



2019 PADRE Foundation Education Classes at CHOC in Orange

Please RSVP to classes online or by calling 714-509-8330

ACCEPTING. ADVANCING. AMAZING.
Type 1 Diabetes

CHOC Clinic Building
1201 W. La Veta Avenue
Orange, CA 92868

PADRE Foundation
557 S. Main Street
Orange, CA 92868

CLASSES	DATE	TIME <i>(all times are PM)</i>	LOCATION
Carbohydrate Counting: Learn how to create lifestyle habits based on healthy eating and exercise. Practice reading nutrition labels and use resources to accurately count carbs for insulin dosing.	1/17, 2/14, 3/14, 4/11, 5/9, 6/13, 7/11, 9/12, 10/10, 11/7, 12/12	5:00-7:00	CHOC CLINIC BUILDING 2nd Floor, Education Center
Caregivers Class: This program offers training to enable grandparents, aunts, uncles, babysitters, health professionals and anyone outside the family to give care to a child with Type 1 diabetes.	1/24, 2/21, 3/21, 4/18, 5/16, 6/20, 7/18, 8/15, 9/19, 10/17, 11/21, 12/19	5:00-7:00	CHOC CLINIC BUILDING 2nd Floor, CR A
Celiac Disease & Type 1 Diabetes Family Night: This is a group setting for families to come together, share tips for success and taste gluten-free products.	3/7	5:30-7:30	Education Center
	9/19		CHOC CLINIC BUILDING 2nd Floor, CR B
College Preparation: High School seniors and their parents learn tips for managing risky behavior and transitioning to college life.	4/11, 6/13	5:30-7:30	CHOC CLINIC BUILDING 2nd Floor, CR A
Continuous Glucose Monitor: Whether you are looking into getting a CGM or if you already have one, come learn how to use it to its fullest potential. <i>(This class is <u>not</u> designed for device setup).</i>	2/14, 4/11, 12/12	5:00-6:30	CHOC CLINIC BUILDING 2 ND Floor, CR B
	6/13, 8/15, 10/17		CHOC CLINIC BUILDING 2 nd Floor, Education Ctr.
Diabetes Teen Driving: Topics covered are DMV legal aspects of driving, physician obligations and your responsibilities. Parents, drivers and potential drivers from 15 to 19 years old are encouraged to attend.	4/25, 10/24	5:00-7:00	CHOC CLINIC BUILDING 2nd Floor, CR B
Girls Rock: Do hormones change blood sugars? Topics include menstrual cycle, child bearing, and much more. This is highly recommended for parents and teenage girls.	5/9, 10/10	5:00-7:00	CHOC CLINIC BUILDING 2nd Floor, CR B
Pump Basics: For those interested or planning on transitioning to an insulin pump: After completion of this course, a physician review and RX is needed to start the Pre-Pump Class.	1/3, 2/7, 3/7, 4/4, 5/2, 6/6, 7/11, 8/1, 9/5, 10/3, 11/7, 12/5	5:00 -7:00	CHOC CLINIC BUILDING 2nd Floor, CR A
Carbohidratos (en Español): Planear tus comidas será más fácil balanceando los carbohidratos que comes con la insulina y los ejercicios. Favor de llamar la oficina para reservar 714-509-8330.	1/8, 5/14, 7/8, 9/10, 11/12	5:00-7:00	CHOC Clinic Building 2nd Floor, CR B
	3/12		Education Center
Clase de Bomba (en Español): Favor de llamar a Reyna para reservar 714-509-4204.	TBD	TBD	CHOC Clinic Building

- All classes are brought to you **FREE** by the PADRE Foundation - 714-509-8330
- Please RSVP to the classes online or by calling 714-509-8330, as they are subject to change
- Parking at the Clinic Building is subject to a **\$5 parking fee**.
- The PADRE Foundation is a nonprofit 501(c)3, TIN 33-0099451, donations can be made at www.padrefoundation.org



ACCEPTING. ADVANCING. AMAZING.
Type 1 Diabetes

2019 PADRE Foundation Education Classes at CHOC in Newport Beach

Please RSVP to classes online or by calling 714-509-8330

Mary and Dick Allen Diabetes Center
520 Superior Avenue, Newport Beach, CA 92663

CLASSES	DATE	TIME <i>(all times are PM)</i>	LOCATION
Carbohydrate Counting: Learn how to create lifestyle habits based on healthy eating and exercise. Practice reading nutrition labels and use resources to accurately count carbs for insulin dosing.	2/7, 3/7, 4/4, 5/2, 6/6, 7/18, 8/1, 9/5, 10/3, 11/7, 12/5	5:00-7:00	Conference Room 5
Caregivers Class: This program offers training to enable grandparents, aunts, uncles, babysitters, health professionals and anyone outside the family to give care to a child with Type 1 diabetes.	10/1, 12/3	5:00-7:00	Conference Room 5
College Preparation: High School seniors and their parents learn tips for managing risky behavior and transitioning to college life.	5/23	5:30-7:30	Conference Room 5
Diabetes Teen Driving: Topics covered are DMV legal aspects of driving, physician obligations and your responsibilities. Parents, drivers and potential drivers from 15 to 19 years old are encouraged to attend.	2/21, 7/25	5:00-7:00	Conference Room 5
Girls Rock: Do hormones change blood sugars? Topics include menstrual cycle, child bearing, and much more. This is highly recommended for parents and teenage girls.	3/14	5:30-7:30	Conference Room 5
Pump Basics: For those interested or planning on transitioning to an insulin pump: After completion of this course, a physician review and RX is needed to start the Pre-Pump Class.	1/7, 3/11, 5/13, 7/1, 9/16, 11/18	5:30-7:30	Conference Room 5

2019 Psychosocial Discussions (FREE) at The Mary and Dick Allen Diabetes Center

Eating for Health and Happiness – Thursday, January 31, 2019 from 6:30-8pm

Let's embrace our innate ability for positive self-talk. Take back your power and surrender your fears. Join us in a discussion about nutrition and body image with our registered dieticians and eating disorder specialist.

Living a Fit Life – Wednesday, April 17, 2019 from 6:30-8pm

Our bodies are one of life's greatest gifts – it's our shell for us to live in. Join us as we discuss the power of physical activity in the T1d world.

Navigating the Journey Ahead (T1D Success Stories) – Wednesday, August 14, 2019 from 6:30-8pm

Each stage of our life brings a new experience - each one with its unique challenges, adventures, barriers and successes. In this session, we have speakers with T1d at different points in life – from teens to working adults with families – that will share their stories as to how they navigated this journey. Join us for a discussion of triumphs and hurdles and the strength that arises from each experience.

Working Together. Fostering Strengths. – Thursday, November 21, 2019 from 6:30-8pm

Problems can blind us from recognizing our own strengths. Fostering the right conditions to learn and grow, can help us find the capacity for our own meaningful solutions – it is our individual story. The last session in the series will focus on a family collaborative approach – drawing upon unity, good intentions and hope- to promote a person's strengths.