



BEHAVIORAL DIABETES INSTITUTE

WORKSHOP REGISTRATION:

Workshops are limited to people with diabetes and their loved ones.

Please note age ranges. Register early!

LOCATIONS:

Workshops will be held at the following locations:

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

The AMCR Institute
700 West El Norte Parkway, Suite 201
Escondido, CA 92026

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

HOW TO REGISTER:

Tuition is payable by check or money order to the Behavioral Diabetes Institute. Registration and payment must be completed before the day of your workshop.

**Registration is required
for all classes.**

ABOUT US:

The Behavioral Diabetes Institute (BDI) is the world's first organization dedicated to tackling the unmet psychological needs of people with diabetes. BDI, a 501(c)(3) non-profit organization, offers an array of evidence-based programs, all designed to help people overcome the emotional and behavioral obstacles to living well with diabetes. BDI programs help participants develop greater confidence, hope, and control over diabetes.

To register, call us at: **858-336-8693**
or email
michelle@behavioraldiabetes.org

www.behavioraldiabetes.org

Behavioral Diabetes Institute
P.O. Box 501866
San Diego, CA 92150-1866

register today:

858-336-8693



Our 2010 Programs

Getting on Track for Adults & **NEW!** Getting on Track for Teens

This one-day workshop focuses on diabetes "burnout" and the stresses of living with diabetes. Learn about the emotional pitfalls linked to diabetes, determine your own pattern of diabetes stresses, and develop personalized strategies for mastering the challenges of diabetes. If you know what to do, but are having a hard time doing it, *Getting on Track* is for you.

Getting On Track for Adults DATES (select one):

- Sat, Jan 16**, 9:00am-4:30 pm (for Type 2 only) **Near I-5 & Genesee**
- Sat, Feb, 20**, 9:00am-4:30 pm (for Type 1 only) **Near Qualcomm Stadium**
- Sat, Apr 17**, 9:00am-4:30 pm (for Type 1 & 2) **La Mesa area**
- Sat, Jun 5**, 9:00am-4:30 pm (for Type 1 & 2) **Near I-5 & Genesee**

Getting On Track for Teens DATES (select one):

- Sat, Jan 9**, 10:00am-4:00 pm **Near I-5 & Genesee**
- Sun, Mar, 14**, 10:00am-4:00 pm **Near I-5 & Genesee**
- Sat, May 15**, 10:00am-4:00 pm **Near 163 & Balboa**

COST AND REGISTER:

\$10 per person (lunch is included). Registration is required before class date.
Email: michelle@behavioraldiabetes.org or call 858-336-8693 to register

WHO: These programs are limited to adults and teens who are struggling with their diabetes management (for example: A1C greater than 8, problems with hypoglycemia, or very erratic blood glucose levels).

NOTE: *Diabetes education (meal planning, blood testing) is a prerequisite for this class.*

OUR CORE PROGRAM

NEW FOR 2010

NEW! Dealing with Diabetes – A Program for Teens

Frustrated, annoyed, tired of putting up with diabetes in your teen years? Fed up with being nagged? Wish you didn't have to deal with it every day? During this 4-week program, learn strategies for dealing with diabetes, even when you don't want to. Yes, you can manage diabetes and have a life.

DATES: 4 consecutive Wednesday evenings, 6:30pm-8:30 pm (Choose one series):

- 4 Wednesdays, Jan 6, 13, 20, 27, Near I-5 & Genesee**
- 4 Wednesdays, Mar 31, Apr 7, 14, 21, Near I-5 & Genesee**
- 4 Wednesdays, May 26, Jun 2, 9, 16, Near 163 & Balboa**

COST: \$10 for the four-week series.

REGISTER: Registration and payment is required before the class date. Email: michelle@behavioraldiabetes.org or call 858-336-8693 to register.

NEW! Type 1 and Eating Issues

Making Peace with Insulin, Food and Your Body

Are you living with Type 1 diabetes and struggling with eating problems? People with Type 1 diabetes are at higher risk for eating issues that can range from disordered eating to restricting insulin. Join us for some honest discussion and learn strategies for preventing and overcoming these problems.

DATES: 4 consecutive Thursday evenings, 6:30pm-8:30 pm (Choose one series):

- 4 Thurs, Jan 7, 14, 21, 28 (I-5 & Genesee)**
- 4 Thurs, Feb 18, 25, Mar 4, 11 (I-5 & Genesee)**
- 4 Thurs, Apr 1, 8, 15, 22 (163 & Balboa)**
- 4 Thurs, May 13, 20, 27, Jun 3 (I-5 & Genesee)**

WHO: Ages late teens and up.

COST: Intro Class Free, \$10/person for series

REGISTER: Reg. and payment required before class date. E: michelle@behavioraldiabetes.org or call 858-336-8693 to register

NEW! Tackling Binge Eating in Type 2 Diabetes

Eating serves many more purposes than just nourishing our bodies. But sometimes eating becomes a way of escape and of avoiding uncomfortable feelings. This 6-week program will focus on practical solutions to manage emotions without opening the fridge. It is possible!

DATES: 6 consecutive Monday evenings, 6:30pm-8:30 pm
Feb 1, 8, 15, 22, Mar 1, 8

WHO: For adults only

COST: Intro Class Free, \$10/person for series
Registration is required

LOCATION: Near 163 & Balboa

Defeating the Depression/ Diabetes Connection

FREE Introductory Lecture

An evening workshop to identify and begin addressing the unique problems of people with diabetes struggling with depression. Depression is more common in people with diabetes, can be tougher to treat, and makes diabetes harder to manage. In this program, you will develop a personalized action plan for overcoming this negative cycle.

DATES: FREE Introductory Lecture

(select one): Tues, Jan 5
 Tues, Apr 20

TIME: 6:30 pm-8:30 pm

Defeating the Depression/ Diabetes Connection

Six-Week Workshop

A six-week group program that tackles diabetes and depression together, helping participants develop new skills for managing depression and diabetes more effectively. In this action-oriented program, participants will learn and practice the cognitive behavioral approach for treating depression.

DATES: Six-Week Workshop Series

(select one): Tues, Jan 12, 19, 26, Feb 2, 9 & 16
 Tues, Apr 27, May 4, 11, 18, 25 & Jun 1

TIME: 6:30 pm-8:30 pm

COST: \$10/person

LOCATION: Call for info

NOTE: **Must attend FREE Intro Lecture to enroll** (see above)

Alumni Group

For graduates of the 6-week series (above).

DATES: FREE Alumni Group Series

(select one): Tues, Mar 9, 16, 23, 30
 Tues, Jun 22, 29, Jul 6, 13

COST: FREE - Registration required

LOCATION: Call for info

Living WELL with Complications

This two-day interactive workshop is for those who are adjusting to life with complications of diabetes. On Friday afternoon, the members of this small group will have an opportunity to share their diabetes story and to get to know each other. Discussions will acknowledge grief and loss and work towards finding acceptance. On Saturday, the workshop will focus on building new coping skills to enhance the sense of wellness. This will include ways to cope with uncertainty, self-advocacy skills, identifying personal strengths and finding purpose in daily life.

DATE: Fri-Sat, July 9-10, 2010

WHO: People with diabetes who are living with more serious complications

TIME: Fri, 1:00 pm-5:00 pm
Sat, 10:00 am-4:30 pm

COST: \$10/person - Registration required

LOCATION: Call for information.

Roundtable Discussion: Diabetes & Addiction

Living with diabetes and struggling with an alcohol or drug problem? Sadly, this combination is common and dangerous. Problems with hypoglycemia & hyperglycemia are more likely and may contribute to long-term complications. Addiction can add to feelings of isolation and loneliness that sometimes goes with diabetes. And people with diabetes may not feel comfortable discussing drug and alcohol problems with their doctors, family or friends. Please join us for some honest discussion and hear from others who have struggled with this problem.

DATES (select one): Thu, Feb 25, 2010 Thu, May 20, 2010

WHO: Those who are or have struggled with Diabetes and addictive behavior.

TIME: 6:30 pm-8:30 pm

COST: Free - Registration required.

LOCATION: Various locations around San Diego County. Call for information

The Just for Parents Program

When your child has diabetes, family stresses and strains are likely. Conflicts can lead to "diabetes burnout" in everyone – parents, kids & siblings. Learn new ways for coping and improve long-range metabolic outcomes.

DATES (select one): Sat, Feb 13, 2010 Sat, May 22, 2010

WHO: Parents of children and teens with diabetes.

TIME: 10:00 am-1:00 pm

COST: \$10/person - Registration required.

LOCATION: Various locations around San Diego County. Call for information

The Just for Spouses Program

This interactive group discussion will provide the chance to meet other spouses of people with diabetes, and discuss the unique challenges and solutions that those of us living with this situation share.

DATES (select one): Thurs, Jan 21, 2010 Thurs, Apr 15, 2010

TIME: 6:30 pm-8:30 pm

COST: FREE - Registration required

LOCATION: Various locations around San Diego. Call for information.

NEW! The "Just for Parents of Newly Diagnosed" Program

Learning your child has diabetes can come as a shock. The technology and daily management necessary can be overwhelming. This four-hour workshop will focus on learning new ways to cope with the emotional and behavioral difficulties of diabetes in the family, ultimately to help reduce family stresses and conflicts, to discover ways to fit diabetes into an already busy family life, and to make peace with diabetes.

DATES (select one):

Sun, Jan 31, 2010 Sat, Apr 10, 2010 Sun, Jun 6, 2010

WHO: Parents of children and young adults who are struggling with diagnosis issues.

TIME: 10:00 am to 1:00 pm

COST: \$10/person - Registration required.

LOCATION: Various locations around San Diego. Call for information.

Men with Diabetes: Time for Some Honest Discussion

This small group focuses on the issues and complications of diabetes specifically as they relate to men. Come and share those "undiscussables" in a friendly, men-only forum. Space is limited.

DATES (select one): Thurs, Jan 21, 2010 Thurs, Apr 15, 2010

TIME: 6:30 pm-8:30 pm

COST: FREE - Registration required

LOCATION: Various locations around San Diego. Call for information.