

Last Tuesday of every month, 1:30-3:00

## Family Caregiver Support Group Meeting

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**Recognizing that caring for others is not only rewarding, but at times stressful.**



- *Gathering Information*
- *Formulating the Options*
- *Evaluating the Options*
- *Creating the Plan*
- *Acting on the Plan*

Coming together to give care to an individual marks the beginning of a natural transition where aging parents, relatives or friends need help from those around them.

Does the task of taking care of a loved one have to bring on stress, lifestyle changes, or great financial problems? Or, can it be a rewarding time that brings a family closer together? This program will explore these questions and help you make the most of your caregiving situation.

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**For More information on the group, transportation, or respite services contact:**

Aging & Disability Resource Center  
Phone: 920-849-1451

**Meeting Location: 206 Court St., Chilton, WI 53014 - (Basement)**

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**Sponsored by :**

**Calumet County Aging & Disability Resource Center,  
Home Health Care/Hospice Agency & UW Extension Office  
& The Alzheimers Association**