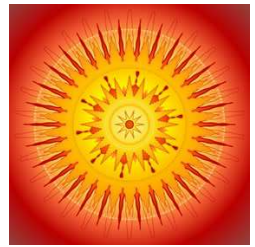


**SUPPORT GROUP JUST  
FOR DIABETICS**

**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 helpers.*



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

The Family Life Center  
703 Compton Road  
Cincinnati, Ohio 45231



The Family Life Center  
703 Compton Road  
Diabetic Support Group  
Fridays: January 8, March 12  
and November 12, 2010  
1:30 - 3 PM

Call for May & September



*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:

Caroline Pritchard, RN, is our group facilitator and has a passion for helping people with Diabetes. Caroline's expertise is augmented by medical professionals who come to share their wisdom on everything from care of the diabetic foot to nutritionists to pharmacists who share news about the latest drug developments.

**FORMAT: Group meets bi-monthly** on the second Friday at 1:30 PM in January, March and November. In May and September the meeting times vary to accommodate speakers' schedules. Call the Family Life Center for the specific information on May and September's group meetings. 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:

<input type="checkbox"/> List dates from above	Time	Price
<input type="checkbox"/> I will need child care during class	1:30 PM	FREE !!
<input type="checkbox"/> Number of children:		FREE !!
<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? \_\_\_\_\_