



**BEHAVIORAL
DIABETES
INSTITUTE**

Because we understand

Defeating the Depression/Diabetes Connection

STEP 1: INTRODUCTORY LECTURE ♦ Anyone may attend who is interested.

□ **May 15, 2012 6:30 to 8:30 PM Kearny Mesa**

There are unique problems of people with diabetes struggling with depression. Depression is more common in people with diabetes, can be tougher to overcome, and can make diabetes harder to manage. In this workshop, you will:

- ❖ *Learn more about the connection between diabetes and depression*
- ❖ *Learn about the symptoms of depression and evaluate your risk*
- ❖ *Develop a personalized action plan for overcoming this negative cycle*

STEP 2: A SIX WEEK GROUP PROGRAM

DATE AND TIME:

Six Consecutive Tuesday evenings following the introductory lecture.

□ **May 22, 29, Jun 5, 12, 19, 26, 2012 6:30 to 8:30 PM Kearny Mesa**

Cognitive-Behavior Therapy (CBT) can be particularly effective for helping those who have diabetes overcome depression. ***The introductory lecture is a prerequisite.***

In this action-oriented six week series, you will:

- ❖ *Learn the basics of CBT and identify how your thinking patterns affect how you feel*
- ❖ *Practice new ways to face your challenges*
- ❖ *Develop weekly action plans for managing your depression and diabetes more effectively*

COST AND REGISTRATION: There is no cost for the introductory lecture. Cost for the six-week program is \$10 per person. Email julia@behavioraldiabetes.org or call 858-336-8693 to register. ***Registration is necessary before the first class date. Your email confirmation will include location map and directions.***

Note: Graduates of any of the six-week workshop series are eligible to attend the FREE *ALUMNI Groups*. Four-Week Alumni Group is scheduled for July. Call to register.

The Behavioral Diabetes Institute (BDI) is the world's first 501(c)(3) nonprofit organization dedicated to tackling the Unmet psychological needs of people with diabetes. To find out more, visit us at www.behavioraldiabetes.org