

# Gestational Diabetes Support Group

**Come meet other pregnant women living with gestational diabetes!**

**Join us on the 1<sup>st</sup> Thursday (English) and 2<sup>nd</sup> Thursday (Spanish) of every month to discuss the following topics!**

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**01.** What is gestational diabetes?

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**02.** Managing feelings related to the diagnosis.

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**03.** Caring for gestational diabetes.

**“Supporting another’s success will never dampen your own.” – Anonymous**

## Who?

Any pregnant women who have been diagnosed with gestational diabetes, along with their primary support person (i.e. husband, friend, mother, sister, etc.).

Any woman who has had gestational diabetes in previous pregnancies that is interested in supporting women currently living with gestational diabetes.

## When?

English Speaking Group – 1<sup>st</sup> Thursday of every month

Spanish Speaking Group – 2<sup>nd</sup> Thursday of every month

5:00pm - 6:30pm

## Where?

Wyandotte County Public Health Department

619 Ann Ave, Kansas City, KS

## Why?

*Hearing that you have gestational diabetes can be scary, BUT, you are not alone. With conversation and support from others, you will learn how to cope with your emotions and take care of yourself!*

***If interested in joining please contact Sabetha Young, MS, RD/LD at (913) 573-8882 or [slyoung@wycokck.org](mailto:slyoung@wycokck.org).***



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Prevent. Promote. Protect.