

2016 Schedule for Delaware Self-Management Program Workshops

Chronic Disease Self-Management Program (CDSMP) 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>

Workshop Type	Location	Address	City	County	Day	Dates	Time
Diabetes	Westside Family Health	1802 W. 4 th Street	Wilmington	NCC	Fri	Sept 9 – Oct 14, 2016	10:00 a.m. – 12:30 p.m.
Diabetes	Los Jardines (Spanish/English)	1000 W. 5 th Street	Wilmington	NCC	Fri	Sept 9 – Oct 14, 2016	1:00 – 3:30 p.m.
Diabetes	Liberty Terrace	100 Freedom Road	Newark	NCC	Mon	Sept 12 – Oct 17, 2016	9:30 a.m. – 12:00 p.m.
Diabetes	Wilmington City Training Room	500 Wilmington Avenue	Wilmington	NCC	Tues	Sept 13 – Oct 18, 2016	5:30 – 8:00 p.m.
Diabetes	River Club Apartments	7807 Governor Printz Blvd	Claymont	NCC	Wed	Sept 14 – Oct 19, 2016	10:00 a.m. – 12:30 p.m.
Diabetes	VFW	1605 Philadelphia Pike	Wilmington	NCC	Thurs	Sept 15 – Oct 20, 2016	1:30 – 4:00 p.m.
Diabetes	Delaware Park	777 Delaware Park Blvd, Wellness Center at Backside	Wilmington	NCC	Thurs	Sept 15 – Oct 20, 2016	5:30 – 8:00 p.m.
Diabetes	Cornerstone Ministries International (River's End Plaza)	116 Mario Drive	Bear	NCC	Tues	Sept 20 – Oct 25, 2016	6:00 – 8:30 p.m.
Diabetes	Sparrow Run Resource Center	148 Flamingo Drive, Upstairs Conf. Rm	Newark	NCC	Thurs	Sept 22 – Oct 27, 2016	5:30 – 8:00 p.m.
Diabetes	Woodlawn Library	2020 W. Ninth Street	Wilmington	NCC	Tues	Sept 27 – Nov 1, 2016	10:00 a.m. – 12:30 p.m.
Chronic	Bear Library	101 Governor's Place	Bear	NCC	Thurs	Oct 13 – Nov 17, 2016	11:00 – 1:30 p.m.
Diabetes	Westside Family Health	404 Fox Hunt Drive	Bear	NCC	Mon	Oct 17 – Nov 21, 2016	10:00 a.m. – 12:30 p.m.

Kent County							
Diabetes	Hartley Fire Station	2898 Arthursville Road	Hartley	Kent	Thurs	Aug 25 – Sept 29, 2016	1:00 p.m. – 3:30 p.m.
Diabetes	Whatcoat United Methodist Church	8 N. Main Street, Simpson Community Room	Camden	Kent	Wed	Sept 14 – Oct 19, 2016	2:00 – 4:30 p.m.
Chronic	Modern Maturity Center	1121 Forest Ave.	Dover	Kent	Mon	Sept 19 – Oct 31, 2016	9:30 – 12:00 p.m.
Diabetes	Harrington Senior Center	302 Fleming Street	Harrington	Kent	Tues	Sept 20 – Oct 25, 2016	10:30 a.m. – 1:45 p.m.
Diabetes	Modern Maturity Center	1121 Forest Ave.	Dover	Kent	Thurs	Sept 22 – Oct 27, 2016	9:30 – 12:00 p.m.
Diabetes	Lillian Smith Senior Center	410 Main Street	Clayton	Kent	Mon	Oct 3 – Nov 7, 2016	10:00 a.m. – 12:30 p.m.
Diabetes	Camden Moose Lodge	760 Moose Lodge Road	Camden	Kent	Tues	Nov 1 – Dec 6, 2016	6:30 – 9:00 p.m.
Diabetes	Harvest Years Senior Center	30 South Street	Camden	Kent	Mon	Nov 7 – Dec 12, 2016	12:30 p.m. – 3:00 p.m.
Sussex County							
Diabetes	Delmarva Chiropractic	1000 Midway Drive, Suite 11 A	Harrington	Sussex	Tues	Aug 23 – Sept 27, 2016	6:15 – 8:45 p.m.
Diabetes	Seaford ACE Community Center	547 N. Bradford Street	Seaford	Sussex	Fri	Sept 2 – Oct 14, 2016 (no class 9/30)	1:30 -4:00 p.m.
Diabetes	Laurel Senior Center	113 N. Central Avenue	Laurel	Sussex	Mon	Sept 12 – Oct 17, 2016	12:30 – 3:00 p.m.
Chronic	Georgetown Library	123 W. Pine Street	Georgetown	Sussex	Thurs	Oct 6 – Nov 10, 2016	5:30 – 8:00 p.m.

Please note: *This schedule is posted monthly; 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***

2016 Diabetes Self-Management Program (DSMP) Lay Leader Training (Train the Trainer)

Dates	Time	Location	Address	City	State	Zip	Contact
Feb 27 th , 28 th and March 12 th , 13 th , 2016	8:00a.m. – 5:00 p.m.	University of Delaware	Townsend Hall - 531 South College Ave, Room 233	Newark	DE	19716	Ingrid Hansen
June 21 st , 22 nd , 28 th , 29 th , 2016	8:30 a.m. – 4:30 p.m.	Thomas Collins Building	540 S. DuPont Highway, First Floor conference rm – DDDS	Dover	DE	19901	Kelli Janowski

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Dates	Time	Location	Address	City	State	Zip	Contact

To register or for more information, contact the Diabetes and Heart Disease Prevention and Control Program at 302-744-1020.