



Diabetes Support				
Organization	Service Description	Address	Contact Number	Website
Abby's All Stars	Fund raising organization helps offset the out of pocket medical expenses of families with a child with juvenile diabetes.	PO Box 110010, Trumbull CT,	203-257-9812	n/a
American Diabetes Association	Maintains information and a list of agencies offering Diabetes Self-management Education Services. Select 'Tools & Resources' and then select 'Find a Diabetes Education Program'. Currently there are 37 centers in Connecticut.	2451 Crystal Drive, Suite 900, Arlington, VA	1-800-342-2383	<a href="http://www.diabetes.org/">http://www.diabetes.org/</a>
Americares Free Clinics	Clinics have health coach and a diabetes prevention program. Clinics are for low-income, underinsured or uninsured individuals. Clinics are located in Bridgeport, Stamford, Danbury, and Norwalk, which serve those residents and surrounding towns. Visit the website to obtain the location, catchment areas, and contact number.	n/a	n/a	<a href="http://www.americaresfreeclinics.org/">http://www.americaresfreeclinics.org/</a>
Center for Disease Control and Prevention	Online or in-person Lifestyle Change programs located throughout the United States are designed especially for people at high risk of developing type 2 diabetes. The programs provide various components depending on type of program. Services include general information on pre-diabetes and type 2 diabetes, research based prevention programs, lifestyle change prevention techniques, lifestyle coaching, support group meetings, and testimonials from participants. Additional resources are available for professionals wanting to implement a program, and screen and refer patients to a program. <b>Use the Search engine to find a program location near you.</b>	1600 Clifton Road, Atlanta GA	1-800-232-4636	<a href="https://www.cdc.gov/diabetes-prevention/lifestyle-change-program/lifestyle-change-program-details.html?CDC_AAref_Val=https://www.cdc.gov/diabetes/prevention/lcp-details.html">https://www.cdc.gov/diabetes-prevention/lifestyle-change-program/lifestyle-change-program-details.html?CDC_AAref_Val=https://www.cdc.gov/diabetes/prevention/lcp-details.html</a>

<b>CT Healthy Living Collective</b>	Live Well is an evidence based self-management workshop consisting of multi-week sessions, focusing on behavioral and social programs designed to help people learn about diabetes and pre-diabetes including what to eat, foot care, blood pressure, sick day guidelines, tips on dealing with stress and how to set goals.	Locations/dates/times vary throughout the state. Visit the website for more information	Contact information vary by location. Visit the website for more information	<a href="https://cthealthyliving.org/">https://cthealthyliving.org/</a>
<b>YMCA</b>	The Diabetes Prevention Program is designed for adults who are at risk of Type 2 diabetes with the goal educating individuals by learning the steps to improve overall health. Program is offered in a group type setting and includes physical activity. Financial assistance to attend the program may be available.	Locations Vary. To find a local YMCA, visit the website and use the search engine	n/a	<a href="https://www.ymca.org/what-we-do/healthy-living/fitness/diabetes-prevention">https://www.ymca.org/what-we-do/healthy-living/fitness/diabetes-prevention</a>
<b>Griffin Hospital</b>	Offers diabetes and support group help to assist individuals living with diabetes.	130 Division Street, Derby CT	203-732-1137	<a href="http://www.griffinhealth.org/community/support/diabetes-education-support-group">http://www.griffinhealth.org/community/support/diabetes-education-support-group</a>
<b>Breakthrough T1D (formerly known as Juvenile Diabetes Research Foundation)</b>	Offers information and education on diabetes. Information on support groups for parents of children with diabetes.	n/a	n/a	<a href="https://www.breakthrought1d.org/">https://www.breakthrought1d.org/</a>
<b>Norwalk Community Health Center</b>	Diabetes Prevention Program designed especially for people with diabetes or at high risk of developing type 2 diabetes, works with health center staff to help clients adapt behavior modifications to help maintain healthy lifestyle changes.	120 Connecticut Avenue, Norwalk, CT	203-899-1770	<a href="http://www.norwalkchc.org">www.norwalkchc.org</a>
<b>Southwest Community Health Center</b>	Health management and nutrient programs for individuals related to weight management, high blood pressure, diabetes and the heart.	968 Fairfield Avenue, Bridgeport, CT	203-330-6000	<a href="http://www.swchc.org">http://www.swchc.org</a>

<b>Town of Fairfield</b>	The Town of Fairfield offers a Diabetes and Chronic Disease Support group and a Diabetes Prevention Healthy Living Program. For the Diabetes and Chronic Disease Support group, all sessions are FREE and registration is recommended through the Senior Center at (203) 256-3166. For the Health Living Program, pre-registration is required. Contact Santina Jaronko at 203-256-3150 at sjaronko@fairfieldct.org	Town Hall- 611 Old Post Road Fairfield, CT 06824	Town Hall Main Number- 203-256-3000	<a href="https://fairfieldct.org/service/health_department/health_education_promotion.php">https://fairfieldct.org/service/health_department/health_education_promotion.php</a>
<b>Town of Windsor- L.P. Wilson Community Center</b>	Support group for adults with diabetes, family members, and friends.	599 Matianuck Avenue Windsor, CT 06095	860-285-1839	<a href="https://townofwindsorct.com/social-services/support-groups/">https://townofwindsorct.com/social-services/support-groups/</a>
<b>Trinity Health of New England Group</b>	Provides a Diabetes Self-Management Education and Support Program endorsed by the American Diabetes Association consisting of a comprehensive education, training and support to individuals with diabetes and metabolic disorders and their families.	1075 Asylum Avenue Hartford CT	860-714-4402	<a href="https://www.trinityhealthofne.org/find-a-service-or-specialty/diabetes-and-endocrinology/services-provided">https://www.trinityhealthofne.org/find-a-service-or-specialty/diabetes-and-endocrinology/services-provided</a>
<b>Home Healthcare at Yale New Haven Health - Home care Plus</b>	Dodge Diabetes Program focuses on healthy eating and increasing activity to lose weight and cut the risk of developing diabetes. Group support is provided by others with similar problems and goals. Dodge Diabetes follows the Center for Disease Control & Prevention's Prevent T2 evidence based program.	753 Boston Post Road, Suite 200, Guilford, CT	203-458-4200	<a href="https://www.ynhhs.org/locations/guilford-753-boston-post-road-health-at-home">https://www.ynhhs.org/locations/guilford-753-boston-post-road-health-at-home</a>
<b>West Hartford-Bloomfield Health District</b>	Free seven week workshop focuses on managing diabetes and eating well while following diabetic guidelines. The sessions are interactive. Being held virtually.	580 Cottage Grove Road, Suite 100, Bloomfield CT	860-561-7900	<a href="https://www.westhartfordct.gov/town-departments/health-district">https://www.westhartfordct.gov/town-departments/health-district</a>
All contents of this resource were created for informational purposes only and are not intended to be a substitute for professional advice, diagnosis, or treatment. Always seek the advice of your physician, therapist, or other qualified health providers with any questions or concerns you may have.				

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