



Campference Highlights and Itinerary

March 22-24, 2019

T Bar M Camps & Retreats
2549 State Highway 46 W
New Braunfels, Texas 78132

830-620-4263 - www.tbarmcamps.org

ABOUT CAMPFERENCE

We are so clear about the importance of connecting and empowering families impacted by narcolepsy. Our solution to how to make this happen in a fun and relaxed atmosphere came about in this camp retreat-conference hybrid event open to the WHOLE family. Come hang out with other narcolepsy families on the New Braunfels, Texas, campus of T Bar M Camps. Kids will have time with each other as they chat, play, craft, explore, build community and share their own stories as they discover that they are not alone in this journey. Parents have their own time to connect and learn through conference-style sessions and open conversation time. We also know that families often struggle to find time to do things together. We have designed these Campference retreats to provide time for you to spend together, too. Register today at <https://facesofnarcolepsy.org/events>

FRIDAY MARCH 22

2:00 - 5:30pm - Check-in/Fun Activity

6:00pm - Dinner

7:15pm - Opening Session - Nicole Jeray

8:00pm - Campfire & Smores

9:00pm - Bedtime

SATURDAY MARCH 23 cont.

5:00pm - Work Together Craft Time

6:00pm - Dinner

7:00pm - Night Games (kids)

8:00pm - Craft Time/Outdoor play (kids)

9:00pm - Bedtime

SATURDAY MARCH 23

8:00am - Breakfast

9:00-11:00am - Structured Team Building (kids)

9:00am - Moving your Ball Forward (parents)

10:00am - 504 workshop (parents)

11:00am - Craft Time/Outdoor play (kids)

11:00am - Diet and the Brain - Gina Dennis (parents)

12:00pm - Group Photo

12:30pm - Lunch

1:00pm - Free Time/Nap Time

3:00pm - Smart Snacking (kids) - Gina Dennis

3:00pm - Medication and Treatment Options (parents)

4:00pm - Hard Topics Q & A (parents)

4:00pm - Hard Topics (kids)

SUNDAY MARCH 24

8:00am - Breakfast

9:00am - Closing Session

10:00am - Free Time and Pack up

Airport Options

San Antonio Airport (SAT) - 40 min.

Austin Airport (AUS) - 1 hour

Houston Airport (IAH),(HOB) - 3 hours

Dallas(DFW), (DAL) - 4hours

**Register for Campference at
www.facesofnarcolepsy.org/events**