

# You don't have to do Diabetes alone.

Connect with a diabuddy or mentor today!

Diabetes Youth Families, Insulliance, and UCSF Benioff Children's Hospitals are teaming up to help support and empower teens living with diabetes.

Participants can choose to be connected either with a buddy of a similar age or a young adult mentor with diabetes.

Our diabuddy program is open to teens and young adults age 12-26 years old living with type 1 diabetes. We are also enrolling young adults 18+ who are interested in participating as mentors for teens. Ask a member of your care team how to connect with others living with diabetes!

For more information, email Julia Philips, DYF's Community Program Coordinator at [philips@dyf.org](mailto:philips@dyf.org).

