

Taking Control of Your Diabetes would like to thank Nathan Feinstein for compiling this resource list for our conferece attendees. If you have any additions or corrections, please contact TCOYD at 858.755.5683 or e-mail info@tcoyd.org

SUPPORT GROUP (DEFINITION): "A friendly, caring environment to share ideas, thoughts, feelings, and experiences with others living with diabetes" --Source: Participants at the San Diego Naval Hospital Support Group.

Group/ (Grupo)	Meets / (Se Junta)	Location / (Lugar)	Contact / (Informacion)	Notes / (Notas)
Encinitas, Scripps Wellness	2nd Wednesday 2:30	1:30 332 Santa Fe, Room 120	(858) 626-5672	Open to all. Led by professionals.
Fallbrook Hospital	4th Wednesday 1-2 p.m. Off some months	624 E. Elder St.	Janine Loescher, RD, CDE (760) 728-1191 jlgreeno@att.net	Please call or email to confirm
Mission Valley Scripps	1st Thursdays-Feb, May, August & November	7425 & 7565 Building--on Mission Valley Rd-- Employee Lunch Rm	Scripps Whittier (858)626-5672	Meeting time is 4:30 - 5:30 p.m.
Juvenile Diabetes Research Foundation	Please call for schedule	Various locations throughout the area.	(858)597-0240 www.jdrf-sandiego-news.org	Please, call for a volunteer-led
La Jolla / UTC: Whittier Institute for Diabetes	3rd Wednesday each month at 4:00 p.m.	9894 Genessee Ave. Diabetes Resource Center	(858) 626-5672 2nd floor- BMS Conf. Room.	Located next to Scripps Memorial Hospital, La Jolla
DiaBuddies- UCSD Non-Profit Student Organization	Please call for schedule	UCSD- La Jolla	Rachel Jaffe, Founder Diabuddies@ucsd.edu (510)393-4750	http://diabuddies.ucsd.edu
Oceanside - North County Diabetes Support Group	2nd Thursday each month	Oceanside Branch Library 3861-B Mission Avenue Enter between library & police station.	Gerrie (760)757-4335 Ed McCarthy (760)630-1964	Led by Cindy A. Garvey, MSN, CDE
San Marcos Palomar Hospital	2nd Tuesday of each month 4 - 5 p.m.	120 Craven Rd., Suite 207 San Marcos Care Center Escondido	Halle Elbling, M.S., R.D. 760-510-7377 Halle.Elbling@pph.org	Also, education classes daily.
Poway Pomerado Hospital	3rd Tuesday of each month 4 - 5:30 p.m.	15615 Pomerado Road Poway 3rd floor- Cafe Conf. Room	Halle Elbling, M.S., R.D. 760-510-7377 Halle.Elbling@pph.org	Also, education classes daily. Please, call for an appointment.
Rancho Bernardo Scripps Clinic	1st Wednesday: Feb, May,	Doctors Lounge 15025 Innovation Dr.	Scripps Whittier (858)626-5672	Open to all. Led by professionals.
San Diego-countywide Whittier Institute for Diabetes, Project Dulce	Many to choose from. Please, call Project Dulce to find the places, times, and people for you.		(866) 791-8154	Serving the uninsured and underinsured. Available in English and Spanish

San Diego Kearny Mesa Insulin Pumps	2nd Monday each month 7-9p.m.	Sharp Spectrum--Board Room 3965 Spectrum Centre Court -- Off Kearney Villa Road behind Courtyard by Marriott	John Rodosevich (858)279-1835 jrodosevich@san.rr.com	Insulin Pump Users Support Group
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San Diego Naval Hospital Near Downtown (for military beneficiaries) Tri Cities	4th Tuesday each month at 1800 hours or 4th Thursday at 1100	Naval Hospital, San Diego 34800 Bob Wilson Dr	Anne Whittington (619)532-6573	True support groups-no speakers.
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Additional resources available to patients with Diabetes in San Diego can be found:

Alvarado Hospital Diabetes Center	6655 Alvarado Rd. , San Diego	(619)229-3192 www.Theresa.Francis@AlvaradoHospital.com
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American Diabetes Association	San Diego	(888) 342-2383	Diabetes.org Great blog!
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Behavioral Diabetes Institute	Group programs and FREE lecture / discussions most months.	Whittier Institute at Scripps Memorial Hospital, La Jolla, etc.	(858)336-8693 www.BehavioralDiabetes.org	Please see website for 2008
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Children's Hospital San Diego

Family Health Centers Logan Heights	Several days and times to choose from.	1845 Logan Ave. Logan Heights	Gracie Duran (619)515-2526	en Español and English
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Sharp Chula Vista & TCOYD en Español	2nd Monday in Feb., April, Jun, Aug, Oct, Dec	April, Jun, Aug, Oct, Dec 751 Medical Center Dr.	(858) 775-5683 Please, call to RSVP.	Educational and motivational lecture series en Español .
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Kaiser Permanente	(619) 641-4194	San Diego	Susan.x.Semb@kp.org	Many excellent classes-members, only
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TCOYD (Taking Control of Your Diabetes) TCOYD.org	(858) 755-5683	1110 Camino Del Mar, Suite B Del Mar, CA 92014	Conferences, free lecture/discussions; blogs; tv shows, membership, newsletter
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VA Medical Center	La Jolla	(858)552-8585	Diabetes Education Department
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