic medical conditions the chance to build confidence, gain independence, make lasting connections, and thrive.

"Our experience with Zebra Crossings is still young, but I can already tell that it is a community that will strengthen our family's support network. Being part of a group of people who have experienced medical hardship with their children is already helping me (and my son) feel less isolated and more confident to help our family live their best life. The chance to have fun, non-medical related experiences with families that I can lean on is a gift that I didn't know I needed. Thank you for all that you do!"





You Make The Difference… Donate. Sponsor. Volunteer.

Your gift is an investment in children, families, and our community. Philanthropy gives Zebra Crossings kids opportunities to build confidence, form friendships, gain independence, and discover who they are beyond their diagnosis.

By investing in our vision for growth, you help sustain the quality programs families depend on while allowing us to reach more children and create new opportunities. Our goal is to increase our annual budget by 5% each year through 2028, building the capacity to turn our vision into action.

Every gift moves us closer to a future where more children with chronic medical conditions feel connected rather than isolated, confident in advocating for themselves, supported in their well-being, and empowered to become more independent. Together, we can give more children the opportunity not just to participate, but to belong, grow, and thrive.

Giving opportunities include:

- Annual fund giving that enables us to put the money where it's needed most
- Sponsorships to underwrite a specific program or event
- Matching gifts to help us leverage specific campaign donations
- Legacy or endowment fund gifts to help us sustain our future

Please contact Emily Mundy, Executive Director, for more information on customized giving opportunities.



"This program continues to be a bright spot in our lives. We love connecting with other families, especially ones we watch grow every year. The kids look forward to this every year!"

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Why the name Zebra Crossings?

A zebra crossing is a British term for a crosswalk marked with broad white stripes. It is a place where pedestrians have the right of way to safely cross. A zebra's black and white stripes come in different patterns unique to each individual. A common belief is that the stripes serve as camouflage. A herd of zebras standing close together may appear as one and as more powerful.

For children with chronic medical condition, it is similar. Each child is unique, but they also have a lot in common and can relate to each other because of their conditions. On their own, they stand out in their communities because of their perceived limitations or needs. However, in our community, we find strength in numbers and feel empowered.

Emily Mundy
Executive Director

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