

Rock County Caregiver Support Groups



1st Tuesday of Each Month

6:00 - 7:15 PM

Council on Aging Meeting Room

3328 Hwy 51 North, Janesville, WI 53545

Contact: Cori Marsh 608-741-3615 or

marsh@co.rock.wi.us

2nd & 4th Tuesday of Each Month

1:00-2:30 PM

Sun Valley Presbyterian Church

1650 Sun Valley Dr., Beloit, WI

Contact: Cori Marsh 608-741-3615 or

Julie Seeman 608-758-8455

marsh@co.rock.wi.us

1st Wednesday of the month

9:30-11:00 AM (Starts on 10/3/18)

Beloit Historical Society Building

845 Hackett St, Beloit

Contact: Teena Monk-Gerber, 313-3335

2nd Wednesday of the month

1:30-2:30 PM

Cedar Crest (in the Social Rom)

1702 S River Rd, Janesville

Contacts: Bonnie Nuttkinson 608-203-8500

bnuttkinson@alz.org

1st Thursday of the month

1:30-3:30 PM

Hearthstone of Fairhauen

426 W. North St., Whitewater

Contacts: Pam Hatfield, 201-6675 &

Janet Hardt 262-473-8052

2nd Thursday of the Month

6:00-7:00 PM

Oak Park Place

5700 Myrtle Way, Janesville

Mandy Kluge 608-931-3454

maranda.kluge@homeinstead.com

Lives change drastically when a death, injury from an accident, diagnosis of a debilitating illness or another major life changing experience occurs. Coping with new obstacles that must be faced is a challenge not only for the person directly affected but also for their families and caregivers. Support groups can provide a valuable resource to renew hope and turn problems into solutions. Support groups are offered at no cost. You can attend when you are able.

All support groups share information about prevention, treatment, prognosis, and recovery. They share information about resources available; the latest equipment and the most responsive professionals. They share strategies and coping skills to deal with day to day challenges. They build new friendship connections which reduce stress and a sense of isolation and create a sense of empowerment. They provide opportunities to complain and laugh with people who will care and understand.



If you would like more information on any of these support groups, please contact:

Cori Marsh, Dementia Care Specialist

ADRC of Rock County

608-741-3615

www.co.rock.wi.us/adrc

Julie Seeman, Family Caregiver Support

Rock County Council on Aging

608-758-8455

www.co.rock.wi.us/aging

2/14/19