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

Saturdays
10 a.m. to 1 p.m.
February 24, 2018
May 19, 2018
September 15, 2018
December 1, 2018

Seattle Children’s Hospital main campus
Small Dining Room 2

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

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

Space is limited (a maximum of 12 spaces available) for all workshop dates. Please ensure that you RSVP 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.

For more information or to RSVP, please contact:
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or
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