

# Elgin County Diabetes Referral Guide – Jan 2025

## Nutrition Education

Pre DM  
Type2 DM

- **Central Community Health Centre** Dietitian Service: 359 Talbot St, St. Thomas P: 519-633-7989 F: 519-633-8467
- **Thames Valley Family Health Team:** P: 519 473-0530 ext. 2979 F: 519-637-8005  
Programs open to the general public "Best Weight", "Heart Health" [www.thamesvalleyfht.ca/programregistration/](http://www.thamesvalleyfht.ca/programregistration/)
- **West Elgin Community Health Centre** P: 519-768-1715 x2301 F: 519-768-2548  
**West Lorne Location:** 153 Main Street, West Lorne. **Dutton Location:** 156 Main Street, Dutton.
- **East Elgin Diabetes Education Program:** 424 Talbot Street, Aylmer, ON. P: 519-765-4797 F: 519-765-4977
- **The Group Lifestyle Balance Program** offered by the dietitians at the East Elgin Family Health Team, a great option for those living with pre-diabetes or diabetes to learn more about nutrition, movement, wellbeing and much more. The program includes 22 sessions over 7 months. To register, phone 519-773-3715 ext 135
- **STEGH Website:** [www.stegh.on.ca](http://www.stegh.on.ca) → Hospital Services → Diabetes Education  
\*Scroll to bottom of page for education videos

New Diagnosis  
Type 2 DM  
PreDM

- **Thames Valley Family Health Team: Programs open to the general public**  
"Learn to Live a Healthy Life with a Chronic Condition", "Sweet Talk: Managing Your Blood Sugars."  
To register, phone: 519 473-0530 ext. 2979 or [www.thamesvalleyfht.ca/programregistration/](http://www.thamesvalleyfht.ca/programregistration/)
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Ongoing Type 2 DM Support  
Insulin/GLP1ra Start

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- **East Elgin Diabetes Education Program:** 424 Talbot Street, Aylmer, ON. P: 519-765-4797 F: 519-765-4977  
**LMC London:** 140 Oxford Street East, Suite 400, London. Phone 226-680-0802 Email: [lmclondon@lmc.ca](mailto:lmclondon@lmc.ca)  
Referrals can be faxed to 1-877-562-2778.
- **Thames Valley Family Health Team: Programs open to the general public**  
"Sweet Talk: Managing Your Blood Sugars", "Best Weight", "Heart Health", "Learn to Live a Healthy Life with a Chronic Condition" To register, phone: 519-473-0530 ext. 2979 or [www.thamesvalleyfht.ca/programregistration/](http://www.thamesvalleyfht.ca/programregistration/)
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Type 1 DM  
Type 2 DM on Insulin with A1c > 8%  
Type 2 DM A1c > 10%  
Gestational DM  
Steroid Induced Hyperglycemia

- **STEGH Diabetes Education Centre-ADP Certified Insulin Pump and rtCGM Programs**  
189 Elm Street, South Building, Ground Floor, Referrals can be faxed to 519-637-3220  
Phone 519-631-2020 ext. 2408, Email [diabetes@stegh.on.ca](mailto:diabetes@stegh.on.ca)
- **LMC London:** 140 Oxford Street East, Suite 400, London, Phone 226-680-0802, Email: [lmclondon@lmc.ca](mailto:lmclondon@lmc.ca)  
Referrals can be faxed to 1-877-562-2778