

Psychosocial Groups for Patients with Type II Diabetes

4-Week Series - Tuesdays from 12-1:30 pm, Starting April, 2021!

Oregon Medical Group

Meetings Provided Via Telehealth- Zoom

These 4-week groups will rotate each month, and patients can attend one or both groups:

Group 1: Cognitive-Behavioral Strategies for Behavior Change, April 6 – 27

Week 1 – April 6: Introductions, Behavioral Change Strategies/Goal Setting

Week 2 – April 13: Change your thoughts and change your life- cognitive strategies for success

Week 3 – April 20: Managing mood, anxiety and other emotions to support change

Week 4 – April 27: Learn ways to focus on having fun again and getting back into life!

Group 2: Mindfulness-Based Approaches for Coping with Diabetes-related Stressors, Tuesdays, May 4 – 25

**Groups are facilitated by:
Teri Strong, PhD and Karyn Angell, PhD
Licensed Psychologists**

The group will serve patients with diabetes who are:

Needing support in adjusting to the diagnosis

Struggling with behavior change needed to manage diabetes

Experiencing depression, anxiety, or other emotional symptoms

Call 541-972-6302 for more information or make referral to Behavioral Health

Strong Integrated Behavioral Health