

Caregiver Friends Support Group

A general support group for family caregivers

**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

2019 Schedule

Tuesday, January 8	Tuesday, July 9
Tuesday, February 12	Tuesday, August 13
Tuesday, March 12	Tuesday, September 10
Tuesday, April 9	Tuesday, October 8
Tuesday, May 14	Tuesday, November 12
Tuesday, June 11	December-No Meeting

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

Call the Aging & Disability Resource Center (ADRC) of Sheboygan County
(920) 467-4100 for more information.



*Your county
extension office*



**UW
Extension**
Cooperative Extension
Sheboygan County