

# Delaware Self-Management Program Schedule

**Community Program Workshops: Cancer Thriving & Surviving Program (CTSP), Chronic Disease Self-Management Program (CDSMP),  
Chronic Pain Self-Management Program (CPSMP), and Diabetes Self-Management Program (DSMP)**

To Register Call: (302) 744-1020 \* For more information visit our web site at: <http://www.dhss.delaware.gov/dhss/dph/dcp/diabetesselfmgt.html>

<b>Diabetes Self-Management Program (DSMP)</b>							
Type	Location	Address	City	County	Day	Dates	Time
<b>New Castle County</b>							
Diabetes	Liberty Terrace	100 Liberty Terrace	Newark	NCC	Mon	May 7 – June 18, 2018	9:30 a.m. – 12:00 p.m.
Diabetes	Hockessin Community Recreation Center	7259 Lancaster Pike	Hockessin	NCC	Wed	May 9 – June 13, 2018	10:00 a.m. – 12:30 p.m.
Diabetes	Westside Family Health	1802 W. 4 <sup>th</sup> Street	Wilmington	NCC	Fri	May 11 – June 15, 2018	10:00 a.m. – 12:30 p.m.
Diabetes	Bear-Glasgow YMCA	351 George Williams Way	Newark	NCC	Mon	May 14 – June 25, 2018 (No Class 5/28 due to holiday)	10:00 a.m. – 12:30 p.m.
Diabetes	Wilmington Senior Center	1901 N. Market Street	Wilmington	NCC	Wed	May 16 – June 26, 2018	9:30 a.m. – 12:00 p.m.
Diabetes	Westside Family Health	404 Fox Hunt Drive	Bear	NCC	Thurs	May 17 – June 21, 2018	3:30 -6:00 p.m.
Diabetes	Pike Creek Chiropractic	1450 Kirkwood Highway	Newark	NCC	Thurs	May 17 – June 21, 2018	6:00 – 8:30 p.m.

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Diabetes	Glasgow Pharmacy	2600 Glasgow Avenue	Newark	NCC	Sat	June 2 – July 7, 2018	10:00 a.m. – 12:30 p.m.
Diabetes	Anytime Fitness	247 S. Main Street	Newark	NCC	Wed	June 6 – July 18, 2018 ( No Class July 4 <sup>th</sup> )	10:00 a.m. – 12:30 p.m.
Diabetes	Episcopal Church of Saints Andrew & Matthew	719 N. Shipley Street	Wilmington	NCC	Wed	June 6 – July 18, 2018 ( No Class July 4 <sup>th</sup> )	6:00 p.m. – 8:30 p.m.
Diabetes	Howard Weston Community and Senior Center	1 Bassett Avenue, Manor Park	New Castle	NCC	Tues	June 19 – July 24, 2018	9:30 a.m. – 12:00 p.m.
Diabetes	Saint Francis Hospital	701 N. clayton Street, Floor 1, Clayton Bldg. Rm. 104-105	Wilmington	NCC	Tues	July 10 – Aug 14, 2018	12:30 – 3:00 p.m.
Diabetes	Henrietta Johnson Medical Center	601 New Castle Avenue	Wilmington	NCC	Thurs	July 12 – Aug 23, 2018	5:30 – 8:00 p.m.
Diabetes	Delaware Small Business Chamber	11 F Liberty Plaza	Newark	NCC	Wed	July 12 – Aug 23, 2018	8:30 – 11:00 a.m.
Diabetes	Saint Francis Hospital	701 N. clayton Street, Floor 1, Clayton Bldg. Rm. 104-105	Wilmington	NCC	Thurs	July 12 – Aug 23, 2018	5:30 – 8:00 p.m.
Diabetes	Claymore Senior Center	504 S. Clayton Street	Wilmington	NCC	Mon	Sept 10 – Oct 16, 2018	9:00 – 11:30 a.m.
Diabetes	Newark Senior Center	200 White Chapel Drive	Newark	NCC	Wed	Sept 12 – Oct 17, 2018	1:00 – 3:30 p.m.
Diabetes	Henrietta Johnson Medical Center	601 New Castle Ave	Wilmington	NCC	Tues	Oct 9 - Nov 13, 2018	2:00 p.m. - 4:30 p.m.

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Kent County							
Diabetes	Capital Grange	911 South Governor's Ave	Dover	Kent	Tues	May 22 – June 26, 2018	10:30 a.m. – 1:00 p.m.
Diabetes	Frederica Senior Center	216 S. Market Street	Frederica	Kent	Mon	June 4 – July 9, 2018	9:30 a.m. – 12:00 p.m.
Diabetes	7 <sup>th</sup> Day Adventist Church of Dover	647 Wyoming Avenue & New Burton Rd., Community Room	Dover	Kent	Tues	June 5 – July 10, 2018	6:00 p.m. – 8:30 p.m.
Diabetes	Edgehill Shopping Center (Open to State Employees ONLY)	43 S. DuPont Highway	Dover	Kent	Mon	Aug 6 - Sept 17, 2018	9:00 a.m. - 11:30 a.m.
Diabetes	Delaware State Police Troop 3	3759 S. State Street Community Room	Camden	Kent	Mon	Sept 17 – Oct 22, 2018	6:00 – 8:30 p.m.
Diabetes	Wild Meadows	925 Weaver Drive	Dover	Kent	Tues	Sept 18 – Oct 23, 2018	1:00 – 3:30 p.m.
Sussex County							
Diabetes	Lewes Public Library	111 Adams Avenue	Lewes	Sussex	Wed	May 7 – June 6, 2018	10:00 a.m. – 12:30 p.m.
Diabetes	Delaware Technical and Community College – Owens Campus	18800 Seashore Highway	Georgetown	Sussex	Thurs	May 17 – June 21, 2018	9:30 a.m. – 12:00 p.m.
Diabetes	Delaware Technical and Community College – Owens Campus	18800 Seashore Highway	Georgetown	Sussex	Thurs	May 17 – June 21, 2018	6:00 – 8:30 p.m.

**Please note:** This schedule is updated regularly; dates and locations are subject to change.

# Delaware Self-Management Program Schedule

Chronic Disease Self-Management Program (CDSMP)							
Type	Location	Address	City	County	Day	Dates	Time
<b>New Castle County</b>							
Chronic Disease	Mt. Sinai Missionary Baptist Church	3079 New Castle Ave Rm. 102	New Castle	NCC	Thurs	June 14 – July 19, 2018	1:00 – 3:30 p.m.
<b>Kent County</b>							
Chronic Disease	Kent County Public Library	497 Red Haven Lane	Dover	Kent	Mon	May 7 – June 18, 2018	4:30 – 7:00 p.m.
Chronic Disease	Westminster Village	191 Westminster Drive	Dover	Kent	Tues	May 22 – June 26, 2018	12:30 – 3:00 p.m.
Chronic Disease	Edgehill Shopping Center (Open to State Employees ONLY)	43 South DuPont Highway	Dover	Kent	Thurs	Jun 7 - July 12, 2018	9:00 a.m. - 11:30 a.m.
Chronic Disease	Edgehill Shopping Center (Open to State Employees ONLY)	43 South DuPont Highway	Dover	Kent	Mon	Oct 8 - Nov 19, 2018 (No class Nov. 12, Veteran's Day)	9:00 a.m. - 11:30 a.m.
Chronic Disease	Delaware State Police Troop 3	3759 S. State Street Community Room	Camden	Kent	Mon	Nov 5 – Dec 10, 2018	6:00 – 8:30 p.m.
<b>Sussex County</b>							

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## Delaware Self-Management Program Schedule

<b>Chronic Pain Self-Management Program (CPSMP)</b>							
Type	Location	Address	City	County	Day	Dates	Time
<b>New Castle County</b>							
Chronic Pain	UD STAR Campus Health Science Complex	540 South College Ave. Room 113	Newark	NCC	Mon	April 9 – May 14, 2018	6:00 – 8:30 p.m.
Chronic Pain	Anytime Fitness	247 S. Main Street	Newark	NCC	Mon	June 4 – July 9, 2018	10:00 a.m. – 12:30 p.m.
Chronic Pain	Terry Apartments	2400 N. Broom Street	Wilmington	NCC	Mon	June 11 – July 16, 2018	2:00 – 4:30 p.m.
Chronic Pain	Brandywine Hundred Library	1300 Foulk Road	Wilmington	NCC	Wed	Sept 5 – Oct 10, 2018	10:30 a.m. – 1:00 p.m.
<b>Kent County</b>							
Chronic Pain	State Street Assisted Living	21 N. State Street	Dover	Kent	Thurs	May 3 – June 7, 2018	9:30 a.m. – 12:00 p.m.
Chronic Pain	Smyrna Public Library	107 Main Street	Smyrna	Kent	Tues	May 15 – June 19, 2018	10:00 a.m. – 12:30 p.m.
Chronic Pain	Dover Public Library	35 East Lookerman Street	Dover	Kent	Tues	May 15 – June 19, 2018	4:30 – 7:00 p.m.
Chronic Pain	Capital Grange	911 South Governors Ave	Dover	Kent	Thurs	May 24 – June 28, 2018	10:30 a.m. – 1:00 p.m.
Chronic Pain	Osher Life Long Learning	1201 College Park Drive Suite 101	Dover	Kent	Wed & Fri	June 6 – June 27, 2018	1:00 – 3:30 p.m.

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						(6/6, 6/13, 6/15, 6/20, 6/22 & 6/27)	
Chronic Pain	Mamie Warren Senior Center	1775 Wheatley's Pond Road	Smyrna	Kent	Tues	Oct 23 – Nov 27, 2018	10:00 a.m. – 1:30 p.m.
<b>Sussex County</b>							
Chronic Pain	Sussex Pain Relief Center	18229 DuPont Blvd	Georgetown	Sussex	Thurs	April 26 – May 31, 2018	10:30 a.m. – 1:00 p.m.
Chronic Pain	Cape Henlopen Senior Center	11 Christian Street	Rehoboth Beach	Sussex	Tues	July 10 – Aug 14, 2018	9:30 a.m. – 12:00 p.m.

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<b>Cancer Thriving &amp; Surviving Program (CTSP)</b>							
Type	Location	Address	City	County	Day	Dates	Time
<b>New Castle County</b>							
Cancer	UD STAR Campus Health Science Complex	540 South College Ave. Suite 130 G	Newark	NCC	Thurs	May 24 – June 28, 2018	6:00 – 8:30 p.m.
Cancer	Delaware Small Business Chamber	11 F Liberty Plaza	Newark	NCC	Thurs	Aug 1 – Sept 5, 2018	8:30 – 11:00 a.m.
Cancer	Howard Weston Community and Senior Center	1 Bassett Avenue, Manor Park	New Castle	NCC	Tues	Oct 9 – Nov 27, 2018	9:30 a.m. – 12:00 p.m.
<b>Kent County</b>							

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Cancer	The Village of McKee Branch	1369 Walker Road	Dover	Kent	Tues	June 5 – July 10, 2018	1:30 – 4:00 p.m.
Cancer	Liberty Court	1289 Walker Road	Dover	Kent	Thurs	June 7 – July 12, 2018	4:30 -7:00 p.m.
<b>Sussex County</b>							

**Please note:** *This schedule is updated regularly; dates and locations are subject to change.*

*To verify information and/or register for any of the Self-Management Programs, please call the Diabetes and Heart Disease Prevention and Control Program at **302-744-1020**.*

# Delaware Self-Management Program Schedule

## Self-Management Program Lay Leader Training

Lay Leader Training Programs: Cancer Thriving & Surviving Program (CTSP), Chronic Disease Self-Management Program (CDSMP), Chronic Pain Self-Management Program (CPSMP), and Diabetes Self-Management Program (DSMP)

Lay Leader Trainings								
Type	Dates	Time	Location	Address	City	State	Zip	Contact
Chronic Disease (CDSMP)	February 24 & 25, and March 10 & 11, 2018 <i>(must attend all 4 days)</i>	8:30 a.m. - 4:30 p.m.	UD STAR Campus Room 113	540 South College Ave.	Newark	DE	19713	Tiffany Pearson 302-744-1020
Chronic Disease (CDSMP)	April 16, 17, 18 & 19, 2018 <i>(must attend all 4 days)</i>	8:30 a.m. - 4:30 p.m.	Thomas Collins Building	540 South DuPont Highway	Dover	DE	19901	Tiffany Pearson 302-744-1020
Chronic Disease (CDSMP)	June 5, 6, 12 & 13, 2018 <i>(must attend all 4 days)</i>	8:30 a.m. – 4:30 p.m.	Sussex County EOC Training Room	21911 Rudder Lane	Georgetown	DE	19947	Tiffany Pearson 302-744-1020
Diabetes (DSMP)	June 18, 19, 20 & 21, 2018 <i>(must attend all 4 days)</i>	8:30 a.m. – 4:30 p.m.	Thomas Collins Building	540 South DuPont Highway	Dover	DE	19901	Tiffany Pearson 302-744-1020

**Please note:** This schedule is posted monthly; dates and locations are subject to change.

***To Register for the Self-Management Program Lay Leader Training: Please call the Diabetes and Heart Disease Prevention and Control Program at 302-744-1020.***