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## Find Your Peeps at Blue Spruce Winter Programs!

Registration Deadline for Winter Programs is Friday!

### Teen Book Club

The [Teen Book Club](#) creates a space for teens to find great company and meaningful conversation. Beginning this Sunday, we'll be reading *Peanut* by Ayun Halliday. This Young Adult graphic novel features a non-allergic girl who *pretends* she has food allergies. What?! There's a lot to think about there and much to discuss. Join us!



Sign Up TODAY and Don't Miss the Conversation!



### Allergy Pals

[Allergy Pals](#) kicks off January 23. This research-based online support program gives participants tools to advocate for themselves, introduces them to new friends, and offers fun along with skills once a week for 8 weeks. The guided curriculum is led by teens and young adults who also live with food allergies. What a wonderful way to know you are not alone!

[Register for All our Programs Here!](#)

## Overnight Camp Registration Is Open for 2022



Registration is open for Camp Blue Spruce! For the past ten years, Camp Blue Spruce has fostered friendships and an authentic and fun overnight camp experience. The camp is free from the top-9 food allergens plus all gluten. With qualified medical staff on site, campers feel safe and are released from the worry and anxiety they face daily while navigating their allergies.

This year, we are offering two separate sessions of camp. [Learn more about overnight camp](#) on our website.

We know there is a lot of uncertainty about what the summer will look like, but we encourage you to join us in being optimistic that we will run camp! If you are considering registering your child, please do so and save your bunk! Adjustments may be made as the impacts of the pandemic unfold. Learn more about our plans for 2022 on our [Camp Chat blog](#).

Financial Assistance is available.

Please call or email us if you are considering applying but are hesitant or have questions. We would love to talk with you!

[Register for Camp](#)

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[Camp Blue Spruce's](#) vision is that all children and families living with food allergies have a sense of belonging, trust, and community.

Camp Blue Spruce provides children with food allergies experiences where they can be independent, confident, and worry-free

Camp Blue Spruce is a 501(c)3 charitable non-profit organization. Your donations are tax deductible.

[Donate Today!](#)

[www.campbluespruce.org](http://www.campbluespruce.org)



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