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

A fun and informal workshop for middle schoolers (11 to 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, 10 a.m. to 1 p.m.
   - 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 12 p.m.

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.**