

workshops for diabetes burnout!

Why does BDI address issues concerning the family members and loved one of people with diabetes, and not just those with diabetes?

Because even individuals who have a close personal relationship with someone who has diabetes can suffer the effects of “diabetes burnout”.

Although family members have a lot in common with their diabetic loved ones – working to attain and maintain good health and good spirits, is one example - the demands and stresses they face are very different, too. That is exactly why BDI developed several programs just for families and loved ones.



Just for Parents

When your child has diabetes, stresses and strains in the family are likely. Family worries and conflicts can lead to “diabetes burnout” in everyone – parents, kids, siblings and more. BDI offers a program for the parents and guardians of children with diabetes. Called the “Just for Parents” program, this one-day weekend workshop offers parents insight and invaluable tools. In a small, supportive group setting, our clinical psychologist teaches new ways for coping with diabetes, suggests ways to get back on track with the disease, and provides direction for improving long-range metabolic outcomes. Learn to make peace with diabetes in your family.

Just for Spouses

Being the spouse or partner of someone with diabetes is no easy task. How do we balance the fear/control cycle that so many of us get into? How do we deal with our own feelings around our partner’s diabetes and self-care? BDI’s program for the partners of individuals with diabetes candidly addresses these issues, and more. Appropriately called the “Just for Spouses” program, this interactive group discussion will provide the chance to meet other spouses/partners of people with diabetes, and share the very unique challenges and solutions that those of us living with this situation share. This supportive group is thoughtfully designed to offer education, encouragement, and to remind you that you are not alone!

REGISTER NOW!
Space is Limited.

Register Now!

Space is limited!
Registration Required:
Call **858-336-8693**
or email:
nmc@behavioraldiabetes.org
Costs: \$10/person

Just for Parents

It's This Saturday!

Sat., February 21, 2009
10:00am - 1:00pm

The Whittier Institute for Diabetes
Scripps Memorial Hospital
9894 Genesee Avenue
La Jolla, CA, 92037

This program is designed for parents only; BDI does not offer childcare during this workshop.

Just for Spouses

Thurs., April 23, 2009
6:30am - 8:30pm

Sharp Building at the Spectrum Center
8695 Spectrum Center Court
San Diego, CA 92123

This workshop is designed for the partners of individuals with diabetes only; unfortunately a program for couples is not available at this time.