

# 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	Crestview Building	2700 N. Market Street (Community Room)	Wilmington	NCC	Thurs	Jan 11 - Feb 15, 2018	10:00 a.m. - 12:30 p.m.
Diabetes	Newark Senior Center	200 White Chapel Drive	Newark	NCC	Mon	Jan 22 - Feb 26, 2018	1:00 p.m. - 3:30 p.m.
Diabetes	Health South Rehabilitation Hospital	250 East Hampden Road	Middletown	NCC	Mon	Jan 29 - Mar 5, 2018	5:30 p.m. - 8:00 p.m.
Diabetes	Woodlawn Library	2020 W. 9th Street	Wilmington	NCC	Thurs	Mar 1 - Apr 5, 2018	10:00 a.m. - 12:30 p.m.
Diabetes	Henrietta Johnson Medical Center	601 New Castle Ave	Wilmington	NCC	Tues	Mar 6 - Apr 10, 2018	2:00 p.m. - 4:30 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.
<b>Kent County</b>							
Diabetes	State Street Assisted Living	21 N. State Street	Dover	Kent	Thur	Jan 25 - Mar 1, 2018	9:30 a.m. - 12:00 p.m.
Diabetes	Edgehill Shopping Center	43 S. DuPont Highway	Dover	Kent	Thur	Mar 8 - Apr 12, 2018	9:00 a.m. - 11:30 a.m.

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	(Open to State Employees ONLY)						
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.
<b>Sussex County</b>							
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.

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

<b>Chronic Disease Self-Management Program (CDSMP)</b>							
Type	Location	Address	City	County	Day	Dates	Time
<b>New Castle County</b>							
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	Brandywine Hundred Library	1300 Foulk Road	Wilmington	NCC	Tues	Apr 10 - May 15, 2018	10:30 a.m. - 1:00 p.m.
<b>Kent County</b>							
Chronic Disease	Dover Place Assisted Living	1203 Walker Road (Bistro)	Dover	Kent	Mon	Jan 8 - Feb 12, 2018	2:00 p.m. - 4:30 p.m.

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Chronic Disease	Edgehill Shopping Center (Open to State Employees ONLY)	43 South DuPont Highway	Dover	Kent	Thur	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.
<b>Sussex County</b>							

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

<b>Chronic Pain Self-Management Program (CPSMP)</b>							
Type	Location	Address	City	County	Day	Dates	Time
<b>New Castle County</b>							
Chronic Pain	Helen F. Graham Cancer Center	4701 Stanton Ogletown Road, Room 2205	Newark	NCC	Thurs	Jan 11 - Feb 15, 2018	1:00 p.m. - 3:30 p.m.
<b>Kent County</b>							
Chronic Pain	Modern Maturity Center	1121 Forest Ave. (Rte. 8) Activity Room	Dover	Kent	Fri	Jan 26 - Mar 2, 2018	9:30 a.m. - 12:00 p.m.

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Sussex County							
Chronic Pain	Tunnell Cancer Center	1897 John J. Williams Highway, Suite 101	Rehoboth Beach	Sussex	Wed	Jan 10 - Feb 14, 2018	1:00 p.m. - 3:30 p.m.
Chronic Pain	Sussex Pain Relief Center	18229 DuPont Blvd	Georgetown	Sussex	Thurs	Feb 22 - Mar 29, 2018	2:00 p.m. - 4:30 p.m.

**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	Helen F. Graham Cancer Center	4701 Stanton Ogletown Road, Room 2205	Newark	NCC	Thurs	Jan 11 - Feb 15, 2018	9:00 A.M. - 11:30 a.m.
Cancer	Newark Senior Center	200 White Chapel Drive	Newark	NCC	Mon	Jan 22 - Feb 26, 2018	10:00 a.m. - 12:30 p.m.
Kent County							
Sussex County							
Cancer	Tunnell Cancer Center	1897 John J. Williams Highway, Suite 101	Rehoboth Beach	Sussex	Wed	Jan 10 - Feb 14, 2018	9:00 a.m. - 11:30 a.m.

# Delaware Self-Management Program Schedule


**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**.*

## 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)**

<b>Lay Leader Trainings</b>								
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**.***