

Caregiver Corner

Are you caring for a loved one?



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ADRC Information & Assistant staff 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

Mug Club for Caregivers- 2nd Wednesday of each month from 6pm-7pm. Online or in person. Monthly gathering for caregivers to connect, share, and learn over a cup of coffee.

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

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.

Caregiving and Work

Employers: Let ADRC help you help your employees. They can still be caregivers and balance work responsibilities with ADRC's strategies and resources for reducing stress.

On-Site Lunch and Learn Sessions- 30 - 60 minute overviews of caregiving issues. Held at your location on your schedule.

Information and Assistance Helpline- The perfect, free complement to any Employee Assistance Program. ADRC staff listen to your employees' situations and offer real solutions by linking families to community resources.

Education Materials-Customized newsletter articles, payroll inserts, or whatever you need for your employees.

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ADRC of Brown County

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ADRC is a nonprofit, 501(c)3 organization

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