



**Diabetes Education Community
Network of East Toronto (DECNET)**
(416) 461-9043

DECNET is doing groups virtually during the pandemic. These groups are done over Zoom, with the option to phone in. There will be no groups on holiday Mondays

FALL 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
Week 2	Mental Health & Diabetes Group 2 nd & 4 th Monday of every month 2:30-3:30pm Contact Asmita at 416-461-9043 ext. 2362 atalwalkar@srchc.com for registration.				
Week 3	English Diabetes Support Group 2 nd Monday of every month 11:30am-12:30pm Contact Asmita at 416-461-9043 ext. 2362 atalwalkar@srchc.com for registration.				
Week 4	Chinese Diabetes Support Group 3 rd Monday of every month 11:00am-12:00pm (Mandarin) 2:30-3:30pm (Cantonese) Contact Vania at 416-461-9043 ext. 2335 vtong@srchc.com for registration				
Week 4	Mental Health & Diabetes Group 2 nd and 4 th Monday of every month 2:30-3:30pm Contact Asmita at 416-461-9043 ext. 2362 atalwalkar@srchc.com for registration.	SPECIAL ONE TIME EVENT Intermittent Fasting Diet Trend (Virtual) Tuesday October 26, 6:00-7:00pm Call: Asmita at 416-461-9043 ext. 2362 atalwalkar@srchc.com for registration.			



PROGRAM DESCRIPTIONS

For more information call 416-461-9043 ext. 2370

DECNET programs are held virtually.
Join over the phone or Zoom.
Call 416-461-9043 ext. 2362 and speak
to the Health Promoter (*registration is
required*).

ENGLISH DIABETES SUPPORT GROUP

An informal environment where group
members can receive support from both
peers and DECNET Diabetes Educators.

Day: 2nd Monday of each month

Time: 11:30am-12:30pm.

MENTAL HEALTH & DIABETES (T.E.A.M DECNET)

An informal peer support and diabetes
education group with a focus on coping with
mental health challenges and diabetes.

Facilitated by DECNET Diabetes Educators.

Date: 2nd and 4th Monday of each month

Time: 2:30-3:30pm.

CHINESE DIABETES SUPPORT GROUP

Group members can receive support from
both peers and DECNET Diabetes Educators.

Topics are picked by group members.

Delivered in Cantonese and Mandarin.

Date: 3rd Monday of each month

Time: (Mandarin) 11am-12pm

Time: (Cantonese) 2:30pm-3:30pm

INTERMITTENT FASTING DIET TREND (VIRTUAL)

Date: Tuesday October 26

Time: 6:00-7:00pm

Call: Asmita at 416-461-9043 ext. 2362
atalwalkar@srchc.com for registration.