



Diabetes self-efficacy children's group needs you!

WHAT IS IT?

➤ The group focuses on promoting a family's self-efficacy - essentially the confidence someone has to carry out a certain task or behaviour - in managing diabetes and problem solving in difficult situations.

➤ It is designed for children who would like support for the ongoing adjustment to a type 1 diabetes diagnosis. It also supports the meeting of young people with a type 1 diabetes diagnosis in a safe and fun environment!

➤ The sessions are run by psychology and clinical nurse specialists (mental health), in collaboration with diabetes social workers, diabetes nurse educators, diabetes dietitians and diabetes teachers.

➤ A parents/carers group is run alongside the children's group which aims to provide psychosocial, education and peer support. Coffee and tea provided.



DETAILS

Who is eligible? Children with diagnosis of type 1 diabetes aged five to 10 years old

When? The four sessions will be run on alternate Mondays - October 21, November 4, November 18 and December 2, 2019

Time? 3.30-5pm

Where? Clinic K, Perth Children's Hospital (take the Yellow lift)

What do I bring? An afternoon snack

How do I join? Ask your endocrinologist for a referral or please contact a diabetes educator on 6456 1111 (select option 2)