

DECNET groups are virtual and offered via Zoom, with the option to phone in. There will be no groups on holiday Mondays

Fall 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				Let's Get Moving Together Every Thursday 1:00 – 2:00pm Call 416.461.9043 x 2362 for updates	Roadmap to Diabetes Prevention (Prediabetes group) 10:30am – 12 noon Nov 4 (Session 1)
Week 2	English Diabetes Support Group 2 nd Monday of every month, 11:30am - 12:30pm Oct 17 Nov 14 Dec 12 Mental Health & Diabetes Group 2 nd & 4 th Monday of every month 2:30-3:30pm Oct 17 (Thanksgiving on Oct 10) Nov 14 Dec 12			Let's Get Moving Together Every Thursday 1:00 – 2:00pm Call 416.461.9043 x 2362 for updates	Roadmap to Diabetes Prevention (Prediabetes group) 10:30am – 12 noon Nov 11 (Session 2)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	<p>Chinese Diabetes Support Group 3rd Monday of every month 11:00am-12:00pm (Mandarin) 2:30-3:30pm (Cantonese) Contact Vania at 416-461-9043 ext. 2335 vtong@srhc.com for registration Oct 17 Nov 21 Dec 19</p>	<p>Roadmap to Diabetes Prevention (Prediabetes group) 5:30 – 7:00pm Sept 20 (Session 1)</p>		<p>Let's Get Moving Together Every Thursday 1:00 – 2:00pm Call 416.461.9043 x 2362 for updates</p>	
Week 4	<p>Mental Health & Diabetes Group 2nd and 4th Monday of every month 2:30-3:30pm Sept 26 Oct 31 Nov 28 No group on Dec 26 (Boxing Day)</p>	<p>Roadmap to Diabetes Prevention (Prediabetes group) 5:30 – 7:00pm Sept 27 (Session 2)</p>	<p>Bengali Diabetes Support Group Every other month, on the 4th Wednesday 1:00 – 2:00pm Sept 28 Nov 23</p>	<p>Let's Get Moving Together Every Thursday 1:00 – 2:00pm Call 416.461.9043 x 2362 for updates</p>	

PROGRAM DESCRIPTIONS

For more information call 416-461-9043 ext. 2362

DECNET programs are held virtually.
Join over the phone or Zoom.
Call 416-461-9043 ext. 2362 and speak
to the health promoter Asmita.

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

Let's Get Moving Together (In collaboration with East End CHC)

Kinesiologist demonstrates a fully body workout for all levels of fitness

Time: Thursdays, 1:00 – 2:00pm

Roadmap to Diabetes Prevention aka Prediabetes group

Provides at-risk clients with info about prediabetes, diet and lifestyle education to help prevent/delay the onset of type 2 diabetes

This group is done in two sessions, once a month at varying dates and times.

Bengali Diabetes Support Group (in Harmony Hall Centre for Seniors)

A registered dietitian from DECNET provides education on living with type 2 diabetes to Bengali-speaking seniors with the help of an interpreter.