TYPE 1 DIABETES YOUNG WOMEN'S DROP-IN GROUP

GETTING REAL ABOUT TYPE 1 DIABETES



T1D can be overwhelming and isolating, but it doesn't have to rule your life or define who you are. Come and talk with other young women who get what you're going through. Learn how to think about your disease differently and get tools to win at life with T1D.

4500 9TH AVE NE, SUITE 300 **SEATTLE**, 98105



Group Facilitator:

Cassady Kintner is a marriage and family therapist who has had type 1 diabetes herself for over 20 years, and knows what it's like to live with the unique challenges of growing up with T1D. Cassady has specialized training in Medical Family Therapy and a private practice where she counsels individuals, couples and families dealing with chronic illness. For more information visit www.cassadykintner.com