Diabetes and Me
A workshop for 11-14 year olds with Type 1 Diabetes

What: A fun and informal workshop for middle schoolers (11-14 years old) that is focused on living with diabetes, facilitated by two diabetes social workers. Topics to be discussed may include:

- Talking to friends and classmates about diabetes
- Coping with the ups and downs of diabetes
- Bullying, teasing and just feeling different
- Dealing with high and low blood sugars
- Making room for diabetes care in sports, activities, and hobbies

When: Saturdays, 10am – 1pm
   - February 23, 2019
   - May 11, 2019
   - September 21, 2019
   - December 7, 2019

Where: Seattle Children’s Hospital, Small Dining Room 2

Please bring a lunch or money for the cafeteria. We will eat lunch together around 12pm.

Space is limited (a maximum of 12 spaces available) for all workshop dates. You can RSVP at any time.

At this time, this workshop can only be offered to patients seen at Seattle Children’s Hospital.

For more information or to reserve a space for one of the workshops, please contact:

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