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.