

## How a Social Worker can help

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Learning that your child has diabetes can be stressful. Your family and your child will be taught how to manage diabetes. This will require learning new skills and making some changes in your day-to-day lives. After diagnosis, it is normal to feel many emotions, such as sadness, fear, worry, anger, frustration and guilt. At times you may feel overwhelmed.

Please remember that you are not alone. The members of your child's health care team are here to help.

### **The Social Worker on your health care team can:**

- ✓ Help your child and family develop healthy coping skills.
- ✓ Help your family find solutions to day-to-day diabetes concerns and improve communication.
- ✓ Connect your child and family with helpful community resources.
- ✓ Help your family find ways to manage the cost of diabetes.
- ✓ Provide counselling and therapy to your child or family when facing a crisis, mental health or relationship problems.

**If at any time you feel that your child or family would benefit from the Social Worker's support, please call 905-521-2100, ext. 73556.**