

Caregiver Friends Support Group

A general support group for family caregivers
(not dementia related)

Aging & Disability Resource Center
650 Forest Avenue, Sheboygan Falls, WI 53085
1:30-3:00 p.m. on the 2nd Tuesday Monthly

Co-Sponsors

Aging & Disability Resource Center of Sheboygan County
UW-Extension Sheboygan County/Family Living

If you are a family caregiver, please join us!

- learn about resources and events for caregivers
- share strategies and coping skills to deal with day to day challenges
- build new friendship connections and reduce stress and a sense of isolation

2016 Schedule

Tuesday, January 12	Tuesday, July 12
Tuesday, February 09	Tuesday, August 09
Tuesday, March 08	Tuesday, September 13
Tuesday, April 12	Tuesday, October 11
Tuesday, May 10	Tuesday, November 08
Tuesday, June 14	December-No Meeting

Support groups provide a valuable resource to renew hope and turn problems into solutions!

Call 467-4100 or 1-800-596-1919 for more information.



*Your county
extension office*



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