










# RCDC Connections

RCDC presents a list of diabetes classes and support resources to help you or a loved one manage diabetes.

[www.rcdc.rchf.org](http://www.rcdc.rchf.org)

## FREE Diabetes Management Education Classes

There are several organizations that offer **FREE** diabetes management education classes in Riverside/Inland Empire, as well as online. **This is not an all-inclusive list of diabetes education classes; rather, the classes listed below are spotlighted because they are free and open to the public (anyone can participate regardless of insurance status).** Registration is required for all classes.







Organization	Where classes are offered	Type of education	Language	Website and phone # for class registration/ more information
 Riverside Community Diabetes Collaborative (RCDC)	Riverside, Moreno Valley, Jurupa Valley & Perris	<b>2-hour sessions:</b> <i>Conversation Map</i> ® & <i>Living Well With Diabetes (Cómo Vivir Bien Con Diabetes)</i> . <b>90-minute sessions:</b> "Diabetes 101" ( <i>Lo Básico de la Diabetes</i> )	English & Spanish	(951) 788-3471 <a href="http://www.rcdc.rchf.org">www.rcdc.rchf.org</a>
 Riverside Community Health Foundation	Riverside & Jurupa Valley	<b>90-minute sessions:</b> "Diabetes 101" ( <i>Lo Básico de la Diabetes</i> )	English & Spanish	(951) 788-3471 <a href="http://www.rchf.org">www.rchf.org</a>
 Sanofi Diabetes	Riverside	<b>2-hour sessions</b>	English	(951) 781-6335 <a href="http://www.famdoc.org">www.famdoc.org</a>
 Mini Pharmacy & Medical Supplies <i>Trusted, Caring, Always</i>	Riverside	<b>2-hour sessions</b> on the second Tuesday of every month	English	(951) 581-9816
 Community Hospital of San Bernardino <i>A Dignity Health Member</i>	San Bernardino	<b>1-hour sessions</b>	English & Spanish	(909) 806-1816 <a href="http://www.CHSBeducation.org">www.CHSBeducation.org</a>
 Sanofi Diabetes	Online	Online diabetes webinars with a CDE, featuring a live Q & A session	English	<a href="http://www.diabeteshelpteam.com">www.diabeteshelpteam.com</a>
 <b>JOURNEY FOR CONTROL</b> <i>Advancing Diabetes Education</i> <small>A comprehensive program from Merck &amp; Co., Inc.</small>	Journey for Control (a program from Merck)	The <i>Diabetes Go-To-Guide</i> ™, an interactive online tool	English	<a href="http://www.journeyforcontrol.com">www.journeyforcontrol.com</a> (click on the "Patient Site" button).

See reverse for more information



# Support Resources

There are several organizations that offer programs to support those living with diabetes. **Below is a list to get you started.**

	Organization	Type of support	Language	Website and phone # for more information
	American Diabetes Association	<b>Living With Type 2 Diabetes</b> —a free program providing information and support (mail, e-mail, online)	English & Spanish	(800) 342-2383 <a href="http://www.diabetes.org">www.diabetes.org</a>
	Diabetes Treatment Center at Loma Linda University Medical Center	<b>Diabetes Support Group</b> –free diabetes support group that meets the first Tuesday per month, 6:15 pm at the Seventh Day Adventist Church (11135 Mountain View Ave., Loma Linda).	English	(909) 558-3022
	Diabetes Hands Foundation	<b>Tu Diabetes.org</b> <sup>®</sup> is an online community for people with diabetes.	English & Spanish	<a href="http://www.tudiabetes.org">www.tudiabetes.org</a> (English) <a href="http://www.estudiabetes.org">www.estudiabetes.org</a> (Spanish)
	dLife	<b>dLife</b> offers tips, diabetes-friendly recipes, online dLife TV show, forum support, and expert Q & A	English	<a href="http://www.dlife.com">www.dlife.com</a>
	Inland Caregiver Resource Center	<b>ICRC</b> offers services to family and informal caregivers of adults with brain impairing conditions or those caring for frail, older adults. To be eligible for services the family caregiver must be a resident of Riverside, San Bernardino, Inyo or Mono Counties.	English & Spanish	(800) 675-6694 <a href="http://www.inlandcaregivers.com">www.inlandcaregivers.com</a>
	JDRF Inland Empire Branch	<b>Mentor Program</b> –providing one-on-one support to families, teens and adults living with type 1 diabetes. Call to ask about <b>Support Groups</b> in Riverside and San Bernardino for individuals with type 1 diabetes.	English	(951) 784-4156 <a href="http://www.jdrfinlandempire.com">www.jdrfinlandempire.com</a>

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