

# Diabetes Programs and Services in the Niagara Region

## Group Classes and Individual Assessments

Diabetes, prediabetes, at risk for diabetes, chronic disease prevention & management programs, open to everyone in Niagara, self-referred and physician referred.



## DIABETES PROGRAMS IN THE NIAGARA REGION

**Type of Program:** DS = Diabetes Specific    GC = General Classes    IA = Individual Appointment / Counselling  
 RN = Registered Nurse    RD = Registered Dietitian    CDE = Certified Diabetes Educator    SW = Social Worker  
 CHC = Community Health Centre    FH = Family Health Team

Program	Type	Frequency	Contact
<div style="border: 1px solid black; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 0 auto; margin-bottom: 5px;">1</div> <b>Bridges Community Health Centre</b> <a href="http://www.bridgeschc.ca/page/diabetes-education166">www.bridgeschc.ca/page/diabetes-education166</a>			Community Outreach Programs offered in various locations; call for details.
<b>Hot Topics in Diabetes</b> - A monthly group session run by RN and RD discussing various topics related to diabetes care. For patients with diabetes and caregivers.	DS	Monthly; 1 hour session	<b>Bridges CHC Port Colborne Site:</b> 289-479-5017, ext 2430 <b>Fort Erie Site:</b> 905-871-7621 ext 2230
<b>Keeping Diabetes Away</b> - Do you have pre-diabetes, or any of the risk factors for developing diabetes? If yes, come to this session that discusses what foods to eat, and lifestyle strategies to keep diabetes away.	DS	Monthly; 2 hr session	<b>Bridges CHC: Port Colborne Site:</b> 289-479-5017 x2430 <b>Fort Erie Site:</b> 905-871-7621 x2230
<b>Conversation Maps</b> - A small interactive group session of 6-8 clients facilitated by RN & RD. This program is for those with diabetes who are interested in learning more about what diabetes is, facts, myths, and managing diabetes.	DS	Every other month; 1.5 hr session	<b>Bridges CHC: Port Colborne Site:</b> 289-479-5017 x 2430 or <b>Fort Erie Site:</b> 905-871-7621 x 2230
<b>Various Nutrition Workshops</b> – Interactive presentations on various topics relating to nutrition and health. All are welcome!	GC	Every other month; 1-2 hr sessions	<b>Bridges CHC: Port Colborne Site:</b> 289-479-5017 x 2441 <b>Fort Erie Site:</b> 289-479-5017 x 2441
<b>Healthy You</b> - An alternative to individual nutrition counseling for weight loss, this group weight management approach focuses on lifestyle changes. Participants will learn how nutrition, physical activity, self-esteem, the environment and their behaviours affect their weight. They will learn skills to put this information into practice in their day-to-day life. All are welcome!	GC	Usually in the Fall & winter/spring, depending on demand; Eight 2-hr sessions	<b>Bridges CHC: Port Colborne Site:</b> 289-479-5017 x 2441 <b>Fort Erie Site:</b> 905-871-7621 x 2230 or x 2241
<b>Chronic Pain Management Group</b> A Social Worker will help people learn & use new coping strategies for managing chronic pain	GC	1 X per year	<b>Bridges CHC: Port Colborne Site:</b> 289-479-5017 x 2461 <b>Fort Erie Site:</b> 905-871-7621 x 2225

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<b>Let's Get Cooking</b> – This monthly cooking class will help you learn the basic skills to prepare quick and tasty, low cost meals. No cooking experience necessary	GC	Monthly; 2 hours	<b>Bridges CHC: Fort Erie Site:</b> 905-871-7621 x 2230 or x 2241 <b>Port Colborne Site:</b> 289-479-5017 x 2441
<b>Craving Change</b> This 6- week how-to workshop is focused on changing your relationship with food. You will learn to understand why you eat the way you do, how to comfort yourself without food and how to change your thinking so you can change your eating. All are welcome	GC	2x/year Six 2-hr sessions	<b>Bridges CHC: Port Colborne Site:</b> 289-479-5017 x2441 <b>Fort Erie Site:</b> 905-871-7621 x 2241
<b>Walking Groups:</b> encourage active living: walk at your own pace with a member of our DEP team	GC	Seasonal programs; call for days & times	<b>Bridges CHC: Port Colborne Site:</b> 289-479-5017, x 2430 <b>Fort Erie Site:</b> 905-871-7621 x 2232
<b>Nordic Pole Walking</b> – People will learn to maximize their walking experience by including the upper body.			
<b>Grocery Store Tours</b> – An RD will help people learn how to make healthy food choices, understand food labels, and shop on a budget. Call us to be placed on a waiting list for the next tour.	GC	At request; flexible days & times	<b>Bridges CHC Port Colborne Site:</b> 289-479-5017 x 2441 <b>Fort Erie Site:</b> 905-871-7621 x 2230 or x 2241
<b>Heart Healthy Eating</b> This program is helpful for people with high blood pressure, high cholesterol, heart problems, or anyone who wants to learn how to eat to keep your heart healthy.	GC	3x/year	<b>Bridges CHC: Port Colborne site</b> 289-479-5017 x 2441 <b>Fort Erie Site:</b> 905-871-7621 x 2241
<b>Heart Healthy Shopping &amp; Label reading</b> – This workshop helps people read and understand food labels & increases clients' knowledge of optimal choices when shopping for heart healthy foods.	GC	3x/year	<b>Bridges CHC: Port Colborne Site:</b> 289-479-5017 x 2441 <b>Fort Erie Site:</b> 905-871-7621 x 2241
<b>Health Safe &amp; Strong Exercise Class;</b> offered by Niagara Region. A group exercise program that will help improve & maintain strength, prevent age-related muscle loss & build balance.	GC	Classes offered Tuesday and Friday Call to register	<b>Contact</b> 905-984-6900 x 3844
<b>Individual Appointments / Counselling</b>	IA	On going	<b>Bridges CHC:</b> 905-984-6900 Fort Erie Port Colborne Wainfleet

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<b>2</b> <b>Canadian Diabetes Association</b> Niagara Region <a href="http://www.diabetes.ca">www.diabetes.ca</a>			Community Outreach Programs offered in various locations; call for details.
<b>Living Well with Diabetes, Diabetes: What You Need to Know, Kids in Your Care with Diabetes, Diabetes: The First Steps, Diabetes for Health Care Workers, Prediabetes</b> Group educational sessions, general diabetes knowledge and management.	GC DS	By request	<b>Niagara Region :</b> 905-646-4843
<b>3</b> <b>Centre de Sante Communautaire</b> <b>ALL SERVICES IN FRENCH ONLY</b> Welland <a href="http://www.cschn.ca/">http://www.cschn.ca/</a>			
<b>Diabetes Essentials</b> Interactive group session run by dietitian and nurse, discussing diabetes basics, healthy food choices, diabetes management, prevention of complications, stress management, etc.	DS	Depending on demand 1 hour session	<b>Centre de Sante – Welland</b> 905-734-1141 x 2239
<b>Nordic Pole Walking groups</b> To encourage individuals with diabetes to get active	DS	Depending on demand / starting mid August Once a week for 5 weeks as an introduction to Nordic Pole Walking	<b>Centre de Sante - Welland</b> 905-734-1141, ext. 2239
<b>Diabetes in Action</b> Cooking Class, Grocery Store Tour, Conversation Maps & Blood	DS	Depending on demand 2 hours session	<b>Centre de Sante - Welland</b> 905-734-1141 x 2239
<b>Community Breakfasts</b> A way of enhancing healthy eating habits for people with diabetes. Also diabetes screening.	GC	Monthly, each third Tuesday at 9 a.m.	<b>Centre de Sante - Welland</b> 905-734-1141 x 2239
<b>Diabetes Screening</b> Awareness campaign - Centre de Sante is open from 9 to 4 for walk in diabetes screening services	DS	Weekly – Thursdays	<b>Centre de Sante - Welland</b>
<b>Centre de Sante, Diabetes Clinics</b>	IA	Weekly – Wednesdays Individual encounters with MD, RD & RN at the same visit	Centre de Sante - Welland
<b>Centre de Sante, Foot Care</b>	IA	Individual appointment with a foot care nurse	Centre de Sante - Welland 905-734-1141, ext. 2230


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<p><b>4 Garden City Family Health Team</b>  <b>St Catharines, Thorold</b>            Programs offered in various locations; call for details.  <a href="http://gardencityfht.com/diabete/our-programs">http://gardencityfht.com/diabete/our-programs</a></p>			Community Outreach Programs offered in various locations; call for details.
<b>Diabetes Basics</b> – Introductory class focused on what diabetes is, management basics, including healthy eating and active living.	DS	Twice per month, 75 minutes	<b>Garden City Family Health Team</b> 145 Carlton Street, St. Catharines 905-988-9617 x226
<b>Making Sense of Your Medication</b> – Helps participants to understand their medication including insulin and how they work with food and exercise. Includes an introduction to carbohydrate counting and meal planning.	DS	Twice a month, 75 minutes	<b>Garden City Family Health Team</b> 145 Carlton Street, St. Catharines 905-988-9617 x226
<b>Taking Care of Your Feet/ Heart Health</b> This workshop covers the basics for taking care of your feet and the basics of healthy eating for your heart.	DS	Twice a month, 75 minutes total.	<b>Garden City Family Health Team:</b> 145 Carlton Street, St. Catharines Bo905-988-9617 x 226
<b>Healthy Mind, Healthy Body</b> – This workshop helps participants understand the psychological aspects of chronic disease and how to deal with diabetes burnout.	DS	Twice a month, 75 minutes	<b>Garden City Family Health Team:</b> 145 Carlton Street, St. Catharines 905-988-9617 ext 226
<b>Craving Change</b> This 6 week how-to workshop is focused on changing your relationship with food. You will learn to understand why you eat the way you do, how to comfort yourself without food and how to change your thinking so you can change your eating.	GC	Run 3 x a year – monthly booster sessions for graduates Six 2-hour sessions - afternoons and evenings	<b>Garden City Family Health Team</b> 145 Carlton Street, St. Catharines 905-988-9617 ext. 229
<b>Individual Appointments / Counselling</b>	IA	On going	<b>Garden City Family Health Team</b> St. Catharines Thorold 905-988-9617
<b>Take Charge / Take Control</b> A workshop for those who live with any chronic or ongoing health conditions such as diabetes, heart disease, stroke, anxiety, pain, depression and arthritis to better manage their symptoms.	GC	2-3 times per year 6 sessions of 2 hours	<b>Garden City Family Health Team</b> St. Catharines Thorold 905-988-9617
<b>Chronic Pain Self Management Workshop</b> Learn new ways to live your life with your chronic pain and improve the quality of your life.	GC	2-3 times per year 6 sessions of 2 hours	<b>Garden City Family Health Team</b> St. Catharines Thorold 905-988-9617

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<p><b>5</b></p> <p><b>Niagara Diabetes Center</b>  Welland, St Catharines, Niagara Falls,  Port Colborne, Grimsby, Fort Erie</p> <p><a href="http://www.niagarahealth.on.ca/en/diabetes-education-centre">http://www.niagarahealth.on.ca/en/diabetes-education-centre</a></p>			Community Outreach Programs offered in various locations; call for details.
<p><b>Simply Diabetes</b> is an interactive class given by a RN and RD designed for basic instruction that includes target blood sugar ranges, healthy food choices, exercise, and monitoring. This is the follow up after their initial RN/RD individual assessment.</p>	DS	Physician or self-referral Offered weekly after assessment	<p><b>Niagara Diabetes Center</b>  St Catharines  Niagara Falls  Welland  T 905-682-4200 or 1-800-263-2480  Fax 905- 682-3622</p>
<p><b>Insulin Initiation-</b> Type 1, Type 2, Gestational/Pregnant Type 2. Patient given complete education regarding the action of insulin, disposal of sharps, delivery systems, recommended testing patterns, hypoglycemia and meal planning.</p>	DS	1 hour appt. - by physician referral. Appt. within 24 – 48 hours upon referral	<p><b>Niagara Diabetes Center</b>  St. Catharines, Niagara Falls, Welland, Grimsby  T-905-682-4200 or 1-800-263-2480  Fax-905-682-3622</p>
<p><b>Insulin Pump Assistive Devices Program</b> – Type 1 clients are provided with the criteria/ process for funding. They are taught pre- and post- pump management. Instruction is given regarding continuous glucose monitor maintenance.</p>	DS	Physician or self-referral	<p><b>Niagara Diabetes Center</b>  St. Catharines, Niagara Falls, Welland, Grimsby  T-905-682-4200 or 1-800-263-2480  Fax 905-682-3622</p>
<p><b>Endocrinology Clinic with Dr Mulaisho and Dr Delrue</b></p>	DS IA	Physician referral Tues, Wed Thurs and Fri	<p><b>Niagara Diabetes Center</b>  St. Catharines, Welland  T-905-682-3399 or 1-800-263-2480  Fax 905-682-3622</p>
<p><b>Pediatric Diabetes-</b> ongoing support and management with a team comprised of RN, RD, SW and MD. The Pediatric team is available for inpatient Type 1 children. Assessments 2 hours in duration.</p>	DS IA	Physician or staff referral Seen inpatient within 24 – 48 hours of receiving referral	<p><b>Niagara Diabetes Center</b>  St Catharines, Niagara Falls, Welland  T -905-682-4200 or 1-800-263-2480  Fax 905-682-3622</p>

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<b>Inpatient/Hospital Management-</b> Priority is given to patients seen in Emergency or ICU, new diagnosis inpatients – Type 1 or 2, or steroid induced on all units. They are taught monitoring, insulin administration or any needs as necessary to prepare them for discharge. All insulin pump patients are seen while in hospital. Patients not admitted are followed by GIMRAC liaison and followed up as out patients.	DS IA	Physician or Staff referral – Pt is seen 24 – 48 hours within received referral	<b>Niagara Diabetes Center</b> St Catharines, Niagara Falls, Welland T906-682-4200 or 1-800-263-2480 Fax 905-682-3622
<b>Type 2 Diabetes Class “The Complete Puzzle”</b> is designed to address the contents of the Simply Diabetes class but with more details including an update on oral and injectable glucose lowering medications, dietetic food/label reading, carbohydrate counting and living healthy with diabetes. This is also delivered by a RN and RD and participants are always welcome to contribute. This is the follow up after their initial RN/RD individual assessment.	DS	Physician or self-referral Offered weekly after assessment	<b>Niagara Diabetes Center</b> St. Catharines, Niagara Falls, Welland T-905-682-4200 or 1-800-263-2480 Fax 905-682-3622
<b>Group Follow Up Class “Diabetes Checkup”</b> is the follow up to both Simply Diabetes and The Complete Puzzle. This is a group discussion on staying healthy with diabetes and any challenges they may have encountered. It also involves interpretation of their lab work, future goals and ongoing diabetes management.	DS	Patient referral Monthly at each site	<b>Niagara Diabetes Center</b> St. Catharines, Niagara Falls, Welland T-905-682-4200 or 1-800-263-2480 Fax – 905-682-3622
<b>At Risk Prediabetes</b> education available through our clinics and also available for community groups. We have provided education for such groups as Brain injury, nursing homes and seniors support groups. It is an introduction to what diabetes is, prevention and general healthy eating.	DS	Weekly within the clinics or Public initiated. Given on demand.	<b>Niagara Diabetes Center</b> St Catharines, Niagara Falls, Welland T-905-682-4200 or 1-800-263-2480 Fax 905-682-3622
<b>Individual Counselling</b> (offered in French, Polish, and Greek) In a comfortable non-threatening environment. For patients who are Gestational or pregnant Type 1 and 2 assessment and follow up (90 min. duration) Type 1, Intensive therapy or insulin pump assessment and follow up (90 min. duration) Type 2, 60 min. assessments and follow up	DS IA	Physician or self-referral. Daily appointments	<b>Niagara Diabetes Center</b> St Catharines, Niagara Falls, Welland, Grimsby T- 905-682-4200 or 1800-263-2480 Fax 905-682-3622

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<b>6</b> <b>Niagara Medical Group Family Health Team</b> Beamsville, Grimsby, St. Catharines, Niagara Falls, Port Colborne, Welland <a href="http://www.niagaramedicalgroup.com/">http://www.niagaramedicalgroup.com/</a>			Community Outreach Programs offered in various locations; call for details.
<b>Living Well with Diabetes</b> - Topics include blood glucose monitoring/targets and its importance, diabetic medications, physical activity, stress, healthy eating and other relevant topics.	DS	On Request	<b>Niagara Medical Group</b> 905-356-2236 x 274
<b>Eating Well with Diabetes</b> – Information to help make healthy food choices with diabetes.	DS	On Request	<b>Niagara Medical Group</b> 905-356-2236 x 274
<b>Diabetes and Caring for your Feet</b> – Interaction group facilitated by RN for hands on approach to taking care of your feet.	DS	Quarterly, 1.5 hours	<b>Niagara Medical Group</b> 905-356-2236 x 274
<b>Craving Change</b> – Facilitated by an RD and a SW. Focusing on changing your relationship with food.	DS	Spring & Falls 2 hours per week for 3 weeks	<b>Niagara Medical Group</b> 905-356-2236 x 274
<b>Individual Appointments / Counselling</b>	IA	On going	<b>Niagara Region:</b> Beamsville, Grimsby, St. Catharines, Niagara Falls, Port Colborne, Welland
<b>7</b> <b>Feet First</b> Port Colborne, Welland, Niagara Falls, Niagara on the Lake, St Catharines, Fort Erie <a href="http://hamilton.danimaclients.com/pages/index/Feet%20First%3A%20Steps%20For%20Health">http://hamilton.danimaclients.com/pages/index/Feet%20First%3A%20Steps%20For%20Health</a>			Community Outreach Programs offered in various locations; call for details.
<b>Safe Self Care workshops on foot care for clients, family members and care givers.</b>	DS	4x year – 1.5 hours each spring, summer, fall and winter	<b>Port Colborne - Bridges CHC</b> <b>Welland – Niagara College</b> <b>Niagara Falls – NF CHC</b> <b>Niagara on the Lake -- NOTL FHT</b> <b>St Catharines – Quest CHC</b> <b>Fort Erie – Bridges CHC</b> 289-820-7024 or 1-844-223-3338
<b>Foot care for individuals 55 and older living with diabetes and kidney failure.</b>	IA	On going	289-820-7024 or 1-844-223-3338



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 <b>QUEST Community Health Centre</b> St Catharines <a href="http://www.questchc.ca/">http://www.questchc.ca/</a>			
<b><u>Take Charge! Chronic Disease Self-Management</u></b> A 6-week workshop for people who live with an ongoing health problem who need help identifying coping strategies, setting goals, managing stress, making healthier food choices, working with their healthcare team and living life to the fullest.	GC	As needed	905-688-2558 ext 297
<b><u>Craving Change</u></b> This how-to workshop is focused on changing your relationship with food. You will learn to understand why you eat the way you do, how to comfort yourself without food, and to change your thinking so you can change your eating.	GC	Program usually runs once or twice a year 6 week program September 9 <sup>th</sup> to October 15 <sup>th</sup> 1:30 pm to 3:00 pm	905-688-2558 ext 234 905-688-2558 ext 296
<b><u>Healthy You! – Weight Management Program</u></b> Learn tools you can use to put yourself on the healthy path to weight management!	GC	As needed	905-688-2558 ext 297 905-688-2558 ext 234
<b><u>Quit Smoking Group Appointment</u></b> For individuals who want to quit smoking we offer group cessation appointment. Clients may be eligible to receive free Nicotine Replacement Therapy following the appointment.	GC	Once per month	905-688-2558 ext 297

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<b>9</b> SOADI – Southern Ontario Aboriginal Diabetes Initiative Open to Aboriginal peoples only <a href="http://www.SOADI.ca">www.SOADI.ca</a>			
Aboriginal diabetes awareness, resource, education, & management program.	DS	On going.	For resources or information contact 905-938-2915 or 905-388-6010
Foot Care Clinic	DS	every 6 – 8 weeks	905-938-2915 or 289-241-9913
<b>10</b> Zehrs In-Store Dietitian Services Niagara Falls, Welland, St Catharines <a href="http://www.zehrs.ca/en_CA/health-wellness/dietitian.html">http://www.zehrs.ca/en_CA/health-wellness/dietitian.html</a>			
The In-Store Dietitian provides grocery store tours, one-on-one counselling, recipes and ideas about healthy eating for weight management, diabetes, hypertension, dyslipidemia, and label reading. All services are free of charge. Grocery store tours and individual appointments can be scheduled by contacting the RD by phone or e-mail.	GC DS IA	The RD works 5 days/week including 4 weekend days/month.	For Zehrs at 6940 Morrison St., Niagara Falls and Zehrs 821 Niagara St. N, Welland contact: (905) 351-7160  For Zehrs 285 Geneva St, St Catharines and Zehrs Pen Centre, 221 Glendale Ave., St. Catharines contact: (905) 358-2080