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 TID!
- **Teen Camp** (ages 14-17)
- **Family Camps**
  - **Family Camp Flipped**: for those family members supporting an adult with TID.
- **Leaders in Training** (ages 16-17)

**CDLN** (ages 7-17) Located in the Santa Cruz Mountains, CDLN 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**: TID youth 10-14 with one parent or guardian.
- **Teen Backpacking** (Ages 13-15)
- **Multi-Sport Adventure** (Ages 15-17)
- **Community Whitewater Rafting Weekend** (Ages 10+)

YEAR-ROUND WEEKEND RETREATS
Held in various locations around California, 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 TID.
- **Spring and Fall Family Retreats**
- **Sequoia Slipstream - Formerly Adult Retreat** (Ages 18+)

2024 PROGRAM DATES & INFORMATION
REGISTRATION OPENS IN JANUARY AT DYF.ORG!

### PROGRAM DATES

**SUMMER CAMPS**
- **Leaders in Training 2**
- **Buddy Camp**
- **Teen Camp**
- **Kids Camp**
- **Family Camp 1**
- **Leaders in Training 1**
- **Family Camp 2**
- **Family Camp Flipped**
- **CDLN**

**ADVENTURE PROGRAMS**
- **Family Backpacking**
- **Teen Backpacking**
- **Multi-Sport Adventure**
- **Whitewater Rafting**

**YEAR ROUND WEEKEND RETREATS**
- **Campamento Familiar en Español**
- **Spring Retreat**
- **Sequoia Slipstream - Formerly Adult Retreat**

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.