

Caregiver Support Group

One of the keys while caregiving is to also find support for yourself! You should not have to endure all of the emotional stressors involved with caregiving by yourself. It is **NOT SELFISH** for you to also **care for yourself**. Your role in caregiving will be much more enjoyable if you have someone to talk to and share with.



The ADRC is starting another support group for caregivers. The group will initially meet in-person in Wausau on April 25th, with plans to expand to a hybrid model that includes both in-person and virtual participation. If interested in participating in-person from Antigo, Marshfield, Merrill, or Wisconsin Rapids ADRC office locations or for more information/pre-registration, please call **888-486-9545**.

When: 4th Monday of the Month 10:30am-12noon

Location: In-person and virtual options will be available throughout Langlade, Lincoln, Marathon and Wood counties