Central Virginia Support Groups

The Diabetes Support Group (families, parents, children affected by T1D & T2D)
Meeting Dates: 4th Wednesday of every month from 6:00pm – 7:30pm
Meeting Location: St. Mary’s Hospital- Diabetes Treatment Center
(Medical Office Building South)
5870 Bremo Road, Suite 712, Richmond, VA 23226
Contact: Rhodes or Alana Ritenour (804) 287-7162 or info@thediabetessupportgroup.com
Upcoming Meeting Dates:
- April 24, 2013: Diabetes Eye Care with an Ophthalmologist
- May 22, 2013: The Mental Health Effects of Diabetes with a Psychiatrist
- June 26, 2013: Exercise and Diabetes with a Fitness Specialist
- July 24, 2013: Safe at School -- American Diabetes Association Program for Parents of Diabetic Children
- August 28, 2013: Getting the Most Out of Your Health Insurance Benefits with an Insurance Rep
- September 25, 2013: Diabetes Treatments with a Pharmacist
- October 23, 2013: Research Update with a Diabetes Researcher
- November 20, 2013: Healthy Holiday Eating with a Nutritionist
- December 18, 2013: The Year in Review -- Questions, Answers and Group Discussion

McGuire Research Institute Diabetes Patient Education Program (veterans with diabetes)
Meeting Dates: 1st Thursday of each month from 2:00pm- 3:30pm
Meeting Location: McGuire VAMC New ambulatory Care Building Conference Room
1201 Broad Rock Boulevard, Richmond, VA, 23249
Contact: (804) 675-5151
Topics: Clinical psychologists, diabetes specialists and fellow patients will lead group discussions about issues of concern to you. Topics: stress management, planning menus, how to read and interpret food labels, and new drug treatments for diabetes.

Urban Support Group (Diabetes support group for teen between the ages of 11 and 19)
Contact: Kerry McCray (804) 828-6703 or kmccray@mcvh-vcu.edu for more information on dates and times
Location: MCV Department of Pediatric Endocrinology

Parents of Children with Type 1 Diabetes
Meeting Dates: 1st Thursday of every month from 6:30pm – 8:30pm
Meeting Location: Mt. Vernon Baptist Church Room E203 in the Education Building
11220 Nuckols Road, Glen Allen, VA 23059
Contact: Please contact the email before attending the first time at: diabetessupport@comcast.net
Upcoming Meeting Dates:
- April 11, 2013: The 504 Plan
- May 2, 2013: Helping our Children
- August 1, 2013: Carbohydrate Counting for Kids** begins at 6:00pm
- October 3, 2013: Open Meeting
- November 7, 2013: Travel, Diabetes, Bad Hair Days, and Eating Out
- December 5, 2013: Family Game Night** begins at 6:00pm
Kids for a Cure Club (diabetes education and social support programs to children with diabetes & their families)

   Contact: Lana King (540) 741-2217
   Meeting location: Fredericksburg, VA

Type 1 Parent Networking

Meeting Location: England Run Library
   806 Lyons Boulevard, Fredericksburg, VA 22406

Contact: Jennifer Natividad (540) 207-3466 or jNatividad.moxyt@yahoo.com for more information on dates and times

Meeting Dates:
   ● April 18, 2013
   ● May 16, 2013

Support group for persons who have diabetes and their families

Meeting Dates: 1st Tuesday of every month at 5:30pm
Meeting Location: Warren Memorial Hospital – Conference Room
   100 North Shenandoah Avenue, Front Royal, VA 22630

Contact: Arlene Figgins (540) 636-0310

Martha Jefferson Diabetes Education Program

Meeting location: Martha Jefferson Hospital
   459 Locust Avenue, Charlottesville, VA, 22902

Contact: (804) 244-4447 to register

ROCKeD (Rockingham County Kids with Diabetes)

Meeting Dates: 2nd Sunday of every month from 2:30pm- 4:00 pm
Meeting Location: Rockingham Memorial Hospital - Lower Level Conference Room
   2010 Health Campus Drive, Harrisonburg, VA 22801

Contact: Ashley Gillette (540) 578-2164 or agillette7@hotmail.com

Upcoming Events:
   ● May 25, 2013: T-Off for a Cure Golf Tournament
     Fisher Mountain Golf Course, WV

Diabetes Support Group

Meeting Dates: 3rd Thursday of each month from 7:00pm- 8:30pm
Meeting Location: Montgomery Regional Hospital – Fourth Floor Classroom
   3700 South Main Street Blacksburg, VA 24060

Contact: (540) 443-3932

Upcoming Meeting Dates:
   ● April 18, 2013
   ● May 16, 2013
   ● June 20, 2013
   ● July 18, 2013
Central Virginia Support Groups

- August 15, 2013
- September 19, 2013
- October 17, 2013
- November 21, 2013
- December 19, 2013

Support Groups in the DC Area

**AT1 (Adults with Type 1) Group**

*Meeting Location:* Varies – DA, VA & MD  
*Contact:* Ali Umerberger, Chair of Outreach at ali.umberger@gmail.com  
To be added to the email list, sign up through their Google group:  
http://groups.google.com/group/at1-jdrf-capitol-chapter?hl=en  
*Meeting Dates:* every other month

**Teen Talks! (Informal “get togethers” for teens and tweens with Type 1)**

*Meeting Location:* Varies  
*Contact:* Delia Whitfield at dwhitfield@jdrf.org or sign up for the monthly e-newsletter to receive updates about these events

**Diabetes Education & Self Management Programs - Diabetes Education Classes**

*Meeting Location:* George Washington University  
2150 Pennsylvania Avenue, NW Washington, DC 20037  
*Contact:* Mary Ellen Wolf, RN, CDE (202) 741-3333

**Sibley Memorial Hospital**

*Meeting Location:* 5255 Loughboro Road, Washington, DC 20016  
*Contact:* Please call (202) 537-4145 for more information.

**Howard University**

*Meeting Location:* 2041 Georgia Avenue, Washington, DC 20060  
*Contact:* Please call (202) 865-1824 for more information.

**Providence Hospital**

*Meeting Location:* 1150 Varnum Street, Washington, DC 20017  
*Contact:* Please call (202) 269-7650 for more information.

**MEDSTAR Diabetes Institute & Outpatient Program**

*Meeting Location:* Washington Hospital Center  
110 Irving Street, EB 4130, Washington, DC 20010  
*Contact:* Please call (202) 877-7772 for more information.

*JDRF does not endorse any groups or organizations.*

JDRF Central Virginia Chapter  
1801 Libbie Avenue, Suite 106, Richmond, VA 23226  
(804) 254-8014