

# Type 1 D-Link

Type 1 D-Link is a support group sponsored by the Division of Pediatric Endocrinology and Diabetes. It is designed for adolescents and young adults living with Type 1 Diabetes.

The group meets twice each month and provides an opportunity for young people with Type 1 Diabetes to get together to share their experiences and grow from the support of their peers.

Email Us: [Dlinkfacilitators@gmail.com](mailto:Dlinkfacilitators@gmail.com)

Facebook Us: D-Link Type 1 Diabetes Group

**Who:** Anyone ages 12-20 with Type 1 Diabetes

**What:** D-Link meetings and social events

**When:** Tuesday evenings 7-8 pm

**Were:** Audubon Library, Amherst NY

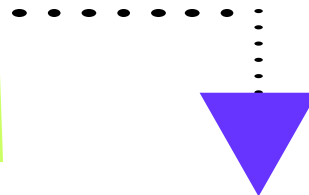
(350 John James Audubon Parkway)

\*as always, there is no cost to participate in D-Link Events\*

**No RSVP required for meetings- just stop by to take a break and spend some time with friends who you can relate to.**



**A GIVE AWAY WILL BE HELD AT EACH MEETING, SO COME FOR YOUR CHANCE TO WIN: movie tickets, gift certificates, itunes cards, and more!**



## **D-Link Meeting Topics and Events**

### **January:**

Meeting Topics:

- January 4: School Awareness: what we wish they knew about diabetes
- January 18: Ask the Doctor: have questions that you don't want to ask in front of your parents? Bring your questions to this meeting and our Endocrinologist Dr Mastandrea will answer them.

Social Event: January 29: Indoor Ice Skating at the Pepsi arena for D-Link members plus one friend

### **February:**

Meeting Topics:

- February 1: Hitting the Wall: how to deal with diabetes burnout
- February 15: Looking for New Snack Ideas? Enjoy this cooking adventure as we meet at UB South Campus to make healthy snacks (request directions at [dlinkfacilitators@gmail.com](mailto:dlinkfacilitators@gmail.com))

### **March:**

Meeting Topics:

- March 8: Building Character: exploring diabetes, outlook on life, and self-esteem
- March 15: Carb Counting Revisited: play carb count trivia and refresh your carb counting skills

Social Event: March 19: Laser Tag for D-Link members plus one friend

### **April:**

Meeting Topics:

- April 5: High School, College, Parties and Type 1: the unspoken questions. Join us and our guest speaker as she discusses living with diabetes, celiac disease, and the social challenges that she encountered through high school and college.
- April 26: Passport to Health: what health information should be in your wallet?

### **May:**

Meeting Topics:

- May 17: Transitioning into Summer: our annual end-of-the-year celebration.

Social Event: May 7: Rock Climbing for D-Link members plus a friend.