

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-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

2015 Schedule

Tuesday, January 13	Tuesday, July 14
Tuesday, February 10	Tuesday, August 11
Tuesday, March 10	Tuesday, September 08
Tuesday, April 14	Tuesday, October 13
Tuesday, May 12	Tuesday, November 10
Tuesday, June 09	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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