



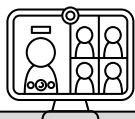
# IN PERSON Dementia Support Groups

No cost to attend. Registration only if noted. Support Groups are mutual self-help groups. Trained facilitators meet with small groups for sharing information, experiences, ideas and support. Contact person listed to confirm meeting/topics as things do change on occasion.



**Need help deciding which group is for you Call the ADRC at 608-785-5700**

Group Information	Who attends?	What to expect?
<b>Parkinson's Disease Group</b> <ul style="list-style-type: none"> <li>1st Monday Monthly: 5:00 pm-6:00 pm</li> </ul> Black River Beach Neighborhood Center, La Crosse Contact: STAR Center at 608-797-6295	Caregivers & Persons with Dementia	<ul style="list-style-type: none"> <li>Any Stage of Diagnosis</li> <li>Guest Speakers</li> <li>Open Discussion</li> </ul>
<b>All Stages Caregiver Groups</b> <ul style="list-style-type: none"> <li>2nd Tuesday Monthly 1:15 pm-2:30 pm</li> </ul> Good Shepard 4141 Mormon Coulee Rd. La Crosse Contact: Kathy at 608-386-8908	Caregivers	<ul style="list-style-type: none"> <li>Any Stage of Diagnosis</li> <li>Open Discussion</li> </ul>
<b>Embrace</b> <ul style="list-style-type: none"> <li>2nd &amp; 4th Wednesday: 12:30 pm-2:00 pm</li> </ul> Black River Beach Neighborhood Center, La Crosse Register with La Crosse Park & Rec: 608-789-8640	Caregivers & Persons with Dementia	<ul style="list-style-type: none"> <li>Early to Middle Stages</li> <li>Music 2nd, Enrichment 4th</li> <li>Caregivers meet separate</li> </ul>
<b>Grief Therapy Group</b> <ul style="list-style-type: none"> <li>16-week series offered annually.</li> </ul> Call for next group: 608-785-5700	Caregivers	<ul style="list-style-type: none"> <li>Late Stage/End of Life</li> <li>For grief, ambiguous loss</li> <li>Facilitated with Counselor</li> </ul>
<b>Healthy Living with Mild Cognitive Impairment</b> <ul style="list-style-type: none"> <li>Friday Quarterly (March, June, Sept.&amp; Dec.)</li> </ul> Call for schedule 608-785-5700	Caregivers & Persons with MCI	<ul style="list-style-type: none"> <li>Early-Onset, Early Stage</li> <li>Education for brain health</li> <li>Group Discussion</li> </ul>
<b>Peer Caregiver Support Program</b> <ul style="list-style-type: none"> <li>Causeway Caregivers at 608-775-9999</li> </ul>	Caregiver	<ul style="list-style-type: none"> <li>Informal 1-1 support with former family caregiver</li> </ul>



# Virtual Dementia Support Groups

Join from anywhere. By computer or phone. Connect with others across the state.



Group Information	Who attends?
<b>Monday Coffee Connect</b> Every Monday 10 am - 11 am Contact Kelsey at <a href="mailto:kflock@lacrossecounty.org">kflock@lacrossecounty.org</a>	Caregivers
<b>Monday DISH</b> 1st Monday of the month 7 pm -8 pm Contact Carla at <a href="mailto:cberscheit@chippewacountywi.gov">cberscheit@chippewacountywi.gov</a>	Working Caregivers, Adults Caring for Aging Parents
<b>Online Men's Caregiver Support Group</b> 1st Tuesday of the month 1 pm - 2:30 pm Contact Alison at 608-240-7496 or <a href="mailto:resch.alison@countyofdane.com">resch.alison@countyofdane.com</a>	Caregivers
<b>Aging &amp; Down Syndrome Caregiver Support</b> 3rd Wednesday of the month, 5 pm Contact DSAW <a href="mailto:info@dsaw.org">info@dsaw.org</a>	Caregivers of loved ones with down syndrome
<b>Wednesday Conversations</b> 1st and 3rd Wednesday of month from 10:30 AM - 12:00 PM Contact Rob at <a href="mailto:rgriesel@co.dodge.wi.us">rgriesel@co.dodge.wi.us</a>	Living with Cognitive Impairment
<b>Lewy Body Dementia Caregiver Support Group</b> 2nd & 4th Wednesday of each month 1:30 pm -3:30 pm Contact Rob at <a href="mailto:rgriesel@co.dodge.wi.us">rgriesel@co.dodge.wi.us</a>	Caregivers
<b>Caregiver Support Group - Frontotemporal (FTD)</b> 3rd Wednesday of each month 6:00 - 7:30 pm Contact 1.800.272.3900 or visit <a href="http://www.alz.org/crf">www.alz.org/crf</a>	Caregivers
<b>Thursday Evening Conversations</b> 2 <sup>nd</sup> Thursday of the month 7:00-8:00pm Contact Teresa at <a href="mailto:teresa.gander@vernoncounty.gov">teresa.gander@vernoncounty.gov</a>	Caregivers
<b>Family Caregivers of Loved Ones Living at a Facility</b> Every Other Friday 10 am - 11:30 am Contact Alz. Assoc. 1-800-272-3900	Caregivers with loved ones at a facility
<b>Healthy Living with Mild Cognitive Impairment</b> Friday Quarterly (March, June, Sept.& Dec.) Register online for link: <a href="http://www.adrc.wisc.edu/mci">www.adrc.wisc.edu/mci</a>	Living with Cognitive Impairment & Caregivers