


**To register:** Please speak to your DECNET provider or call Admin at 416.461.9042

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

## Winter (Jan – Mar 2023)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				<b>Let's Get Moving Together</b> Every Thursday 1:00 – 2:00pm Jan 5 – Feb 23	
Week 2				<b>Roadmap to Diabetes Prevention (Prediabetes group)</b> 10:30am – 12 noon Jan 12 (Session 1)  <b>Let's Get Moving Together</b> Every Thursday 1:00 – 2:00pm Jan 5 – Feb 23	

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	<p><b>Chinese Diabetes Support Group</b> 3<sup>rd</sup> Monday of every month 11:00am-12:00pm (Mandarin) 2:30-3:30pm (Cantonese) <b>Contact Vania at 416-461-9043 ext. 2335</b> <a href="mailto:vtong@srhc.com">vtong@srhc.com</a> for registration Jan 16 Feb 13 Mar 20</p>	<p><b>Roadmap to Diabetes Prevention (Prediabetes group)</b> 5:30 – 7:00pm Feb 21 (Session 1)</p>	<p><b>DECNET Support Group (Open to all DECNET clients)</b> 3<sup>rd</sup> Wednesday 2:00 – 3:00pm  Jan 18 Feb 15 Mar 15</p> <p>Focus on mental health in the first quarter of 2023. Facilitated by our social work team</p> <p><b>Bengali Diabetes Support Group</b> Every other month, on a Wednesday 1:00 – 2:00pm Jan 18</p>	<p><b>Roadmap to Diabetes Prevention (Prediabetes group)</b> 10:30am – 12 noon Jan 19 (Session 2)</p> <p><b>Let's Get Moving Together</b> Every Thursday 1:00 – 2:00pm Jan 5 – Feb 23</p>	
Week 4	<p><b>DECNET Support Group (Open to all DECNET Clients)</b> March 27 2:00 – 3:00pm</p> <p>This is a stand-alone session</p>	<p><b>Roadmap to Diabetes Prevention (Prediabetes group)</b> 5:30 – 7:00pm Feb 28 (Session 2)</p>	<p><b>Bengali Diabetes Support Group</b> Every other month, on a Wednesday 1:00 – 2:00pm Mar 22</p>	<p><b>Let's Get Moving Together</b> Every Thursday 1:00 – 2:00pm Jan 5 – Feb 23</p> <p><b>Roadmap to Diabetes Prevention (Prediabetes group)</b> <b>12:30 – 3:00</b> March 30 (Combined, single session)</p>	

## PROGRAM DESCRIPTIONS

For more information call 416-461-9043 ext. 2370 or speak to your DECNET provider

All DECNET groups held virtually. Join over the phone or via Zoom. **Registration required.**



### DECNET Support Group (Pilot)

An informal environment where all DECNET clients are welcome. Group members can support each other and connect with DECNET providers on a variety of topics

From January – March, DECNET will be trying out a new day and time for this virtual group and we welcome clients from all existing groups to join us. We will seek your feedback to evaluate this new group so please join in and share your opinion.

We are very excited to have our social work team facilitate the sessions in Jan, Feb & Mar. They will focus on topics related to wellness, coping strategies and stress management.

**Date:** 3<sup>rd</sup> Wednesday of the month

**Time:** 2:00 – 3:00pm

**Location:** Virtual – on Zoom

### 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:** 3<sup>rd</sup> Monday of each month

**Time:** (Mandarin) 11am-12pm

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

**Location:** Virtual – on Zoom

### 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

**Location:** Virtual – on Zoom

### Roadmap to Diabetes Prevention- At risk/Pre DM group

Provides lifestyle modification education (including dietary education) for people living with Prediabetes or at risk of diabetes, to help prevent/delay onset of type 2 diabetes. This group is offered mainly 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/Bengali-speaking provider