










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

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	2-hour sessions *Using <i>Conversation Map</i> ®	English & Spanish	(951) 788-3471 www.rcdc.rchf.org
 Riverside Community Health Foundation & Riverside Community Diabetes Collaborative (RCDC)	Riverside, Jurupa Valley & Perris	1- hour sessions: <i>Por Tu Familia</i> , a program of the American Diabetes Association; 2-hour sessions: <i>Cómo Vivir Bien Con Diabetes (How to Live Well with Diabetes)</i>	English & Spanish	(951) 788-3471 www.rchf.org
 Sanofi Diabetes	Riverside	2-hour sessions	English	(951) 781-6335 www.famdoc.org
 Mini Pharmacy & Medical Supplies <i>Trusted, Caring, Always</i>	Riverside	2-hour sessions on the second Tuesday of every month	English	(951) 581-9816
 Community Hospital of San Bernardino <i>A Dignity Health Member</i>	San Bernardino	1-hour sessions	English & Spanish	(909) 806-1816 www.CHSBeducation.org
 Sanofi Diabetes	Online	Online diabetes webinars with a CDE, featuring a live Q & A session	English	www.diabeteshelpteam.com
 Journey for Control (a program from Merck) <i>Advancing Diabetes Education</i> <small>A comprehensive program from Merck & Co., Inc.</small>	Online	The <i>Diabetes Go-To-Guide</i> ™, an interactive online tool	English	www.journeyforcontrol.com (click on the "Patient Site" button).

See reverse for more information









FREE Diabetes Management Education Classes

Organization	Where classes are offered	Type of education	Language	Website and phone # for class registration/ more information
 Caremore It's what we do.™	Apple Valley, Hesperia & Upland	2-hour sessions *Using <i>Conversation Map</i> ®	English	(877) 211-6614 TDD (800) 577-5586

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	Living With Type 2 Diabetes —a free program providing information and support (mail, e-mail, online)	English & Spanish	(800) 342-2383 www.diabetes.org
 Behavioral Diabetes Institute	Diabetes TLC —a one-to-one connection program for adults with type 1 and 2 diabetes.	English, Spanish may be available.	(858) 336-8693 www.behavioraldiabetesinstitute.org
 diabetes hands foundation	Tu Diabetes.org ® is an online community for people with diabetes.	English & Spanish	www.tudiabetes.org (English) www.estudiabetes.org (Spanish)
 dLife IT'S YOUR DIABETES LIFE!	dLife offers tips, diabetes-friendly recipes, online dLife TV show, forum support, and expert Q & A	English	www.dlife.com
 Inland Caregiver Resource Center	ICRC 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 www.inlandcaregivers.com
 JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.	Mentor Program —providing one-on-one support to families, teens and adults living with type 1 diabetes. Call to ask about Support Groups in Riverside and San Bernardino for individuals with type 1 diabetes.	English	(951) 784-4156 www.jdrfinlandempire.com