

Our Team

Registered Nurses & Registered Dietitians

Who are certified diabetes educators and have specific training in helping people gain diabetes self-management skills. They can also help you make healthy lifestyle choices in your day to day life.

Social Worker

Provides counselling to help you better manage life stresses that may interfere with your ability to care for yourself and others.

We serve people with:

- Prediabetes
- Type 2 Diabetes
- Gestational Diabetes
- Type 1 Diabetes
- Insulin Pumps



Port Hope Site
99 Toronto Road
Monday to Friday
8:00am-4:00pm

Cobourg Outreach Site
Closed

Colborne Outreach Site
34 Victoria Street
Wednesday 8:30am-4:30pm

Alderville First Nations
11696 Line Rd.2
Call for more information



CALL TODAY!
905-885-2626
www.porthopechc.ca

DIABETES EDUCATION PROGRAM

Building a healthier community together



COMMUNITY HEALTH CENTRES
OF NORTHUMBERLAND

What is Diabetes Education?

Our Diabetes Education program takes a holistic approach to understanding and managing your diabetes. We provide information, assessment, counselling, tools and support to suit your needs.

We offer opportunities to learn about food choices, medications, activities and healthy lifestyles that help in diabetes management. We work in partnership with you to gain the skills you need to self-manage your diabetes throughout life's changes and challenges.

Services Offered

Our services include:

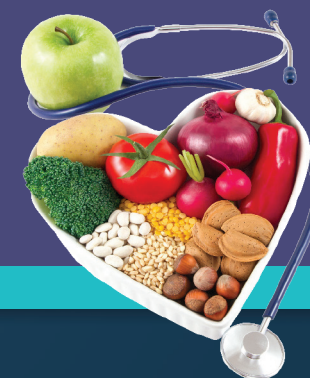
- Diabetes management, information and support
- Diabetes education classes
- Cooking classes
- Exercise programs
- Smoking cessation
- Stress management
- Individual counselling
- Home visits as needed
- Foot screening
- System navigation & links to other community services

We are a Certified Pump Centre & offer an Endocrinology Clinic th times per month.

Living with Diabetes? We can help.

We understand that getting a new diagnosis and dealing with chronic disease can be overwhelming.

Diabetes touches the lives of so many and unfortunately, more and more people are being diagnosed with this chronic condition everyday.



Over 9 million Canadians live with diabetes or prediabetes.



However, research shows that attending a Diabetes Clinic reduces the risks associated with disease.

The CHC Diabetes team is very professional and always up-to-date with new medical info on diabetes. That has helped immensely. I couldn't ask for better care.

Lynn, Port Hope Site

How do I become part of the program?

Self referral or referral from doctor or other health care providers.



CALL TODAY!
905-885-2626



5 stars out of 4 for keeping me healthy. It is nice to have someone to talk to about diabetes who knows what they are saying.

John, Cobourg Site

The cooking classes have helped my husband a lot. His A1C went from over 8 to 7.1 in 3 months. We really enjoyed the classes and my husband is cooking all the time now!

Diabetes Cooking Class Client