



**BEHAVIORAL  
DIABETES  
INSTITUTE**

*Because we understand*

# The Just for Parents Program

## *Quarterly Discussion Series*

*For dealing with diabetes issues in the family  
and preventing future concerns*

### **Just For Parents: Quarterly Discussion Series FREE**

Stresses and strains in the family are likely when you have a child with diabetes. Family worries and conflicts can lead to “diabetes burnout” in everyone-- parents, kids, siblings and more. Meet with other parents and share your concerns and issues. In this quarterly discussion, a series of topics will be reviewed to help you learn new ways for coping with diabetes and your children. You can get on track with the disease, improve long-range metabolic outcomes and make peace with diabetes in your family.

**Who:** Parents of children and teens with Type 1 diabetes

- Select One:**  **Saturday, Jan 28**, 10:00 AM to 12 Noon Mira Mesa  
 **Saturday, Apr 14**, 10:00 AM to 12 Noon Mira Mesa  
 **Saturday, Jul 14**, 10:00 AM to 12 Noon Mira Mesa

**REGISTRATION IS REQUIRED:** Register by phone at BDI 858-336-8693  
Or email [julia@behavioraldiabetes.org](mailto:julia@behavioraldiabetes.org)

- *This workshop is designed for parents only. We are unable to provide childcare onsite.*

*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](http://www.behavioraldiabetes.org)*