

# Diabetes Type 2 Adult Support Group

Continuing Care Services Department



“Are you looking for a supportive group of people you can share your experiences in coping with Diabetes Type 2?”

“Are you looking for new ideas to better balance your life while living with Diabetes Type 2?”

“Are you a loved one of a person with Diabetes Type 2?”

...Then this support group is for you.

During group meetings, you will be able to share your experiences and learn more about coping skills, community resources, caregiving difficulties and legal issues.

Topics will be related to Diabetes Type 2 Management: Healthy Eating, Physical Activity, Monitoring Medications, Problem Solving, Reducing Risks and Healthy Coping.

Perhaps most importantly, you will meet others who are also living with the same condition. You will be reminded that you are not alone.

Diabetes Type 2 Support Groups are facilitated by a social worker. There is no charge; they are open to the public.

**Diabetes Type 2 Support Groups are offered at the following location:**

Kaiser Permanente Bonita Medical Office  
3955 Bonita Rd, Bonita, CA, 91902

Building B, 2nd floor (left off elevator, go around corner, last door)

**First Monday** of the Month from **8:00-9:00 a.m.**

Facilitator: **Narine Babanyan, LCSW**

Questions? Please call 619-641-4564

<http://continuingcare-sandiego.kp.org>

