

DIABETES PROGRAM



PROGRAM INFORMATION

At SCHC, we have recognized that our community has experienced an increase in the number of individuals living with diabetes. These individuals and their families are often faced with challenges and uncertainty. However, we have also witnessed how diabetes education, self-management support and a positive outlook can significantly improve diabetes control and health outcomes. This is why our Certified Diabetes Educators use an inclusive, client-centered approach to prevent and manage diabetes. We deeply respect our clients and believe that information, care and support will empower them to make positive changes. If you have Type 2 or pre-diabetes, allow us to become your Diabetes Care Partner.

SERVICES (FREE OF CHARGE)

- Consultation with Endocrinologist
- Insulin Initiation and Titration
- Counselling with CDE Nurses, Dietitians and Social Worker
- Group Education Sessions: Lifestyle and Weight Management
- Exercise Classes
- Diabetes Support Groups
- Community workshops/Presentations
- Deliver Programs in Partnership with Community Agencies

Multiple Languages: English, French, Mandarin, Cantonese, Tamil, Urdu, Hindi, Punjabi, Pashto, Farsi, Marathi.

LOCATIONS

629 Markham Road, Suite 2, Scarborough M1H 2A4
1333 Neilson Rd Suite 310, Scarborough M1B 4Y9
2660 Eglinton Ave East, Scarborough M1K 2S3
4002 Sheppard Ave E Suite 401, Scarborough M1S 4R5

CONTACT INFO

Call 416-847-4160 Fax: 416-283-1057

Hours of Operation

Monday to Friday: 9 a.m. to 5 p.m.
Extended hours at Markham site
9 a.m. to 8 p.m. on Thursday and
9 a.m. to 4:30 p.m. on Saturday

ELIGIBILITY

- At risk of diabetes
- Prediabetes
- Type 2 diabetes age 18 and above
- Gestational Diabetes (uninsured)

VOLUNTEERING WITH SCHC

Contact the Coordinator of Volunteer Engagement
416-847-4127 OR volunteerprogram@schcontario.ca

CONTACT SCHC 416-642-9445

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