



## Virginia Bleeding Disorders Foundation (VABDF) Family Camp Weekend

Experience an unforgettable weekend at [Camp Holiday Trails \(CHT\)](#) with [VABDF!](#)

**Location:** Camp Holiday Trails, 400 Holiday Trails Ln, Charlottesville, VA 22903

**Dates:** May 1 – 3, 2026

### Registration Timeline

**April 10, 2026** – Registration closes

**April 13, 2026** – Confirmation emails and payment link sent

**April 15, 2026** – Non-refundable registration fee due (\$25–\$50 per family, sliding scale based on ability to pay and payment plans are available)

### Sample Family Camp Schedule

#### Friday, May 1

**5:00 pm** Family Arrival Hour (unpack, tour camp, etc)

**6:00 pm** Flagpole, Welcome and Dinner

**7:30 pm** Campfire, Evening Community-Building, and Group Activities

#### Saturday, May 2

**8:00 am** Flagpole and Breakfast

**9:30 am** Morning Educational Workshops (separate tracks for adults, teens, and children)

**10:30 am** Separate Adult & Youth Programming

**12:15 pm** Flagpole/Lunch

**1:30 pm** Family Sessions

**4:30 pm** Relaxation Time

**5:15 pm** Flagpole/Dinner

**7:30 pm** Campfire, Evening Community-Building, and Group Activities

#### Sunday, May 3

**8:00 am** Flagpole/Breakfast/Book of Firsts/Group Photo

**9:30 am** Pack-up

**10:00 am** Departure

### About Family Camp

Family Camp is an immersive weekend where families participate together in educational sessions, group activities, and traditional camp experiences. There are also opportunities for adults, teens, and children to meet separately for age-appropriate discussion and connection.

Because of the size and structure of the program, all participants are expected to be present and engaged for most scheduled activities. While we understand that breaks may be needed, this event does not offer the same flexibility as larger programs. ***Please note the CHT property includes hills, uneven terrain, and requires a moderate level of mobility and accommodation is available if needs are shared with VABDF in advance.***



## Who Family Camp Is For

Families who are actively raising children with inherited bleeding disorders, as well as parents who are managing their own bleeding disorder while raising young children. It is also designed for families preparing for or already participating in Camp Youngblood. *We understand that every family's situation is unique. These guidelines are in place to support a safe, focused, and meaningful experience for all participants.*

- Families must have at least one child living at home between the ages of 7 and 17.
  - Children ages 5-6 may be considered, most often when they have an older sibling attending or when a family would benefit from an introductory camp experience.
  - Children ages 2-4 are not able to attend, as CHT is not designed for this age group and childcare is not provided during scheduled sessions. Infants may attend with their caregivers.
- Participation is limited to parents/primary caregivers and their children.
  - In some cases, a caregiver and/or extended family member who plays a central role in supporting a child with a bleeding disorder may be considered with prior approval from VABDF.

## Eligibility

- Eligible families are those impacted by an inherited bleeding disorder who live within [VABDF's coverage area](#) or receive their primary bleeding disorder care within that area.
- Families should have an established connection to VABDF through prior participation or through referral by a Hemophilia Treatment Center (HTC) or another approved provider.
- At this time, Family Camp is not open to individuals who are employed by or compensated by industry (refers to any corporation that provides goods and services to VABDF constituents on a for-profit basis and may include, but are not limited to, specialty pharmacy, home care, and pharmaceutical companies.)

## Application and Enrollment

- Family Camp uses an open enrollment application process and is not “first come, first served”. This allows VABDF to review applications and build a group that best fits the goals of the program.
- When reviewing applications, we consider program capacity, the needs of the group, and how the experience can best support participating families.
- If the program reaches capacity, families with children enrolled in Camp Youngblood may be given priority.
- We also consider constituent standing. A constituent is defined as a person with an inherited bleeding disorder or an immediate family member living in the same household who resides in or receives care within the VABDF coverage area.
- A history of late cancellations, repeated cancellations, or not attending confirmed programs without notice may impact participation. This is not meant to be punitive but reflects the limited space and resources available.



## Attendance and Cancellation

- VABDF is financially responsible for all families who are confirmed to attend Family Camp. Because this is a small program with limited space, each confirmed spot represents a significant commitment of resources.
- If a family is unable to attend, we ask that you notify us as soon as possible. We understand that unexpected situations happen and offer a no-questions-asked cancellation policy.
- **After April 23, VABDF remains financially responsible for confirmed families.** Families who do not attend (no-show), and do not cancel in advance or communicate with VABDF within a timely manner (in the case of an emergency) may be asked to reimburse the full cost of camp, which ranges from \$600 to \$750 per family.

## Definitions

- **Inherited Bleeding Disorder:** Bleeding disorders are a group of inherited conditions in which there is a problem with the body's blood clotting process. They are characterized by extended bleeding after injury, surgery, trauma, or menstruation. Bleeding can also begin on its own. Specific inherited bleeding disorders can include hemophilia A (factor VIII deficiency), hemophilia B (factor IX deficiency), von Willebrand disease (VWD), platelet disorders, and rare factor deficiencies including I, II, V, VII, X, XI, XII, XIII.
- **Coverage Area:** The territorial jurisdiction of VABDF as outlined by VABDF's Articles of Incorporation includes: residents of the cities and counties of the Commonwealth of Virginia, other than the cities of Alexandria, Fairfax, Falls Church, Herndon, Manassas, Manassas Park and Vienna and the counties of Arlington, Fairfax, Fauquier, Loudon, Prince William and Stafford.