**Special Programing for Quarter 2, 2018/19 (July, August, September 2018)**

**In – House Events**

1. **From the Diabetes Team:**
   * **Walk into Health Walking & Stretching Group - Monday @ 9:00 a.m.**
   * **Budget Meal Planning – Wednesday, August 15 @ 6:00 p.m.**
   * **Grocery Shopping Tour - Tuesday, August 28 @1:00 p.m.**
   * **Diabetes and You – Monday, September 24 @ 3:00 p.m.**

**Patient registration** pls refer patients via Tickler to Suki or John Paul or Juliana, you can do this when you have their chart open in OSCAR.  Alternatively, pls ask your patients to visit (or call 416-745-4555 ext. 6) the 2nd floor reception area to sign up. For further info contact John Paul or Suki.

1. **Prenatal Class (2/3).** July 26,2018 & August 30,2018 @ 1:00 -3:00 p.m. Contact Oriza for further details.
2. **Dialectical Behavior Therapy Support Group**. Starting July 10, 2018. Future dates to be determined. For further info, pls contact Sam.

Our DBT Support group is structured to teach healthy coping skills to persons struggling with emotions, relationships, and/or impulsivity. Group members will learn mindfulness, interpersonal effectiveness, emotion regulation and distress tolerance skills.

DBT (Dialectical Behaviour Therapy) is a proven approach to therapy that blends Western cognitive therapy and Eastern meditative approaches to help people achieve emotional stability, decrease stress, and live in acceptance and mindfulness. Do You feel:  
- Like you keep “losing it”  
- Out of your body with memory loss  
- Drastic mood swings  
- Like harming yourself in anyway  
- Like relationships just never seem to work out well.  
- Like you make a lot of impulsive decision that rarely end well.  
- Empty and nothing can fill that emptiness

**Outreach & Other Events**

1. **Menopause and Cancer Screening: Role Model Moms. Emmanuel Church of the Nazrene.** 1875 Sheppard Avenue West.September (date and time to be confirmed).
2. **HTN Management**  Yorkgate Mall. Summer (date and time to be confirmed).
3. **Anger Management** Rexdale Women's Centre. 925 Albion Rd #309. Summer (date and time to be confirmed)
4. **Advanced Care Planning** York Woods Library. 1785 Finch Avenue West. July 27, 2018 & August 31, 2018.