2865 North Sherman Avenue ■ Madison, WI 53704
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General Caregiver Support Groups

For Dane County residents providing support to another in some capacity

Date & Time	Location	Contact for Additional Info.
1st & 3rd Thursday of the month at 3:00 p.m.	**DeForest Area Community Senior Center** 505 North Main St. Deforest, WI 53532	Natalie Raemisch 608-846-9469
2nd Thursday of the month at 10:00 a.m.	**Fitchburg Senior Center** 5510 Lacy Rd. Fitchburg, WI 53711	Suzie Jones 608-270-4290 suzie.jones@fitchburgwi.gov
4th Friday of the month at 11:15 a.m. – 12:15 p.m.	**Middleton Senior Center** 7448 Hubbard Ave. Middleton, WI 53562	608-831-2373
2nd Wednesday of the month from 1:30-2:30 p.m.	**Oregon Senior Center** 219 Park St. Oregon, WI 53575	608-835-5801
3rd Tuesday of the month from 10:00 – 11:00 a.m.	**Verona Senior Center** 108 Paoli St. Verona, WI 53593	608-845-7471
1st Tuesday of the month from 2:00-4:00 p.m.	**Waunakee Senior Center** 333 S. Madison St. Waunakee, WI 53597	Melissa Woznick 608-849-8547
2nd Thursday of the month from 10:00 – 11:30 a.m. ****Begins April 2026****	**Webinar/Phone** ***For family caregivers navigating ambiguous loss, anticipatory grief or loss***	Contact danedcs@danecounty.gov to receive **Zoom** link or call the ADRC at 608-240-7400

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Caregiver Support Groups for Parkinson's

Date & Time	Location	Contact for Additional Info.
4th Wednesday of the month from 1:00-2:00 p.m.	**The Courtyard at Fitchburg** 5669 Wilshire Dr. Fitchburg, WI 53711 **For those affected & care partners**	Karen Jeffers 608-886-6711 kjeffers@encorecares.com **With the American Parkinson's Disease Association*
1st Wednesday of the month from 2:00-4:00 p.m.	**Monona United Methodist Church** 606 Nichols Rd. Monona, WI 53716	Siv Golding 608-839-3512 jspfgould@gmail.com
3rd Thursday of the month from 1:00-2:00 p.m. *Runs Feb – Oct*	**Waunakee Senior Center** 333 S. Madison St. Waunakee, WI 53597	Breanna Loether bloether@waunakee.com 608-849-8385

Local Caregiver Support Groups for Dementia and Memory Loss

Date & Time	Location	Contact for Additional Info.
4th Thursday of the month from 1:00-2:30 pm	**ADRC** 2865 North Sherman Ave. Madison, WI 53704	Julia Hayde ADRC Dementia Support Specialist 608-896-0899 hayde.julia@danecounty.gov
1st Wednesday of the month from 6:00-7:30 p.m.	**Abundant Health Chiropractic** 318 S. Water Street Stoughton, WI 53589 **For caregivers of someone with younger onset Alzheimer's or dementia**	Raechelle Belli 608-335-9447 raechellebelli@gmail.com
2nd Tuesday of the month at 1:00 pm *Onsite respite available.*	**Amundson Center** 200 Spring Street Cambridge, WI 53523	Dementia Care Specialist Tonya Runyard & Kayla Olson 608-240-7464 Danedcs@danecounty.gov
3rd Thursday of the month at 4:00 pm	**Azura of Verona** 285 Wildcat Way Verona, WI 53503	Baily Schmidt Baily.schmidt@azuramemory.com (608) 291-6637

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2nd Tuesday of the month from 10:30 – 11:30 a.m.	**Capitol Lakes SNF & Rehab** 333 W. Main St., Encore Room Madison, WI 53703	Natasha Killian: 608-283-2088 *Sponsored by the Alzheimer's Association
3rd Tuesday of the month from 10:00 – 11:30 a.m. ****Begins April 2026****	**Fitchburg Senior Center** 5510 Lacy Road Fitchburg, WI 53711 **For Family Caregivers with a Loved One with Dementia in the Early Stages**	Julia Hayde ADRC Dementia Support Specialist Hayde.julia@danecounty.gov 608-896-0899
2nd Wednesday of the month from 1:00 – 2:30 p.m.	**Flynn Hall** **116 W. Reynolds Street** **Cottage Grove, WI 53527**	Julia Hayde/608-896-0899 ADRC Dementia Support Specialist Hayde.julia@danecounty.gov
2nd Tuesday of the month from 10:30 am -12:00 pm	**Good Shepherd Lutheran Church** 5701 Raymond Road Madison, WI 53711	Julia Hayde ADRC Dementia Support Specialist 608-896-0899 hayde.julia@danecounty.gov
1st Thursday of the month from 10:00-11:30 a.m.	**Middleton Senior Center** 7448 Hubbard Ave. Middleton, WI 53562	niebjan@yahoo.com 608-831-2373
3rd Tuesday of the month from 11:00 a.m.-12:30 pm	**Monona Senior Center** 1011 Nichols Rd. Monona, WI 53716	Heidi M; 608-658-8099 **Sponsored by the Alzheimer's Association (AA)*
1st Thursday of the month from 1:00 – 2:30 p.m.	**Mount Horeb Senior Center** 107 North Grove Street Mount Horeb, WI 53572	608-437-6902 swdaneoutreach@mounthorebwi.info Facilitated by Julia Hayde, ADRC Dementia Support Specialist hayde.julia@danecounty.gov
1st Tuesday of the month from 10:00-11:30 a.m. **on-site respite available**	**Northwest Dane Sr. Services** 1837 Bourbon Road Cross Plains, WI 53528	608-798-6937 ext.5 – call to reserve respite; respite spots are limited Group facilitated by Julia Hayde ADRC Dementia Support Specialist 608-896-0899 hayde.julia@danecounty.gov
2nd Thursday of the month from 2:00-3:30 p.m.	**Stoughton Senior Center** Stoughton Room 248 W. Main St. #1 Stoughton, WI 53589	**Sponsored by the Alzheimer's Association (AA)* Call the Alzheimer's Association at 800-272-3900 to register
4th Thursday of the month from 2:00 – 3:30 p.m.	**Sun Prairie Colonial Club** 301 Blankenheim Ln. Sun Prairie, WI 53590	Randy Zehr; 608-712-2707; randallleezehr@gmail.com **Sponsored by the Alzheimer's Association (AA)*

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4th Tuesday of the month from 2:30-4:00 p.m. **on-site respite available**	**Unity of Madison** 601 Tompkins Drive Madison, WI 53716	Julia Hayde ADRC Dementia Support Specialist 608-896-0899 hayde.julia@danecounty.gov
3rd Wednesday of the month from 6:30-8:00 p.m.	**UW South Madison Partnership Building** 2238 S. Park St. Madison, WI 53713 **For Adult Children Caregivers**	Julia Hayde ADRC Dementia Support Specialist 608-896-0899 hayde.julia@danecounty.gov
3rd Wednesday of the month from 10:00-11:30 a.m.	**Verona Senior Center** 108 Paoli St., Verona, WI 53593	608-845-7471
3rd Wednesday of the month from 10:30 a.m. – Noon	**Vista West** 150 Bella Vista Dr. Madison, WI 53717	Dawn Kleinfeldt dkleinfeldt@capricommunities.com *Sponsored by the Alzheimer's Association*

Men's Caregiver Support Groups for Dementia and Memory Loss

Date & Time	Location	Contact for Additional Info.
1st Tuesday of the month from 1:00-2:30pm	**Virtual/Webinar** **Other virtual groups listed in next section*	Julia Hayde/608-896-0899 ADRC Dementia Support Specialist hayde.julia@danecounty.gov
2nd Tuesday of the month from 1:00-2:30 pm	**Good Shepherd Lutheran Church** 5701 Raymond Road Madison, WI 53711	Julia Hayde/608-896-0899 ADRC Dementia Support Specialist hayde.julia@danecounty.gov
3rd Tuesday of the month from 1:00-2:30 pm	**ADRC** 2865 North Sherman Ave. Madison, WI 53704	Julia Hayde/608-896-0899 ADRC Dementia Support Specialist hayde.julia@danecounty.gov

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Dementia Caregiver Support Groups with Respite Available

Date & Time	Location	Contact for Additional Info.
2nd Tuesday of the month at 1:00 pm	**Amundson Center** 200 Spring Street Cambridge, WI 53523	Dementia Care Specialist Tonya Runyard & Kayla Olson 608-240-7464 Danedcs@danecounty.gov
4th Tuesday of the month from 2:30-4:00 p.m.	**Unity of Madison** 601 Tompkins Drive Madison, WI 53716	Julia Hayde ADRC Dementia Support Specialist 608-896-0899 hayde.julia@danecounty.gov
3rd Wednesday of the month from 1:00 – 2:00 p.m.	**McFarland Senior Outreach** 5915 Anthony St. McFarland, WI 53558	Ellen Taylor, Dementia Care Specialist Taylor.ellen@danecounty.gov 608-240-7472
1st Tuesday of the month from 10:00-11:30 a.m.	**Northwest Dane Sr. Services** 1837 Bourbon Road Cross Plains, WI 53528	608-798-6937 ext.5 – to reserve respite; Caregiver group facilitated by Julia Hayde ADRC Dementia Support Specialist/ 608-896-0899 hayde.julia@danecounty.gov

Virtual Caregiver Support Groups for Dementia and Memory Loss

Date & Time	Location	Contact for Additional Info.
2nd Thursday of the month from 1-2:30pm	**Webinar/Phone** **For Dane County Caregivers* (Dementia and Memory Loss)*	Julia Hayde/608-896-0899 ADRC Dementia Support Specialist hayde.julia@danecounty.gov Contact Julia to receive Zoom link
2nd Wednesday of the month from 6:00-7:00 p.m.	**Webinar/Phone** **For Family Caregivers Working outside the Home* (Dementia and Memory Loss)*	Julia Hayde/608-896-0899 ADRC Dementia Support Specialist hayde.julia@danecounty.gov Contact Julia to receive Zoom link
1st Wednesday of the month from 6:30-8:00 p.m.	**Webinar/Phone** **For adult children caregivers (Dementia and Memory Loss)*	Julia Hayde/608-896-0899 ADRC Dementia Support Specialist hayde.julia@danecounty.gov Contact Julia to receive Zoom link

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3rd Wednesday of the month from 7:00 – 8:00 p.m.	**Webinar/Phone** **For people who provide care for aging individuals with Down Syndrome**	Contact Mary Gaffron to receive Zoom link mgaffron@dsaw.org
3rd Wednesday of the month from 10-11:30 a.m.	**Phone In** **For Family Caregivers with a Loved One with dementia in a Facility**	800-272-3900 **Sponsored by the Alzheimer's Association (AA)*
4th Tuesday of the month from 10:00-11:30 a.m.	**Webinar/Phone** **For Family Caregivers with a Loved One with Dementia in the Early Stages**	800-272-3900 **Sponsored by the Alzheimer's Association (AA)*
2nd and 4th Wednesdays from 1:30-3:30 p.m.	**Webinar/Phone** **For Caregivers of someone with Lewy Body Dementia**	Dementia Care Specialist: Janet Wiegel 608-297-3148 or jwiegel@marquettecountywi.gov
1st Monday from 7:00-8:00 p.m.	**Webinar/Phone** **Monday D.I.S.H.** (Dementia Informed Super Heroes) **For Employed Children/Family Caregivers with a Loved One with Dementia**	Carla Berscheit 715-726-7777 cberscheit@chippewacountywi.gov
3rd Wednesday of the month from 6-7:30 p.m.	**Webinar/Phone** **For Family Caregivers for a Loved One with Frontotemporal Degeneration (FTD)**	800-272-3900 **Sponsored by the Alzheimer's Association (AA)*
Every Wednesday from 5:00 – 6:00 p.m.	**Webinar/Phone** *Multicultural Caregiver Support Group*	800-272-3900 *Sponsored by the Alzheimer's Association (AA)
For resources and supports more specifically related to Dementia with Lewy Bodies, visit the Lewy Body Dementia Association (LBDA) website, at www.lbda.org		
For resources and supports more specifically related to Frontotemporal Dementia, visit the Association for Frontotemporal Degeneration at www.theaftd.org		

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