

# Youth and Family Diabetes Support Group

When your child is diagnosed with diabetes, it is normal to be frightened, sad and even angry. These feelings are perfectly normal! When a child is diagnosed with diabetes, it impacts the entire family in choices made and actions that you take. But **YOU ARE NOT ALONE!** The mission of this support group is just that—an opportunity to network with others to develop strategies so that your family can be confident in lifestyle choices that will help your family to be the healthiest possible.

**When: Thursday, March 19, 2009  
6:00 p.m.**

**Where: 3rd Floor Community  
Classroom at Putnam  
County Hospital**  
(exit the rear of the elevator and  
turn right; follow signs)

**Future Meetings will take place on  
the Third Thursday of each month  
from 6:00 to 7:00 p.m.**

**Agenda:** Our first meeting will be a “meet and greet” to see where everyone is in their journey and to discuss the needs of the group so that programs and speakers can be scheduled for the rest of the year.

Light snacks will be provided and you are welcome to bring your children. We are looking for teen mentors to work with the younger children.

“Our” kids will be given the task of finding a great name for our group.



## Mark your Calendar

**April 16,  
May 21,  
June 18,  
July 16,  
August 20,  
September 17,  
October 15,  
November 19,  
December 17**

Should you have questions regarding the group, please contact Annette Handy, RN with PCH Diabetes Self Management Education by calling 765-655-2583, ext. 1 or e-mail [lahandy@pchosp](mailto:lahandy@pchosp).

