



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

Bring the family to enjoy a beautiful spring weekend filled with community, learning, and fun!



DATE: MARCH 13TH-15TH

LOCATION: MT. GILEAD, SEBASTOPOL

Spring Family Retreat is a week of recreational activities and diabetes education for children and teens (0-17) with T1D and their family members.

Activities Include:

- The Goliath Swing!
- Archery
- Planting Spring Flowers
- Walks through the redwoods
- Education Sessions led by diabetes professionals about the latest in diabetes technology, living with diabetes, mental health, and diabetes care.



Speaker Highlight: Adam Brown, MA, LMFT

Why am I so hard on myself as a T1D parent?

Understanding Self-Criticism, Judgment, Blame, and Pressure:

Living with T1D is hard, especially for parents! Therapist and fellow T1D Adam Brown will explore some common themes he sees in parents of type 1s: pressure, self-criticism, judgment, blame, high expectations, and burnout. Come to this talk to learn skills for handling the difficulties of diabetes with greater kindness, presence, and compassion.

Visit [DYF.org](https://dyf.org) to find out more information and register now!

