DYF supports those affected by type 1 diabetes so they may lead full, healthy, beautiful lives, NOW!

FUN FOR THE WHOLE FAMILY
DYF strives to provide participants of all ages, identities, and backgrounds with access to programs that are exciting, educational, and memorable. Join us for a classic camp experience including games, arts & crafts, campfires, archery, and more...or explore the stunning High Sierra wilderness on one of our adventure programs!

QUALITY EDUCATION
Diabetes management practices are constantly evolving! Participants will experience greater independence and increased confidence through learning successful ways to manage their diabetes from healthcare professionals and their peers.

SUPPORT & COMMUNITY
DYF programs are your home away from home where EVERYONE gets it, and participants realize that they are not alone in their struggles and frustrations with diabetes. We provide the care to help you thrive, activities that bring community together, and a space that fosters a sense of belonging.

2024 program dates and information are on the back of this flyer and on our website, visit www.dyf.org to register!
BEARSKIN MEADOW SUMMER CAMPS

Located in the Sequoia National Forest, Bearskin Meadow Camp is the oldest and largest resident camp in the Western United States and has a long history of providing an exceptional camp experience for kids & families with type 1 diabetes.

- **Kids Camp** (ages 7-13)
- **Buddy Camp** (ages 7-15): bring a friend or sibling who doesn’t have T1D!
- **Teen Camp** (ages 13-17)
- **Family Camps**
- **Family Camp Flipped:** for those family members supporting an adult with T1D.
- **Leaders in Training** (ages 16-17)

**CDLN** (ages 7-17) Located in the Santa Cruz Mountains, Camp de los Ninos offers all the summer camp fun, closer to the San Francisco Bay Area.

ADVENTURE PROGRAMS

Our adventure programs in California’s High Sierra wilderness take you further into the outdoors and empower you to take the next step in your diabetes self-management journey.

- **Family Backpacking:** T1D youth 10–14 with one parent or guardian.
- **Teen Backpacking** (Ages 13-15)
- **Multi-Sport Adventure** (Ages 15-17)
- **American River Whitewater Rafting Weekend** (Ages 10+)

YEAR-ROUND WEEKEND RETREATS

Held in various locations including the Bay Area, participants will build community as they enjoy numerous camp activities and learn about the latest in diabetes management from our team of health-care professionals.

- **Campamento Familiar en Español:** for Spanish-speaking families of a child or teen with T1D.
- **Spring and Fall Family Retreats**
- **Sequoia Slipstream** (Ages 18+)

2024 PROGRAM DATES & INFORMATION

REGISTRATION OPENS IN JANUARY AT DYF.ORG!

**PROGRAM DATES**

**BEARSKIN MEADOW CAMPS**

- **Kids Camp** JULY 8-13
- **Buddy Camp** JUNE 16-20
- **Teen Camp** JUNE 22-30
- **CDLN** JULY 29-AUG 3
- **Family Camp 1** JULY 20-25
- **Family Camp 2** JULY 27-AUG 1
- **Family Camp Flipped** JULY 27-AUG 1
- **Leaders in Training 1** JULY 20-AUG 1
- **Leaders in Training 2** JUNE 12-20

**ADVENTURE PROGRAMS**

- **Teen Backpacking** JULY 1-9
- **Multi-Sport Adventure** JULY 14-25
- **Whitewater Rafting** AUG 30-SEPT 1
- **Family Backpacking** JUNE 15-20

**YEAR ROUND WEEKEND RETREATS**

- **Spring Retreat** MARCH 15-17
- **Fall Retreat** OCT 18-20
- **Adult Retreat** AUG 2-4
- **Campamento Familial** FEBRUARY 23-25

DYF also offers free virtual support groups and local community programs!

For more information, please visit our website at dyf.org/donate or call 925-680-4994.

DYF.ORG