

SUPPORT GROUP JUST FOR DIABETICS

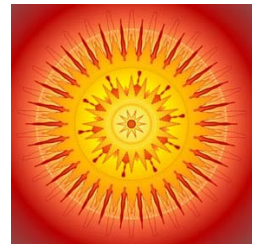
DIABETIC SUPPORT GROUP

It doesn't matter when you learned that you were diabetic, there are common issues we all face. Just knowing that you are not alone is a big help. Talking with other folks who share your same concerns, helps you learn the facts about your disease, and find the inspiration to continue with the challenges that are part of your every day life. The Family Life Center Group provides a place where you can meet those help-

703 Compton Road
Cincinnati, Ohio 45231

The Family Life Center

The Family Life Center
703 Compton Road
Diabetic Support Group
Wed., 5/13,
Fri., 9/11, Fri. 11/13,
2009
1:30—3 PM



**A Caring Place
To Learn, To Heal,
To Share Feelings**

**A Faith-Based Outreach of
Northminster Presbyterian
Church**

**Tel: 513-931-5777 for
information and for other
groups that provide help for
all ages and stages of
life & life transitions**

GROUP SUPPORT AND INFORMATION

When it comes to diabetes, there's no question that the newly diagnosed person can have strong emotions about what is happening. This group will help with information about:

Adjusting to the change in your concept of wellness, and grief over having a "chronic disease."

Giving up unrealistic expectations that may lead to guilt and frustration.

Developing a strong support system.

Sources of self-esteem, how to develop better self-esteem, reduce stress.

Success stories of other diabetics.

Balancing family and personal meals.

Creative self-care strategies.

Assurance that your life can be "normal."

No fee for class, books loaned free for your use from the FLC Library.

Sources of Information:

The group facilitator utilizes resources including books, hand-outs and group discussion. Books can be borrowed from the Family Life Center Library. Session design is flexible in order to address the specific needs of those who are participating.

Class Facilitator:

Dr. Cynthia Tabar is our group facilitator. She is a clinical nutrition professor who taught Diabetic (and other) nutrition classes in the Nursing program at University of Cincinnati. Now retired, Dr. Tabar stays current with the latest developments in the field of diabetic education. Guest speakers also contribute to the group.

FORMAT: Group meets once a month on the second Wednesday at 1:30 PM, except during July and August. Special speakers and Programs are announced as needed. We will cover the material through book review, hand-outs and in small group discussion. The experience of group members contributes to the learning process. This group is designed around your concerns!

Tell your friends about this FREE group!



The experiences of others can help us understand ourselves and our feelings.

703 Compton Road
 Cincinnati, Ohio 45231

Bring or mail completed form to address above or fax to: 931-0260
 Phone: 931-5777,
 Email: flc@nmpchurch.org

Registration for Diabetic Support Group:

Sign up for:	Time	Price
<input type="checkbox"/> List dates from above	1:30 PM	FREE !!
<input type="checkbox"/> I will need child care during class		FREE !!
<input type="checkbox"/> Number of children:		
<input type="checkbox"/> Ages and names:		
<input type="checkbox"/>		
<input type="checkbox"/>		

Total: FREE !!

Name _____

Address including zip code _____

Phone and e-mail _____

How did you hear about us? _____