

CHILDREN'S HOSPITAL & RESEARCH CENTER OAKLAND

RESOURCES FOR CHILDREN WITH TYPE 1 DIABETES AND THEIR FAMILIES

These resources are not sponsored by or affiliated with Children's Hospital & Research Center Oakland. They are provided for your convenience. They are intended solely as general educational and support aids and do not substitute for professional advice and services from a qualified provider. Users of these resources assume all risks of doing so. Parents are responsible for determining their child(ren)'s access to any online resources and insuring their use of safe social networking practices.



SUPPORT FOR FAMILIES EAST BAY

Outreach Group - Berkeley/Oakland
Monthly parent/caregiver groups and family groups organized via CarbDM (www.carbdm.org).
Contact: Email Tami White at info@tamarawhite.com

Carb DM

Offers psycho-social support, information, and ongoing education to families and individuals living with type 1 diabetes. Carb DM currently offers four programs in the East Bay:

- **East Bay A1 Teens**—social activities for teens with T1D
- **Coffee & Carbs**—a gathering for parents and caregivers of children with T1D
- **Carbs in the Park**—a gathering for families living with T1D
- **Beer & Basals**—gathering for adults with T1D

Contact: Email Tamar Sofer-Geri at tamar@carbdm.org or call 650-464-4236
Web: www.carbdm.org

CENTRAL CONTRA COSTA COUNTY- DANVILLE

Outreach Group
Monthly lunch group for moms of children with type 1 diabetes. They meet in Danville or neighboring city restaurant.
Contact: Email Angela Dubia at fashionchateau@gmail.com

CENTRAL CONTRA COSTA COUNTY - TRI-VALLEY

Outreach Group
Monthly groups for families with children with type 1 diabetes. They meet in

Livermore, Pleasanton, Dublin area.
Contact: Email Trina Madigan at 4cutiekidsmom@gmail.com or call 510-710-7879

CENTRAL VALLEY-MODESTO Diabetes Support Group For Children With Type 1 Diabetes And Parents

Meets first Wednesday of the month, from 6:30-8 p.m.
Contact: Email Kevin Moore at modestodiabetes@yahoo.com for location
Web: www.modestodiabetes.org

NORTH BAY

T1D Marin
Supports families in Marin. They meet the first Thursday of every month, from 10 a.m.–Noon in Novato; sometimes a member chooses to host at his/her home in Marin. T1D Marin offers support, resources, some levity, and humor! Members span the spectrum from children newly diagnosed with type 1 diabetes to those parents seeing their children with type 1 diabetes transition into college and adulthood.
Contact: Email Marcena Hopkins Peterson at marcena11@comcast.net or call 415-302-3220

Children's Diabetes Foundation of the North Bay

Activities include the Human Race every May, and occasionally hosting family weekend camps.
Contact: Email Elisa McCreary at info@cdfnb.org or call 707-782-0774
Web: www.cdfnb.org

Santa Rosa Family Support

Get-togethers for families with children with type 1 diabetes. 1st Saturdays of the month, 10 a.m.–Noon. Location and activity varies.
Contact: Allison Porter at allisonporter@comcast.net or call 707-799-1523. Spanish speaking families welcome.

SUPPORT FOR SPANISH-SPEAKING PARENTS EAST BAY

Outreach Group: Grupo de Apoyo
Bay Area families with children with type 1 diabetes are invited to join a family group, organized via CarbDM.
Contact: Call Armando Ramirez/Maria Ramirez 707-704-8601, 707-704-0853, or email Tamar Sofer-Geri tamar@carbdm.org
Web: www.carbdm.org

ONLINE SUPPORT FOR PARENTS <http://health.groups.yahoo.com/group/bravebuddies>

Brave Buddies is an online support group for parents of children with type 1 diabetes, who live primarily in the San Francisco Bay Area (includes South Bay, East Bay, North Bay/Marin, East Bay/Sacramento, and Santa Cruz). Brave Buddies provides an online forum for parents to share practical information with each other. Quarterly family gatherings are organized at a local park.

ONLINE SUPPORT FOR THE FAMILY Children with Diabetes

Online chat rooms for children, youth, and parents.
Web: www.childrenwithdiabetes.com



ENDOCRINOLOGY/DIABETES CENTER
747 52nd St., Oakland, CA 94609
510-428-3654
www.childrenshospitaloakland.org

The hospital
100%
trained
to care
for kids

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ONLINE SUPPORT FOR THE FAMILY

Juvenation

Online chat rooms where youth with type 1 diabetes can connect with peers for support.

Web: www.typeonenation.org (ages 13 years and older)

JDRF Kids Online

Online chat rooms where children/youth with type 1 diabetes can connect with peers for support.

Web: www.kids.jdrf.org (ages 4-18 years)

tudiabetes.org

A community of people touched by diabetes, a program of the Diabetes Hands Foundation. A social network for support, education, and sharing the steps taken every day to stay healthy while living with this very serious condition, type 1 diabetes and type 2 diabetes.

Web: tudiabetes.org

TEEN MENTORS

JDRF Youth Ambassadors

For children with type 1 diabetes ages 6-18 who want to spread awareness about diabetes and support JDRF; meets 3-4 times during the school year in various locations.

Contact: Email Carolyn Eisen, JDRF, Outreach Manager at ceisen@jdrf.org or call 415-597-6317

FAMILY MENTORS

Volunteer mentors provide one-to-one assistance to families and children who are newly diagnosed with type 1 diabetes, via phone, email, or face-to-face meetings. Sponsored by JDRF.

Contact: Email Carolyn Eisen, JDRF, Outreach Manager at ceisen@jdrf.org or call 415-597-6317

DIABETES CAMPS

Diabetic Youth Foundation (DYF)

Provides support and services to those affected by diabetes. Activities include weekend camps, summer camps, Spanish-speaking family diabetes camp, educational seminars, family events, year-round programs, and day events. Day event activities can include surfing for children and youth.

Contact: Email info@dyf.org or call 925-680-4994

Web: www.dyf.org

DASH

DASH Camp is a place for diabetic youth ages 8-16 and up to 2 friends to play competitive sports in a safe and supervised environment.

Contact: Email Lucas Fogarty, Co-director at Lucas@dashcamp.org or call 510-982-9006

Web: www.DASHCamp.org

COLLEGE STUDENTS

Students with Diabetes

Students with Diabetes aims to create a community and connection point for students with diabetes on college campuses.

Contact: Email nicolej@healthusf.edu or call 813-396-2678

Web: www.studentswithdiabetes.com

College Diabetes Network

Online support to help students with type 1 diabetes transitioning to college and provides ongoing peer support that includes information and resources.

Parents can also obtain information and resources.

Contact: Email croth@collegediabetesnetwork.org

Web: www.collegediabetesnetwork.org

CANINE COMPANIONS

Dogs4Diabetics

Train dogs to identify and act upon the subtle scent changes that hypoglycemia (low blood sugar) creates in body chemistry. Child with diabetes must be at least 12 years old.

Contact: Email info@dogs4diabetics.com or call 925-246-5785

Web: www.dogs4diabetics.com

Early Alert Canines

Aims to improve the health, safety, and well being of insulin-dependent diabetics through creating partnerships with low blood-sugar alert dogs. Child with diabetes can be under 12 years of age with parental involvement.

Contact: Email info@EarlyAlertCanines.org or call 925-349-5190

Web: www.EarlyAlertCanines.org

DIABETES MANAGEMENT APPS— IPHONE/ANDROID

Carb Counting, Lenny the Lion

Web: www.lenny-diabetes.com/games-n-apps.html

Glucose Buddy

Web: www.glucosebuddy.com

LOCAL DIABETES ORGANIZATIONS

American Diabetes Association-

Local Chapter

492 9th Street, Suite 300
Oakland, CA 94607

Info: 888-DIABETES; 510-654-4499

Web: www.diabetes.org

Juvenile Diabetes Research Foundation

-Greater Bay Area Chapter

49 Stevenson St., Ste 1200
San Francisco, CA 94105

Info: Email greaterbay@jdrf.org or call 415-977-0360

Contact: Email Carolyn Eisen, JDRF, Outreach Manager, ceisen@jdrf.org or call 415-597-6317

Web: www.jdrfbayarea.org

NATIONAL DIABETES ORGANIZATIONS

American Diabetes Association

Info: 800-DIABETES (342-2383)

Web: www.diabetes.org

Provides: Educational materials in English/Spanish, referrals to local chapters, information specialists.

Juvenile Diabetes Research Foundation

Info: 800-223-1138; 800-533-2873; 212-785-9500

Provides: Information and support to affected individuals and their families.

Web: www.jdrf.org

National Diabetes Information Clearinghouse

Info: 301-654-3327

Web: www.niddk.nih.gov/health/diabetes/ndic.htm

Provides: Information about diabetes for patients

LEGAL ASSISTANCE

Disability Rights Education and Defense Fund, Inc. (DREDF)

A national law and policy center dedicated to protecting and advocating for the civil rights of people with disabilities.

Info: 510-644-2555

Web: www.dredf.org/diabetes