



Local Dementia Support Groups

No cost to attend. No registration required unless noted. Support Groups are mutual self-help groups. Trained facilitators meet with small groups to share information, experiences, offer ideas and peer support.



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

Group Information	Who attends?	What to expect?
<p>Parkinson's Disease Group 1st Monday Monthly: 5:00-6:00pm Black River Beach Neighborhood Center, La Crosse Register with La Crosse Park & Rec: 608-789-8640 Contact: STAR Center at 608-797-6295</p>	<p>Both Caregivers & Persons with Dementia</p>	<ul style="list-style-type: none"> • Any Stage of Diagnosis • Guest Speakers • Open Discussion
<p>All Stages Caregiver Group 2nd Tuesday monthly: 1:15pm-2:30pm Good Shepard 4141 Mormon Coulee Rd. La Crosse Contact: Kathy at 608-386-8908</p>	<p>Caregivers</p>	<ul style="list-style-type: none"> • Any Stage of Diagnosis • Open Discussion
<p>Conversations with Kathy 4th Tuesday monthly: 1:00pm-2:30pm La Crosse YMCA-GHS Healthy Living Center (South Entrance) Contact: Kathy at 608-386-8908</p>	<p>Caregivers</p>	<ul style="list-style-type: none"> • Any Stage of Diagnosis • Open Discussion
<p>Connect Smart Group 2nd & 4th Wednesday: 12:30pm-2pm Black River Beach Neighborhood Center, La Crosse Register with La Crosse Park & Rec: 608-789-8640</p>	<p>Both Caregivers & Persons with Dementia</p>	<ul style="list-style-type: none"> • Early to Middle Stages • Open Discussion • Group activities for people with dementia, caregivers meet in a separate room
<p>Frontotemporal Dementia Group 2nd Wednesday Monthly: 2:00-3:30pm Holmen Area Community Center, Holmen Contact: ADRC 608-785-5700</p>	<p>Both Caregivers & Persons with Dementia</p>	<ul style="list-style-type: none"> • Any Stage of Diagnosis • Guest Speakers • Open Discussion
<p>Grief Therapy Group 16week series offered twice, annually. Interested in next group? 608-785-5700</p>	<p>Caregivers</p>	<ul style="list-style-type: none"> • Late Stage/End of Life • Skills to cope with grief and ambiguous loss • Facilitated with Counselor



Looking for informal 1-1 support from a local former family caregiver? Check out the Peer Caregiver Support Program with Causeway Caregivers at 608-775-9999



Virtual Dementia Support Groups



Join from anywhere. Connect with others across the state for support. No cost to attend. Please contact person listed to obtain virtual link or dial-in number.

Group Information	Who attends?
<p>Monday Coffee Connect Every Monday 10-11am Contact Kelsey at kflock@lacrossecounty.org</p>	<p>Caregivers</p>
<p>Monday DISH 1st Monday of the month 7-8 pm Contact Scott at scott.seeger@adrc-cw.org</p>	<p>Working Caregivers, Adults Caring for Aging Parents</p>
<p>Savvy Caregiver Support Group 1st Tuesday of the month 10-11 am Contact Lisa at lisa.wells@eauclairecounty.gov</p>	<p>Caregivers</p>
<p>Circle of Support 3rd Tuesday of the month 2-3 pm Contact Teresa at teresa.gander@vernoncounty.org</p>	<p>Caregivers</p>
<p>Aging & Down Syndrome Caregiver Support 3rd Wednesday of the month 5pm Contact DSAW info@dsaw.org</p>	<p>Caregivers of loved ones with down syndrome</p>
<p>Lewy Body Dementia Caregiver Support Group 2nd & 4th Wednesday of each month 1:30-3:30 pm Contact Rob at rgriesel@co.dodge.wi.us</p>	<p>Caregivers</p>
<p>Thursday Evening Conversations Every Thursday night 7:30-8:30 pm Contact Teresa at teresa.gander@vernoncounty.org</p>	<p>Caregivers</p>
<p>Family Caregivers of Loved Ones Living at a Facility Every other Friday 10-11:30am Contact Alz. Assoc. 1-800-272-3900</p>	<p>Caregivers with loved ones at a facility</p>
<p>Friday Support Every Friday 9-10 am Contact Karen at karen.tennyson@co.rock.wi.us</p>	<p>Caregivers</p>