

Caregiver Support Group

For family, friends and other caregivers who are caring for a person with a chronic illness or disability

Second Thursday of each month

6:00 - 7:30 p.m.

- **Ask questions**
- **Share tips**
- **Learn creative problem-solving techniques**
- **Find out about resources**
- **Discover you are not alone**



**Monroe Public Library
1st Floor Conference Room
925 16th Avenue**

If you need someone to care for your loved one while you attend, please contact the Aging & Disability Resource Center at 608.328.9499 for potential resources.



Co-sponsored by the Aging & Disability Resource Center, Alzheimer's & Dementia Alliance and Monroe Clinic.