

CAMP SEQUOIA



MARCH 2025 NEWSLETTER

New Medication Packaging Guide

Our medication packaging 2025 guide for bagging medications, vitamins, and supplements is available for families. To ensure that all of your child's medications are packaged correctly, please visit our 2025 Medication Administration Guide for an in-depth packaging instruction video for this summer. After seeing said video and reading through our Medication Guide & FAQs, please let us know if you have any additional questions!

[Medication Guide](#)



March Madness

Love getting in the spirit of March Madness? Feel Free to join the Camp Sequoia March Madness by crafting your bracket here:

[Join the Bracket!](#)



Upcoming Dates

- April 19th** → Camp Sequoia Open House
- May 1st** → Camp Paperwork Deadline
- June 7th** → Pre-Camp Pool Party & BBQ





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Blog and Research Updates

Our new blog focuses on best tips and strategies for structuring vacation times and spring break activities. As many of our campers are in the midst of or have an upcoming break, we wanted to share with our community:

[Spring Break Blog](#)



We also have a new blog out on the challenges faced by Teenage girls with ADHD and Social Anxiety. You can view both of these on our Blogs page on our website, along with a number of other helpful posts offering research, tips, and discourse to support our campers and the greater community. You can find our blogs here:

[Camp Sequoia Blogs](#)

International ADHD Conference

Director Brian Lux and Artrice Pray had the honor of presenting at the International Conference on ADHD on March 7th. We enjoyed collaborating with the global community to best serve our campers!



Upcoming Open House

We very much enjoyed having everyone join us for our open house on March 8th, and we can't wait for our next open house on April 19th at 2pm. If you're interested in attending and seeing campus, sign up here:

[Open House Sign Up](#)