

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>

Diabetes Self-Management Program (DSMP)							
Type	Location	Address	City	County	Day	Dates	Time
New Castle County							
Diabetes	Mount Zion SDA Church	406 East 11 th Street	Wilmington	NCC	Wed	May 2 - June 6, 2018	5:00 – 7:30 p.m.
Diabetes	Liberty Terrace	100 Liberty Terrace	Newark	NCC	Mon	May 7 – June 18, 2018	9:30 a.m. – 12:00 p.m.
Diabetes	Westside Family Health	1802 W. 4 th Street	Wilmington	NCC	Fri	May 11 – June 15, 2018	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	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	Henrietta Johnson Medical Center	601 New Castle Avenue	Wilmington	NCC	Thurs	July 12 – Aug 23, 2018	5:30 – 8:00 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.

Delaware Self-Management Program Schedule

Kent County							
Diabetes	Liberty Court Apartments	1289 Walker Road, Community Mtg Rm	Dover	Kent	Thurs	Mar 29 – May 3, 2018	4:30 – 7:00 p.m.
Diabetes	Smyrna Library	107 S. Main Street	Smyrna	Kent	Tues	April 3 – May 8, 2018	10:00 a.m. – 12:30 p.m.
Diabetes	Independent Resources	154 Governors Avenue	Dover	Kent	Tues	April 3 – May 8, 2018	12:00 – 2:30 p.m.
Diabetes	Village of McKee Branch	1369 Walker Road	Dover	Kent	Tues	April 3 – May 8, 2018	12:30 – 3:00 p.m.
Diabetes	Dover Public Library	35 E. Loockerman Street	Dover	Kent	Tues	April 3 – May 8, 2018	4:30 – 7:00 p.m.
Diabetes	Holy Cross	631 S. State Street, Early Ed Bldg, St. Luke room, 2 nd floor	Dover	Kent	Mon	April 9 – May 14, 2018	9:30 a.m. – 12:00 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	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 th Day Adventist Church of Dover	647 Wyoming Avenue	Dover	Kent	Tues	June 5 – July 10, 2018	6:00 p.m. – 8:30 p.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.
Sussex County							
Diabetes	Bridgeville Senior Center	414 Market Street	Bridgeville	Sussex	Fri	April 13 – June 1, 2018	10:00 a.m. – 12:30 p.m.

Delaware Self-Management Program Schedule

						(No class 4/27 or 5/25)	
Diabetes	Milford Senior Center	111 Park Avenue	Milford	Sussex	Fri	April 6 – May 11, 2018	10:30 a.m. – 1:00 p.m.
Diabetes	Sussex YMCA	20080 Church Street Fitness Center	Rehoboth Beach	Sussex	Mon	April 16 – May 21, 2018	10:00 a.m. – 12:30 p.m.
Diabetes	First State Community Action	308 N. Railroad Avenue	Georgetown	Sussex	Tues	Apr 17 - May 22, 2018	9:30 a.m. - 12:00 p.m.
Diabetes	Cape Henlopen Senior Center	11 Christian Street	Rehoboth Beach	Sussex	Tues	April 17 – May 22, 2018	9:30 a.m. – 12:00 p.m.
Diabetes	Sussex YMCA	20080 Church Street Fitness Center	Rehoboth Beach	Sussex	Wed	April 25 – May 30, 2018	6:00 – 8:30 p.m.
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
New Castle County							
Chronic Disease	Newark Senior Center	200 White Chapel Drive	Newark	NCC	Thurs	Mar 15 - Apr 19, 2018	10:00 a.m. - 12:30 p.m.
Chronic Disease	Bear Glasgow Family YMCA	351 George Williams Way	Newark	NCC	Wed	Mar 21 – April 25, 2018	10:00 a.m. – 12:30 p.m.
Chronic Disease	Brandywine Hundred Library	1300 Foulk Road	Wilmington	NCC	Tues	Apr 10 - May 15, 2018	10:30 a.m. - 1:00 p.m.
Kent County							
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.
Sussex County							
Chronic Disease	Seaford Public Library	600 N. Market Street Extension	Seaford	Sussex	Wed	April 4 – May 9, 2018	3:00 – 5:30 p.m.

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

Delaware Self-Management Program Schedule

Chronic Pain Self-Management Program (CPSMP)							
Type	Location	Address	City	County	Day	Dates	Time
New Castle County							
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.
Kent County							
Chronic Pain	Liberty Court	1289 Walker Road	Dover	Kent	Thurs	Mar 29 – May 3, 2018	4:30 – 7:00 p.m.
Chronic Pain	Delaware State Police Troop 3	3759 S. State Street	Camden Wyoming	Kent	Wed	April 18 – May 23, 2018	6:00 – 8:30 p.m.
Chronic Pain	Smyrna Police Department	325 West Glenwood Avenue	Smyrna	Kent	Wed	April 25 – May 30, 2018	5:30 – 8:00 p.m.
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.
Sussex County							
Chronic Pain	Sussex Pain Relief Center	18229 DuPont Blvd	Georgetown	Sussex	Thurs	April 12 – May 24, 2018	10:30 a.m. – 1:00 p.m.

Delaware Self-Management Program Schedule

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

Cancer Thriving & Surviving Program (CTSP)							
Type	Location	Address	City	County	Day	Dates	Time
New Castle County							
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	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.
Kent County							
Sussex County							

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

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.