

Chronic Disease Self-Management Program with Crossover in Diabetes Self-Management and Pain Self-Management

Become a Certified Leader!



Become a Volunteer Leader; You Can CHANGE Lives!

If you're motivated, enthusiastic, dependable, and want to give back to your community, this training may be for YOU!

You can learn how to become healthier and help others with chronic conditions learn the skills necessary to improve their health by becoming a certified leader in these evidence-based programs originally developed at Stanford University: Chronic Disease Self-Management Program (CDSMP), Diabetes Self-Management Program (DSMP) and/or Pain Self-Management Program (CPSMP).

- Training is FREE.
- No prior teaching or medical experience is required.
- Volunteers must attend the 4-day CDSMP training to become certified as a Chronic Disease Self-Management Leader.
- One day of additional training is required for the Diabetes Self-Management certification.
- Two days of additional training are required for the Chronic Pain Self-Management certification.
- After completing training, leaders must annually co-facilitate at least one community workshop for each program to maintain certification.

Reserve your Leader Training spot!

Chronic Disease Self-Management Training
March 3, 4, 5, and 6th, 2020

Diabetes Self-Management Crossover Training
March 10, 2020

Pain Self-Management Crossover Training
March 11 and 12, 2020

When and Where

9 a.m. - 4:30 p.m. with a one-hour lunch break
St. Andrew Presbyterian Church
300 W Oak Street
Denton, TX 76201

The training is FREE with your commitment to serve the North Texas communities.

To register contact Kim Mathis at kmathis@nctcog.org or 940-999-1024.

