

2026



CAMP DOUWANNA D-CAMPS



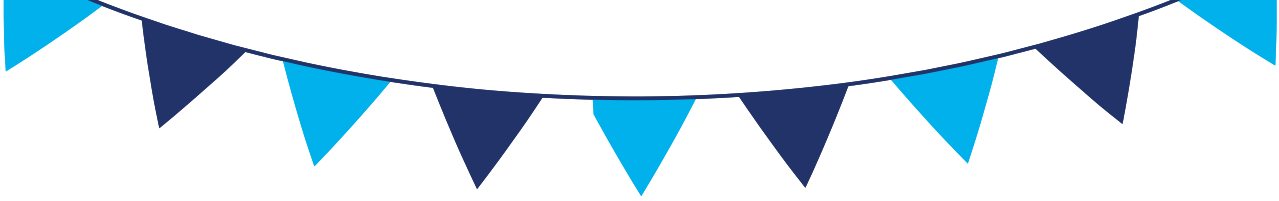
**DIABETES
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D-CAMPS

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A LETTER TO NEW AND RETURNING CAMPERS AND FAMILIES



Dear Families, Campers, and Guardians,

Congratulations! You are about to embark on an amazing adventure at our Camp Douwanna Family Camp! We are so excited that you will be joining us at Camp Douwanna in our 59th year of operation and this new adventure. Camp Douwanna, the Newfoundland division of Diabetes Canada has operated camps for children with diabetes since 1964.

We have a fantastic program planned this summer and we can't wait to share it with you. Families will have a chance to try some fun activities, meet new friends, connect with other caregivers who understand your normal, and make some memories that are sure to last a lifetime.

Before you start packing your suitcase, please read our D-Camps Guide and this Information Package. It is full of information that will prepare you to have the best camp experience possible. Some of the important information included in this package is:

- Session Dates
- Packing List
- Camp Activities
- Serving Diverse Campers
- Directions
- Cancellation and Refund Policy
- Contact Information

From all of us at Diabetes Canada and Camp Douwanna, we are very excited that you are joining the Camp Douwanna family!

Sincerely,

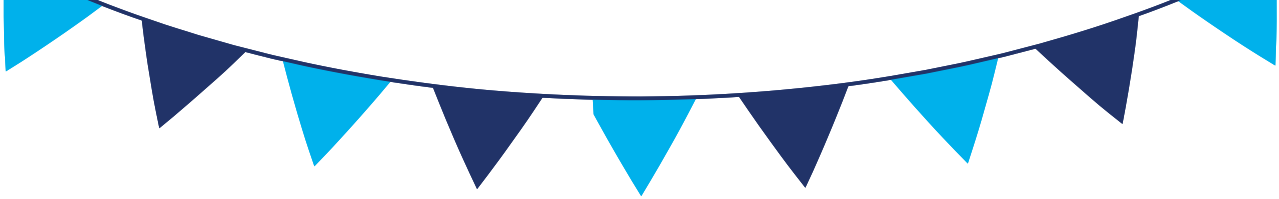


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LAND ACKNOWLEDGMENT

We recognize that our work takes place on traditional Indigenous territories across Canada. We also wish to acknowledge that Camp Douwanna, hosted at Max Simms Bishop Falls, is located on the traditional Indigenous territory of the Mi'kmaq and the Beothuk. We would also like to recognize the Inuit of Nunatsiavut and NunatuKavut and the Innu of Nitassinan, and their ancestors, as the original people of Labrador. Today, Newfoundland, is home to many Indigenous people, and we are grateful to have the opportunity to meet and work on this territory. We wish to express gratitude for the resources on this land we are using, and honour all the First Nation, Métis, and Inuit people who have been living on the land since time immemorial.

Diabetes Canada knows that land acknowledgement is only a first step in the essential act of reconciliation and relationship building with Indigenous peoples.

DIRECTIONS, TRANSPORTATION, AND DATES

Camp Douwanna: July 20 – July 23, 2026



Diabetes Canada has operated Camp Douwanna continuously since 1964. Camp Douwanna was originally run out of Burry Heights but a move in the mid-1980s brought the camp to Lion Max Simms Memorial Camp, until 2014 when we moved to our new home Lavrock. Douwanna made the exciting return to Max Simms Memorial Camp in Bishop Falls in 2024, the location where we remain today!

Sign-in: Opening Day	Sign-out: Closing Day
Monday, July 20	Thursday, July 23
2:00 PM (TBC)	1:00 PM

Our campers are dropped off and signed into camp near the Dining Hall. Please proceed through the gates where staff will help direct folks where to park and get checked in. Please do not arrive earlier than 2:00 pm, as we will still be preparing for campers to arrive. **EARLY ARRIVALS WILL BE ASKED TO LEAVE UNTIL REGISTRATION TIME.**



DIRECTIONS

Camp Douwanna is hosted at Lion Max Simms Memorial Camp. Camp is located at NL-360, Bishop's Falls, NL A0H 1C0.

Directions to camp can be found [HERE](#).



ABOUT FAMILY CAMP

Camp Douwanna Family Camp focuses on providing connection, support and community to families living with type 1 diabetes. At Family Camp we provide these opportunities for anyone in your child's care-giving community.

That could be grand-parents, extended family or close friends. If there are people involved in the care of your child with type 1 diabetes they are welcome to attend.

Family Camp brings people together in a way that just doesn't happen in any other setting. Family Camp is a fantastic introduction or connection to the D-Camps experience. You and your family will get the opportunity to take part in camp programming within a community Family Camp is a Great Fit for You If:

You have a recently diagnosed child and are looking to connect with people who understand.

You have years of experience and could be a valuable support to others.

Someone in family lives with type 1 diabetes and you want to have a fun D-Camp experience!



WHAT TO EXPECT AT FAMILY CAMP

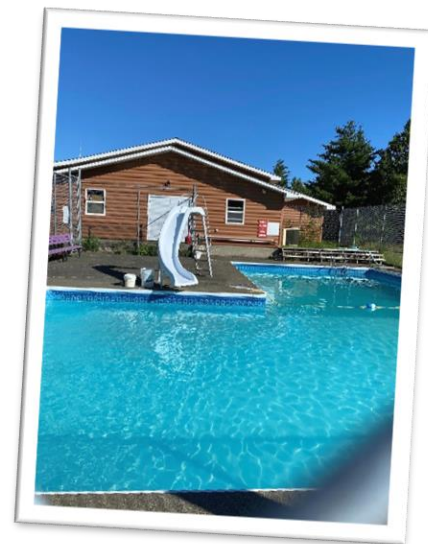
Over the course of your Family Camp experience, adults and children will have the opportunity to participate in a wide variety of activities and experiences. In everything we do at Camp Douwanna Family Camp, we emphasize creativity, imagination, and relationship development in a safe, fun-filled atmosphere designed to encourage growth, learning, and the development of self-confidence.

Throughout the program, much of the camp program will be divided into three streams. One stream will be for children and youth. The second stream will be for adults, parents, and caregivers and the last stream is for families as a whole!



CHILDREN'S ACTIVITIES

Program staff will plan and facilitate age-appropriate games and activities for the children at camp. Some of these activities include; arts and crafts, sports and games, archery and many more creative camp programs. These program staff will be made up of amazing D-Camps staff some of whom also live with type 1 diabetes. Family Camp creates endless opportunities for your child to learn and relate to a young adult role-model living with diabetes. These staff will also be available to assist campers with testing and treating lows. For our little ones we offer a very popular "craft table" as well as a designated teen space and program for older attendees.



ADULT ACTIVITIES

Adults, parents and caregivers will have the opportunity meet and connect with each other in various sessions throughout the weekend. These sessions are often led by adults living with type 1 diabetes, the medical team and leaders from the type 1 community. They include discussion groups, sharing experiences and team building activities. Often these sessions are seen as the highlight of the weekend. It is an opportunity to discuss life with type 1 in a caring, supportive and understanding group of peers.

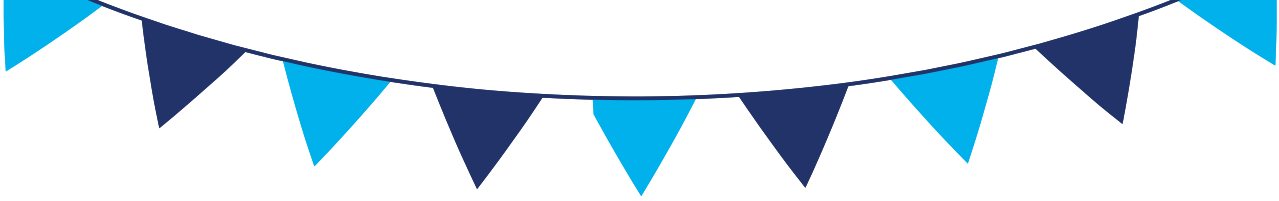
FAMILY ACTIVITIES

There will be a number of all- camp programs planned throughout the weekend that the whole family is able to participate in together. As a family, you will be able to participate in a wide variety of camp activities. These fun events are a great opportunity for the whole family to spend time together and feel like they are on a holiday.

ACCOMMODATIONS

Families will have their own private rooms at camp. Each room has three beds, we will ensure that each family member has their own bed. The cabins each hold 5 such rooms with access to shared washroom facilities and a large common area. The cabins will provide a true camp experience. *Be Sure To Bring Bedding!*





TYPICAL MEALS

Each family camp provides three nutritious meals, as well as a number of snacks each day. All meals are served cafeteria style, and snacks will be laid out buffet –style. There is always food available if needed. Breakfast – Cereal, toast, eggs, pancakes, fresh fruit, etc. Lunch – Wraps, pizza, salad, vegetables, etc. Dinner – Lasagna, salad, etc.

Please note that low supplies and snacks are available at all times at Camp Douwanna Family Camp. Please contact the Camp Director if you have any questions.



MORE ON FOOD

A menu is prepared by our registered dietitian and the camp chef to reflect the planned activities and the younger palate. Food at camp is specially prepared with nutrition and diabetes care in mind. We are sensitive to the allergies of our families and are always ready to make food substitutions should the need arise. Some of our participants have special needs regarding other medical conditions and we pay close attention, making sure any specialties in their meals are available and prepared as required. Please feel free to consult nutrition staff on the day of your arrival with any issues related to meals. In respect to our facility, families shouldn't bring food from home to camp (in case of severe allergies.) Please don't hesitate to contact us at any point in time if you have any question regarding food or dietary concerns.

SUPERVISION

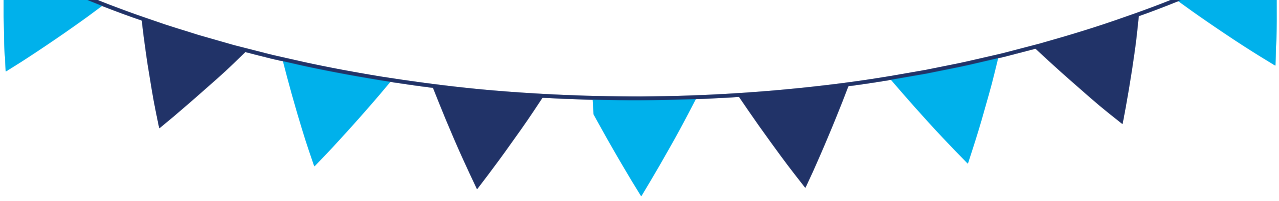
Parents are responsible for the supervision of their children while at Camp. However, supervision will be provided during scheduled program activities. Parents are also responsible for their children's medical and dietary care, including their child's diabetes management, the dispensing of medication(s) and monitoring of personal supplies. Healthcare staff/personnel are on site to facilitate programming and to act as source of support for any consultation.

INCLUSION AT D-CAMPS

At Diabetes Canada and D-Camps we believe that our camp and youth programs are for all children and youth living with type 1 diabetes regardless of ancestry, colour, race, ethnicity, religion, creed, sex/gender, sexual orientation, gender identity or expression, ability or exceptionality.

To ensure that we can provide the best experience for all of our participants we ask that families complete all registration forms as fully and truthfully as possible. The more we know about our participants the better we can support their needs.





At D-Camps, we strive to create equal opportunities for individuals that may identify or be affiliated with any number of biological, social, and cultural categories. Additionally, D-Camps aims to be open and accessible to all participants, ensuring that identification and/or affiliation with the above categories does not act as a barrier, obstacle, or deterrent that presents a child from experiencing a traditional overnight summer camp experience. D-Camps follows Pride Camping Association's best practices that are directed toward any LGBTQ+-identified youth and those from LGBTQ+ families and aim to create and foster a more comfortable and fun environment, free of harassment, discrimination, hostility, isolation, and any other afflictions of systematic oppression. LGBTQ+ participants and families are welcome to speak to the Camp Director if any accommodations are needed, which will remain confidential. In addition to this, many general inclusive policies are in place to ensure the camp environment and culture is inclusive and supportive for any participants, staff, and volunteers, who have not readily indicated any specific identity or affiliation prior to the start of their involvement in our programs.

If you have any questions about the fit of your child at our programs, please contact our Camp Manager or Camp Director to discuss the support we can provide.

CANCELLATION/REFUND POLICY

BEFORE/ON FEBRUARY 28, 2026 – Full refund of all fees less a **\$25 cancellation fee** (per program).

MARCH 1 - MAY 31, 2026 -Full refund of all fees less a **\$100 cancellation fee** (per camper).

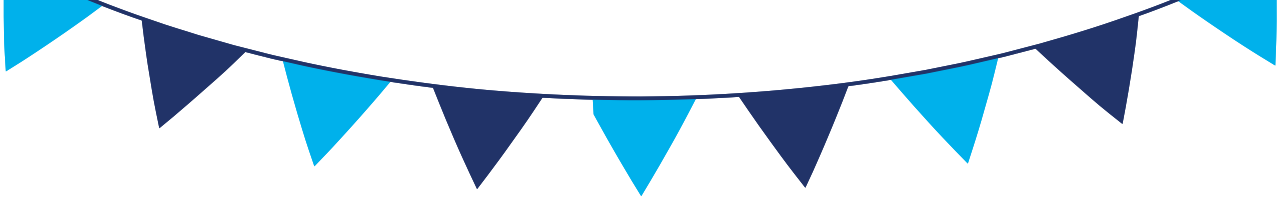
AFTER JUNE 1, 2026 – All fees are non-refundable.

Notification of cancellation is required in writing or via email and must be received by the Camp Administrative Coordinator.

There will be no refund made for any participant leaving D-Camps during any program/session, including in an instance where the participant is removed from the camp program at the choice or request of the participant or the participant's parent/guardian or for reasons of homesickness or behaviour that violates our code of conduct or compromises safety. In the case of illness or injury incurred at Camp, a prorated refund will be reviewed and applied by the camps team. There will be no refund or reduction of fees for campers arriving late or leaving early.

If you decide to cancel your camp registration or have questions about registering, please contact us at: camps@diabetes.ca





CONTACT INFORMATION

If you have questions about the Camp Douwanna program or will be arriving late to Camp, please contact Morgan Tobin Camp Director, Morgan.Tobin@diabetes.ca

Our Administrative Coordinator can be reached at camps@diabetes.ca to support with any questions related to registration, financial assistance or changes to completed forms.

Any other questions can be directed to our Information and Support Team at 1-800-226-8464 or info@diabetes.ca

