



Do you know someone with **type one diabetes**? We offer diabetes support programs and camps for kids, teens, adults, and families!

DYF is an 88-year-old nonprofit that is dedicated to supporting 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 by learning successful ways to manage their diabetes from healthcare professionals and their peers. **All DYF programs have dedicated health care professionals joining throughout each session to offer education, blood sugar checks, insulin lines at meals, carb counts, night checks, and overall support.**

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.



VISIT [DYF.ORG](https://dyf.org) FOR MORE INFORMATION & TO REGISTER!

2026 PROGRAM DATES & INFORMATION

REGISTRATION IS OPEN NOW AT DYF.ORG!

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, teens, & families with type one diabetes.

Chartered bus transportation is available from several predetermined locations for kids camp, buddy camp, teen camp, and CDLN.

- **Kids Camp** (Ages 7-13)
- **Buddy Camp** (Ages 7-15)
Expand your support system at home by bringing a friend or sibling who doesn't have T1D to experience diabetes camp!
- **Teen Camp** (Ages 14-17)
- **Family Camps** (All ages)
- **Leaders in Training** (Ages 16-17)
- **Campamento Familiar en Español** (All ages)
For Spanish-speaking families of a child or teen with T1D.

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.

- **Teen Backpacking** (Ages 13-15)
- **Multisport Adventure** (Ages 15-17)
- **Community Whitewater Rafting Weekend** (Age 18+ or 10+ with an adult)

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** (All ages)
For Spanish-speaking families of a child or teen with T1D.
- **Spring and Fall Family Retreats** (All ages)
- **Adult Retreat** (Ages 18+)
Support systems are welcome to come & learn more about T1D!

PROGRAM DATES

SUMMER CAMPS

• LEADERS IN TRAINING 2	JUNE 15-24
• BUDDY CAMP	JUNE 20-24
• KIDS CAMP	JUNE 27-JULY 1
• CAMPAMENTO FAMILIAR EN ESPAÑOL	JULY 2-6
• TEEN CAMP	JULY 9-15
• FAMILY CAMP 1	JULY 19-24
• LEADERS IN TRAINING 1	JULY 19-31
• FAMILY CAMP 2	JULY 26-31
• CDLN	JULY 28-AUG 1

ADVENTURE PROGRAMS

• MULTISPORT	JULY 1-10
• TEEN BACKPACKING	JULY 15-21
• WHITEWATER RAFTING	SEPT 4-6

YEAR ROUND WEEKEND RETREATS

• CAMPAMENTO FAMILIAR EN ESPAÑOL	FEB 6-8
• SPRING RETREAT	MARCH 13-15
• ADULT RETREAT	JULY 31-AUG 2
• FALL RETREAT	OCT 16-18

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

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

SCAN HERE:



This institution is an equal opportunity provider operating under special use permit with the Sequoia National Forest.