

# About the Family Centre



Life is complex for a family with a child with type 1. We're here to help. We offer psychosocial and peer support, information, and education, in a friendly, warm environment designed with families in mind.

## Our Services

### Babysitter Training

We train family, friends and neighbours to care for a child with type 1. Now available by Skype.

### Carb Counting

Become a Carb Counting ninja and learn more about calculating insulin doses with our half-day course.

### CGM Loan Program

Try Continuous Glucose Monitoring for a school camp or trip away through our Loan Program.

### Flex IT

Developed by renowned diabetes organisation Baker-IDI, FlexIT is a 2-day group program we run for teens teaching them how to match insulin requirements to their lifestyle and carbohydrate intake.

### Family Therapy with Joe Solowiejczyk RN MSW CDE

Joe has type 1 and is an accredited nurse, diabetes educator and family therapist. Link in with him for family therapy via Skype.

### School Holiday Programs

Connect up with the type 1 community on the school holidays with our dynamic program of events and excursions – fun for the whole family!

### Solutions Forums

Crowdsource answers to all your diabetes questions with the type 1 community!

### Teen Cooking

Cook, carb count, eat, and chill with other type 1 teens at the Family Centre.

Register at [telethontype1.org.au](http://telethontype1.org.au) and explore our facebook community for parents.



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