

Caregiver Circle

Let's walk this journey together

Connect With Us



920-683-4180
1-877-416-7083



adrcofthelakeshore.com



adrc@manitowocountywi.gov



Kewaunee County Office

810 Lincoln Street
Kewaunee, WI 54216

Manitowoc County Office

1701 Michigan Avenue
Manitowoc, WI 54220

Follow the ADRC on Facebook
and Instagram!
[@adrcofthelakeshore](https://www.facebook.com/adrcofthelakeshore)

Caregiver Support Programs





About Us

Through support groups and other caregiver gatherings, the ADRC of the Lakeshore strives to **lift up** and **assist** family caregivers in the Kewaunee and Manitowoc County communities.

Support groups are designed to create a comfortable, relaxed environment where everyone's voice and opinions are **heard, respected, and valued**.

They offer a place for caregivers to find support from others who have gone through **similar experiences**.

As a result, participants can provide **encouragement, comfort, and advice** to one another.

Who Can Attend?

ADRC support groups are free and open to the following individuals:

- Family caregivers of Kewaunee and Manitowoc County residents
- Family Caregivers of those over 60 years old
- Family Caregivers of those over 18 with a dementia diagnosis

ADRC Support Groups

Memory Support Network

The **Memory Support Network** provides a welcoming and confidential space for family members and friends of individuals living with dementia or cognitive impairment. The group offers emotional support, practical advice, encouragement, and connection with others facing similar challenges. Through shared experiences, members can find understanding, compassion, and a sense of community as they navigate their caregiving journey.

Manitowoc County Meeting:

- First Tuesday of Each Month
10:00 – 11:30 a.m.
ADRC of the Lakeshore
1701 Michigan Ave., Manitowoc

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 their loved ones.

Manitowoc County Meeting:

- Third Thursday of Each Month
2:00 – 3:30 p.m.
ADRC of the Lakeshore
1701 Michigan Ave., Manitowoc

Men's Caregiver Support Group

The **Men's Caregiver Support Group** offers a space for male caregivers to meet others, share their experiences, and gain support in providing care for their loved ones.

Manitowoc County Meeting:

- Third Wednesday of Each Month
9:00 – 10:30 a.m.
ADRC of the Lakeshore
1701 Michigan Ave., Manitowoc

Caregiving Together

Caregiving Together is an opportunity for all friend and family caregivers to meet other caregivers, share their experiences, and gain support in providing care. All caregivers are welcome to join this support group if they are caring for individuals aged 60 and older, as well as individuals aged 18 and older with dementia.

Kewaunee County Meeting:

- Second Wednesday of Each Month
9:30 – 11:00 a.m.
ADRC of the Lakeshore
810 Lincoln St., Kewaunee