

## 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 alone. It is **NOT SELFISH** for you to also **care about you**. Your role as a **CAREGIVER** will be more manageable if you have someone to talk to and share with.



The **ADRC** is offering another support group for caregivers. This group is intended for caregivers supporting another adult.

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

**Location:** Wausau, Merrill, and Marshfield ADRC offices with a virtual participation option if you are unable to get away for the in-person gathering.

## Call to Register – 888-486-9545

(If you are interested in an in-person group at our Antigo or Wisconsin Rapids locations, please contact us to inquire)