DIABETES RESOURCES

The following resources have been compiled to support you in managing your diabetes and continuing to live a healthy lifestyle.

Local Diabetes Education Centres

Diabetes education centres help teach diabetes patients the skills to help relieve diabetic symptoms, prevent or treat complications and improve quality of life.

Centre francophone de Toronto

The Centre francophone de Toronto offers free services in French for individuals with Type 2 Diabetes. The diabetes nurse and dietitian can help you with healthy eating, menu planning, physical fitness, stress management, low glycemic index foot care and information on medications. The Centre offers both one-on-one and support group meetings 4 times a year for participants who want to control their disease.

Contact:
Centre francophone de Toronto
22 College Street, (main floor), Toronto, ON M5G 1K3
416-922-2672
Website: www.centrefranco.org

Humber River Regional Hospital

Group education workshop topics: pre-diabetes, basic diabetes (English and Italian), advanced diabetes, gestational diabetes and self blood glucose monitoring techniques.

Contact:
Diabetic Education Centre
103-2115 Finch Avenue West, North York, ON
416-747-3896
Website: http://www.hrrh.on.ca/ → Patients & Visitors → Clinic and Services Referral Forms → Diabetic Education Centre Referral Form

LAMP Community Health Centre

The West Toronto Diabetes Education Program is designed to encourage physical activity and helps manage and/or prevent Type 2 diabetes through individual counseling and group education with a nurse educator or registered dietitian. All the programs are free.

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Contact:
West Toronto Diabetes Education Program (WTDEP)
365 Evan Ave. #201, Toronto, ON M8Z 1K2
Telephone: 416-252-1928
Fax: 416-252-9141
Website: http://www.lampchc.org/diabetes

North York General Hospital – Branson Site
The Diabetes Education Centre (DEC) offers group programs and individual counseling for people with diabetes and their families. The Centre serves adults with Type 1, Type 2 and gestational (pregnancy) diabetes and pre-diabetes. The DEC also offers a pediatric diabetes program. A doctor’s referral is required.

Contact:
Diabetes Education Centre
555 Finch Avenue West, Toronto, ON M2R 1N5
Telephone: 416-635-2575
Fax: 416-635-2601
Website: http://www.nygh.on.ca/ → Areas of Care → Diabetes → Diabetes Education Centre

Scarborough Hospital – General Campus
This centre provides education for patients with Diabetes Mellitus. The goal of this program is to enable patients to cope positively and gain independence in living with diabetes. Working collaboratively with our community partners to ensure patients have access to diabetes education in the care setting they require. For appointment bookings, referrals from all physicians and self referrals are accepted.

Contact:
Diabetes Education (Family Medicine & Community Services)
3000 Lawrence Avenue East, Scarborough, ON M1P 2V1
Telephone: 416-431-8149
Website: http://www.tsh.to/pages/Diabetes-Education

St. Joseph’s Health Centre
Working in collaboration with our primary care community stakeholders, St. Joseph's Health Centre's Diabetes Management and Education Clinic is helping residents in west end Toronto live vital lives with diabetes. The Clinic is comprised of an inter-professional team that is specialized in diabetes care. Twice a month, patients come to St. Joseph’s to take part in the diabetes classes to learn about their disease (continued…)

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and how to best self-manage their condition. Referral by a family or other physician is required.

**Contact:**
Diabetes Education
30 The Queensway, Toronto, ON M6R 1B5
Telephone: 416-530-6000
Website: [http://www.stjoe.on.ca/](http://www.stjoe.on.ca/) → Programs & Services → Women, Children, Family Health and Chronic Disease Management → BMO Financial Group Ambulatory Care Centre → Ambulatory Care Centre brochure

**St. Michael’s Hospital**
The Diabetes Care Centre (DCC) accepts Individual appointments with nurse educators, dietitians, social workers and pharmacists are available for people with Type 1 and Type 2 diabetes, and for those with impaired fasting glucose and impaired glucose tolerance. Except for the care centre, you need a referral from your family physician to be seen in the diabetes clinics. But, there would be no referral needed to attend classes at DCC.

**Contact:**
Diabetes Care Centre
61 Queen Street East (7th Floor), Toronto, ON M5C 2T2
Telephone: 416-867-7424
Website: [http://www.stmichaelshospital.com](http://www.stmichaelshospital.com) → Patient Care → Clinics, Programs & Services → Clinics & Inpatient Care Units → Endocrinology/Diabetes Clinic → Diabetes Clinic

**Sunnybrook Health Sciences Centre**
The Endocrine Division operates ambulatory clinics in general endocrinology and diabetes. Continued collaboration occurs with the Diabetes Education Program at the Sunnybrook and Women’s College sites. The treatment of diabetes in pregnancy is highlighted at the Women’s College site (TRIDEC) and of type 2 diabetes, diabetes in the elderly and the prevention of diabetes at the Sunnybrook site (SUNDEC).

**Contact:**
Diabetes Education Centre (SUNDEC)
2075 Bayview Avenue, Toronto, ON M4N 3M5
Telephone: 416-480-4805
Website: [http://www.sunnybrook.ca](http://www.sunnybrook.ca) → Department → Family & Community Medicine → Diabetes Education Program
**Toronto East General Hospital**
The goal of DEC NET is to provide adults and their families and friends with empowering diabetes education aimed at effective self-management, with a special focus on serving the typically ‘underserviced’ population within East Toronto such as low income, various ethno-culturally specific groups, as well as individuals living with both diabetes and mental illness. DEC NET programs are designed to teach you about: healthy eating (meal planning, label reading etc.), physical activity, stress management, foot care, how to recognize risks, and how to prevent and delay long-term complications.

**Contact:**
Diabetes Education Network (DEC NET)
825 Coxwell Avenue, East York, ON M4C 3E7
Phone: 416-461-9042, 9am-5pm (Mon to Fri)
Website: [http://www.tegh.on.ca](http://www.tegh.on.ca) → Programs & Services → Diabetes Education Network (DEC NET)

**Toronto Western Hospital**
The centre appreciates your needs and values and we are committed to providing exemplary services in a patient-centred manner. Diabetes education is provided individually and in group sessions in English, Portuguese, Chinese, Italian, Spanish and Vietnamese. Topics covered include healthy eating and meal planning, medications, exercise, blood sugar testing, foot care, stress management and coping with diabetes. Referrals accepted from individuals, family or friends, community agencies, physicians, and other health care professionals.

**Contact:**
Diabetes Education Centre
399 Bathurst Street, West Wing, 1st Floor, Room 414, Toronto, ON M5T 2S8
Telephone: 416-603-5897
Fax: 416-603-5210
Website: [http://www.uhn.ca](http://www.uhn.ca) → Clinics & Services → Toronto Western Hospital → Diabetes Education Centre

**West Hill Community Services**
The role of diabetes educators is to provide clients with the knowledge, skills and confidence to self-manage their disease and to assist them in achieving their individual goals.

**Contact:**
Scarborough Community Diabetes Program
3545 Kingston Road, Scarborough, ON M9V 1R8
416-642-9445, ext. 4070
William Osler Health Centre
The Diabetes Education Centre provides diabetes education and counseling to adults and children with diabetes and their family. Individuals learn about diabetes and how to control and manage the disease for healthy living. A physician referral is preferred but self referral is accepted for access to these services (there is an annual $10 material fee). All services are available by appointment only.

Contact:
Diabetes Education Centre
Etobicoke General Hospital
101 Humber College Blvd., Etobicoke, ON M9V 1R8
Telephone: 416-494-212- Ext. 32393

Brampton Civic Hospital
2100 Bovaird Drive East, Brampton, ON L6R 3J7
Telephone: 416-494-6688
Website: http://www.williamoslerhc.on.ca Patients and Families Programs & Services Diabetes Care

Women’s College Hospital – Burton Hall
WCH offers a range of individual and group diabetes education programs. Adults with Type 1, Type 2, pre-diabetes and pregnant women with diabetes are eligible to participate in the program.

Contact:
Women’s College Hospital
76 Grenville Street (3rd floor), Toronto, ON M5S 1B2
Telephone: 416-323-6170
Website: http://www.womenscollegehospital.ca Programs & Departmnts Diabetes

Canadian Diabetes Association – Branch Chapters

Canadian Diabetes Association – Toronto Branch
Open to all to come out and visit, listen to a knowledgeable speaker, pick up some information and talk with others.
Contact:
235 Yorkland Blvd., Suite 200, Toronto, ON M2J 4Y8
416-363-0177
Website: www.diabetes.ca

Caribbean Diabetes Chapter Meetings
Anglican Church of the Nativity
10 Sewells Road (Neilson and Tapscott)
Contact: Kathy Nelson, 416-987-0339
Chinese Diabetes Chapter Meetings (Cantonese)
**Contact:**
Chinese Chapter Hotline
416-363-0177 ext. 7401

Filipino Diabetes Chapter Meetings
Rose Avenue Community Centre (Sherbourne & Bloor East)
**Contact:** Mater Reyes, 416-363-0177 ext. 7402

Jewish Diabetes Chapter Meetings
**Contact:**
Shaarei Shomayim Congregation
470 Glencairn Avenue West (at Bathurst)
416-363-0177 ext. 7403 (Tito Massouda)

Native Canadian Chapter Meetings
**Contact:**
Native Canadian Centre
16 Spadina Road
416-363-0177 ext. 7404

North York Diabetes Chapter Meetings
**Contact:**
North York General Hospital – Branson Division
Auditorium, Lower Level
555 Finch Avenue West
416-363-0177 ext. 7405 (Evelyn Instenberg)

Polish Diabetes Chapter Meetings
**Contact:**
Four Villages Community Health Centre
1700 Bloor Street West (Keele Subway)
416-363-0177ext. 7406(Krystyna Lewicki)

Scarborough Diabetes Chapter Meetings
**Contact:**
Scarborough Village Recreation Centre
3600 Kingston Road (at Markham)
416-363-0177, ext. 7407

South Asian Chapter Meetings
**Contact:**
South Asian Chapter Hotline
416-363-0177 ext. 7408