



**BEHAVIORAL
DIABETES**
INSTITUTE

Because we understand



*A one-to-one connection program for adults with
Type 1 or Type 2 diabetes*

DIABETES TLC offers one-to-one connection to those feeling *alone or burdened* with their diabetes and/or those who would like assistance improving their self management skills. Diabetes TLC was co-founded by Behavioral Diabetes Institute psychologists and Type I volunteer Joan Reder, who serves as a manager of the program.

DIABETES TLC pairs person with diabetes with a trained TLC “teammate” who can best relate to their needs, based on age, gender, type of diabetes and current challenges.

To RECEIVE Support:

- 1) Fill out and sign the **Waiver** available at www.behavioraldiabetes.org.
- 2) Mail to:
Diabetes TLC
Behavioral Diabetes Institute
P.O. Box 501866
San Diego, CA 92150
- 3) When received, you will be called by DIABETES TLC Staff to conduct a brief intake interview.
- 4) You may email DiabetesTLC@behavioraldiabetes.org or you can call (858) 336-8693 with any questions.

To GIVE Support:

- **DIABETES TLC** is seeking supportive, compassionate individuals to join our team.
- All interested individuals:
 - 1) Will have an interview with the DIABETES TLC supervisor.
 - 2) Must attend a training workshop led by DIABETES TLC staff.
 - 3) Will attend ongoing training sessions, led by the program supervisor, which are conducted frequently.
- If you are interested, please contact BDI at 858/336-8693 or email us at DiabetesTLC@behavioraldiabetes.org. A DIABETES TLC staff member will be in contact with you.
- **All training workshops are held in San Diego.**

Do you have diabetes and are under age 25?

DiaBuddies, sponsored by the Juvenile Diabetes Research Foundation, is similar to **DIABETES TLC** but for young people with diabetes. Diabuddies also includes youth and family events. For more information, please email info@diabuddies.org or call JDRF at 858-597-0240