Diabetes and Me
A workshop for middle schoolers with type 1 diabetes

A fun and informal workshop on living with diabetes for kids ages 11 to 14 years
Facilitated by two diabetes social workers

Saturdays
10 a.m. to 1 p.m.

2020 Dates
February 15
May 16
September 19
December 5

Seattle Children’s Hospital
Laurelhurst campus,
Small Dining Room 2

Topics 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

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

Space is limited (a maximum of 12 spaces available) for all workshop dates. Please sign up at least 2 weeks prior to the listed date.

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

To sign up, or for more information:
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