

# Caregiver Support

*Are you caring for a loved one?*



**ADRC Specialists can listen to your story and your situation. Whether you need more information about resources or want to explore attending a support group, ADRC is here for your specific needs. Contact ADRC to learn about the options available to you.**

## *Caregiver Support Groups*

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***Mug Club for Caregivers*** - 2nd Wednesday of each month. Online from 10 - 11 a.m. or in person from 5:30 - 7 p.m. Participating in a support group provides you with an opportunity to be with people who have a common purpose and understand one another.

***Health Condition Support Groups*** - Call ADRC at (920) 448-4300 for information about support groups based on your loved one's health condition.

## *Caregiver Class*

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***Powerful Tools for Caregiving*** - Take care of you! This six-week class is focused on reducing your stress as a caregiver. Learn strategies for improving communication, dealing with difficult emotions, and making tough caregiver decisions. Contact ADRC for upcoming class dates. Call ADRC at (920) 448-4300 or visit [www.adrcofbrowncounty.org](http://www.adrcofbrowncounty.org).

## *Mug Club Monthly Email*

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The Mug Club Monthly Email arrives in your inbox once a month and will notify you of upcoming caregiver events, classes, and available support groups. We just need the best email for you!

For more information on any of these programs, please reach out to Teri Bradford, Caregiver Specialist, at [teri.bradford@browncountywi.gov](mailto:teri.bradford@browncountywi.gov) or call (920) 448-4320.

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**ADRC of Brown County**

300 S. Adams St. Green Bay, WI 54301

(920) 448-4300

[www.adrcofbrowncounty.org](http://www.adrcofbrowncounty.org)

Find us online:



# Alzheimer's and Related Dementia Support Groups



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***Please contact the group facilitator for the most updated information.***

## ***De"MEN"tia - Men's Group***

### **Bay View Family Restaurant**

1209 N. Military Ave. Green Bay

1st Tuesday at 9:00 a.m.

### **Oak Street Café**

926 Oak St. De Pere

3rd Tuesday at 9:00 a.m.

Contact: ADRC (920) 448-4300

## ***Spousal Support***

### **Curative Connections**

2900 Curry Ln. Green Bay

2nd Wednesday, 10:30 a.m. - 12 p.m.

Please reserve a spot.

Contact: Tina DeBauche (920) 593-3517

*Respite care may be available upon request.*

## ***Alzheimer's Association (Greater Wisconsin) Online/Phone Support Groups***

Various dates and times

Visit: [www.alz.org/wi](http://www.alz.org/wi) or call (800) 272-3900

## ***St. Edward & Isidore Church***

3667 Flintville Rd. Green Bay

3rd Monday, 10:30 a.m.—11:45 a.m.

Contact: Carol Smith (920) 865-7844

## ***Schmitt Park Neighborhood Association***

### **Curative Connections (Room A)**

2900 Curry Ln. Green Bay

4th Wednesday, 4 - 5 p.m.

Contact: Beverly Bartlett (920) 468-3399

*This support group is intended for Schmitt Park Neighborhood residents, their family members, and their friends who are providing care for a loved one with dementia or related illness.*

Updated: 12.10.2024

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