



Caregiver Corner

Are you caring for a loved one? ADRC staff can listen to your story, 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 for you.

Caregiver Support Groups

Mug Club for Caregivers

2nd Tuesday each month
5:30 – 7:00 p.m.
ADRC (300 S. Adams St., Green Bay)
Monthly gathering for caregivers to connect, share, and learn over a cup of coffee.

Parkinson's Caregiver Support Group

2nd Tuesday each month
1:00 p.m.
ADRC (300 S. Adams St., Green Bay)
For people diagnosed with Parkinson's disease and their families. Guest speakers, information, sharing, and support.

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 (920) 448-4300 or visit www.adrcofbrowncounty.org.

Information and Assistance

Relieve your stress and get connected to community resources. Visit, call, or schedule an in-home visit with ADRC staff today.

ADRC Resource Library

Books, DVDs, & CDs on a variety of topics, from caregiver wellness to specific health conditions. See the selection at ADRC (300 S. Adams St., Green Bay).

Caregiving and Work

Employers: Let ADRC help **you** help your employees. They can still be caregivers AND balance work responsibilities with ADRC's strategies & 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 & 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.

Educational Materials

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

ADRC of Brown County

920-448-4300
300 S. Adams Street
Green Bay, WI 54301



www.adrcofbrowncounty.com
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*Serving older adults, adults
with disabilities, and their
caregivers in Brown County.*