



# CAREGIVER CONNECT

**THE SECOND WEDNESDAY OF EACH  
MONTH  
1:00-2:30 PM**

When it comes to knowing what to say, what to do, and getting through, the best resource for caregivers is other caregivers. Caregiver Connect Meetings offer support, advice, tips, and reassurance as you navigate this journey.

This group is for family, friends, and other caregivers who are caring for a person with a chronic illness or disability.

Individuals have the option of participating via video chat through ZOOM or by calling in to the ZOOM meeting.

**If you are interested in attending this group, or you have any questions, please contact Nicole Baumeister at 608-723-6113 or 800-514-0066, or by email [adrc@co.grant.wi.gov](mailto:adrc@co.grant.wi.gov).**

All ADRC services are free and confidential.



**Learn creative, problem-solving techniques.**

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**Share Tips**

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**Ask Questions**

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**Find out about resources**

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**Discover you are NOT alone!**

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**You do not need to be “Tech Savvy” to join this group. A phone connection is all you need.**