

# Diabetes and Me

## A Workshop for 11- to 14-year-olds with Type 1 Diabetes



All in-person group gatherings at Seattle Children's remain on hold. This has disrupted the typical frequency of Diabetes and Me. We plan to hold these valuable gatherings via Zoom and are hopeful (though not certain) that we will be able to hold some of the group workshops in person on the dates listed. Please contact Jessica Kopyy to reserve a spot, for more information, Zoom links, or updated group status.

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**What:** A fun and informal workshop for middle schoolers (11- to 14-year-olds) that is focused on living with diabetes, facilitated by diabetes social workers. Topics discussed include:

- Talking to friends and classmates about diabetes
- Coping with the ups and downs of diabetes
- Bullying, teasing and just feeling different
- Dealing with high and low blood sugars
- Making room for diabetes care in sports, activities, and hobbies

**2022 Dates:** February 5  
April 30  
September 17  
December 3

**When:** Saturdays, 10 a.m. - noon

**Where:** Seattle Children's  
Virtual Zoom room

**At this time, workshops can only be offered to Seattle Children's patients.**