

What to Expect When Coming to a Support Group

Support groups are designed to create a comfortable and relaxed environment where everyone's voice and opinions are valued and respected. They offer natural support from others who have gone through similar experiences. As a result, participants are able to provide encouragement, comfort, and advice to one another.

All group members understand the importance of privacy - everything discussed in the group remains confidential. Attendance for the entire session is not mandatory, and attendees may choose to participate for all or part of the session.

1701 Michigan Avenue
Manitowoc, WI 54220

810 Lincoln Street
Kewaunee, WI 54216

Phone: 1-877-416-7083
www.adrcofthelakeshore.com



Support Groups

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EARLY STAGE SUPPORT GROUP

Supported by the Alzheimer's Association.

Early Stage Support Group hosts two simultaneous groups - one meant for the caregivers and another for those affected by dementia in its early stages. Our Caregiver Specialist offers the space and support for caregivers, while our Dementia Care Specialist holds the space and support for those diagnosed.

An assessment is required prior to attending for the person diagnosed. Please contact the Dementia Care Specialist for assessment. Caregivers require no RSVP and may attend independently without the person diagnosed. Persons with diagnosis are strongly encouraged to attend with a caregiver.

> **Meeting In Manitowoc County**

Meets the first Tuesday of each month at the Manitowoc ADRC.
10:00 am - 11:30 am

> **Meeting In Kewaunee County**

Meets the fourth Wednesday of each month at the Kewaunee ADRC.
10:00 am - 11:00 am

FAMILY CAREGIVER SUPPORT GROUP

The Family Caregiver Support Group provides the opportunity for caregivers to meet other caregivers, share their experiences, and gain support in providing care for your loved ones. This group meets both in person and virtually. No RSVP is required if attending in person. If attending virtually, contact the ADRC to receive the meeting link.

> **Meeting In Manitowoc County**

Meets the third Thursday of each month at the Manitowoc ADRC.
2:00 pm - 3:30 pm

> **Meeting In Kewaunee County**

Meets the third Thursday of each month at St. John Lutheran Church
700 Heritage Road, Luxemburg
9:30 am - 11:00 am



MALE CAREGIVER SUPPORT GROUP

Male Caregiver Support Group offers an opportunity for all male caregivers to meet other male caregivers, share their experiences, and gain support in providing care for your loved ones. No RSVP is required.

> **Meeting In Manitowoc County**

Meets the third Wednesday of each month at the Manitowoc ADRC.
9:00 am - 10:30 am

Additional caregiver resources are available in both counties.

If you are struggling and unable to attend a Support Group, call us for more information, 1-877-416-7083.