



## DIABETES CARE / DIABETES EDUCATION CENTRE/PROGRAMS

### DIABETES CARE

#### Centre for Complex Diabetes Care (CCDC) Peel Memorial Centre for Integrated Health and Wellness

20 Lynch St, Level 2, Zone C, Room 202, Brampton, ON L6W 2Z8

Tel: 905-863-2561 Fax: 905-595-2863

One-stop access to highly specialized care for adults who have been diagnosed as having complex diabetes. The Centre provides access to a team of diabetes experts including an endocrinologist, nurse practitioner, certified diabetes educator, registered dietitian, social worker and pharmacist. Care is personalized to meet individual needs

### OTHER

| Name   | Location                            | Phone                  | Hours           |
|--|-------------------------------------|------------------------|-----------------|
| Central West Self Management Program<br>Peer Led - Diabetes Self Management Program  | 20 Lynch St<br>Brampton, ON L6W 2Z8 | 1-844-643-7393         | Mon-Fri 8am-4pm |
| William Osler Health System<br>– Diabetes Care – Family Adventures in Health (Sun<br>Life Financial – At Risk Diabetes Initiative)   | 20 Lynch St<br>Brampton, ON L6W 2Z8 | 905-494-2120 ext 29627 | Hours Vary      |
| A 12-week community-based diabetes prevention program that includes: short interactive lesson, hands on food preparation with tasting led by a Registered Dietitian, exercise led by a Registered Kinesiologist<br>This group-based workshop teaches parents and children skills and confidence to make their own healthy choices and live an active lifestyle |                                     |                        |                 |

## DIABETES EDUCATION CENTRE / OUTREACH EDUCATION PROGRAMS

| Diabetes Education Centre/Program       | Location  | Phone                                  | Hours of Operation                       |
|---|---|--|--|
| <b>DUFFERIN COUNTY</b>                  |   |  |  |
| <b>Headwaters Health Care Centre</b>    | 100 Rolling Hills Dr, Lower Level<br>Orangeville , ON L9W 4X9 | <b>519-941-2702</b><br><b>ext 2525</b> | Mon-Fri 8:30am-12:30pm and 1:30pm-4:30pm |
| <b>Dufferin Area Family Health Team</b> | 1 Elizabeth St, Suite L-1<br>Orangeville, ON L9W 7N7          | <b>519-938-8802</b>                    | Mon-Fri 8:30am-4:30pm                    |