

# 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 3<sup>rd</sup> Tuesday Monthly

## Co-Facilitators

Kathleen Manny, Community Services Specialist-Aging & Disability Resource Center of Sheboygan County  
Jane Jensen, Family Living Educator-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

## 2013 Schedule

Tuesday, January 15	Tuesday, July 16
Tuesday, February 19	Tuesday, August 20
Tuesday, March 19	Tuesday, September 17
Tuesday, April 16	Tuesday, October 15
Tuesday, May 21	Tuesday, November 19
Tuesday, June 18	<b>December-No Meeting</b>

*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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Sheboygan County