



## What is Diabetes Connection?

Diabetes can be overwhelming as it affects so many areas of life. A lot of people find it much easier to manage their diabetes with the support of others, particularly those who understand the experience of having diabetes themselves. Diabetes Connection is a group that keeps this idea of support in mind!

Diabetes Connection is a gathering of people who come to talk about living with diabetes. At Diabetes Connection you can share stories, ask questions, or just sit and listen to others. It's an open space where people can feel comfortable. At Diabetes Connection, people can help each other manage their diabetes by sharing strategies and giving suggestions!

We hope Diabetes Connection will be a helpful resource that can support you in meeting your diabetes goals. Don't underestimate the importance of peer support!



## Benefits of Attending:

- Having questions answered
- Increasing your confidence in caring for your diabetes
- Meeting other people who understand what its like to live with diabetes
- Keeping on track with your diabetes
- Getting food and exercise ideas
- Increasing your knowledge about diabetes
- Having a chance to access and connect with healthcare professionals
- Finding strategies to better stick to your diabetes treatment plan
- Maintaining and improving your health
- And many more!

## The DETAILS

**Dates:** The **SECOND Tuesday** of each month

**Times:** 6:00 – 7:00 p.m.

**Location:** Woolwich Community Health Centre  
10 Parkside Dr, St. Jacobs

**Intended for:** People with a diagnosis of diabetes or their support persons

**No need to register – drop ins are welcome!**

Bring walking shoes if you want to join the post-meeting walk!



## Frequently

## Asked



1. **Can my spouse/partner come to Diabetes Connection?**

*Absolutely!*

2. **My parent has diabetes, but I cook most of their meals. Can I attend?**

*Yes! Anyone who has diabetes or who is responsible for the care of someone with diabetes are welcome to attend!*

3. **How much does it cost to attend Diabetes Connection?** *Nothing – it's free!*

4. **I do not want anyone to know I come to Diabetes Connection. Is this confidential?**

*At Diabetes Connection, we encourage attendees to keep conversations that happen confidential. However, due to the nature of the course, we can not guarantee this.*

5. **Do I have to commit to attending every Diabetes Connection session when I come for the first time?**

*No, there is no commitment required. It is a drop-in session, so you can come and go as you please!*

6. **Do I have to have a doctor's referral to come to Diabetes Connection?** *A referral is not required.*

7. **Do I need to sign up or register for Diabetes Connection?**

*No, you do not need to sign up or register. You can just drop-in whenever is most convenient for you!*

8. **Do I need to bring anything with me when I come to Diabetes Connection?**

*No. However, feel free to bring logbooks, food records, labels etc if you have any specific questions about these items. Bring walking shoes if you want to join us for the walk after the meeting (optional)!*

9. **Will I be expected to participate in any way?**

*No, you are not expected to participate. You may share stories if you wish, or just sit and listen to others. Keep in mind that those who choose to interact may tend to get more out of the experience.*

10. **How long is each Diabetes Connection session?** *Each session will be approximately 1 hour.*

11. **I want to come to Diabetes Connection, but I have no way of getting there. Do you have any suggestions?**

*If you do not have transportation and wish to come to Diabetes Connection, just call our office and we will try and arrange something for you!*

12. **Who can I contact if I have more questions about Diabetes Connection?**

*Feel free to contact Tiffany Krahn at (519) 664-3794 ext. 241.*