







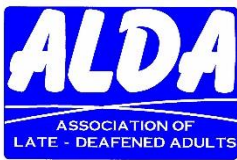


# Support Group and Resource Listing for Waukesha County Residents

## All medical conditions and diagnoses


AGENCY	INSTRUCTIONS/SERVICE CLARIFICATION	CONTACT
 <b>Ascension</b>	Scroll to the bottom of the page and click on <b>“Classes and Events”</b> under <b>More Information</b> . Search by location or topic.	<a href="https://healthcare.acension.org/">https://healthcare.acension.org/</a>
 <b>Aurora Health Care®</b>	Scroll to the bottom of the page and click on <b>“Classes and Events”</b> under <b>For Patients &amp; Visitors</b> . Search by location or topic.	<a href="https://www.aurorahealthcare.org/">https://www.aurorahealthcare.org/</a>
 <b>Children's Hospital of Wisconsin</b>	Enter the words <b>“support groups”</b> in the search engine to get a full list of support groups tailored to different needs.	<a href="https://childrenswi.org/">https://childrenswi.org/</a>
 <b>Froedtert &amp; Medical College of Wisconsin</b>	Scroll to the bottom of the page and click on <b>“Classes and Events”</b> under <b>For Patients &amp; Visitors</b> . Search by location or topic.	<a href="https://www.froedtert.com/">https://www.froedtert.com/</a>
 <b>PROHEALTH CARE MEDICAL ASSOCIATES</b>	Click on <b>“classes and events”</b> . Under <b>“category”</b> , click on the drop down arrow and select <b>“support groups”</b> . You can enter a specific keyword to search if you so choose.	<a href="https://www.prohealthcare.org/">https://www.prohealthcare.org/</a>

	<p>Scroll to the bottom of the page and click on “<b>Support Groups</b>” under <b>Resources</b>.</p>	<p><a href="https://rogersbh.org/">https://rogersbh.org/</a></p>
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## Physical disabilities and other chronic health conditions

AGENCY	INSTRUCTION/SERVICE CLARIFICATION	CONTACT
	<p>Scroll down the page until you reach Support Groups “<b>Browse All</b>”.</p> <p>The Care Connection program found on the ALS Association website is a community of volunteers that provide assistance for the person with ALS and his or her family, even giving the caregiver a break from their duties and focus on their own care.</p>	<p><a href="https://www.als.org/wisconsin">https://www.als.org/wisconsin</a></p> <p><a href="https://www.als.org/navigating-als/for-caregivers/als-association-care-connection">https://www.als.org/navigating-als/for-caregivers/als-association-care-connection</a></p>
	<p>Click on the “<b>Education &amp; Support</b>” tab in the chapter menu and choose from the support group or caregiver support group options to find a list of groups from across the state.</p>	<p><a href="http://www.apdaparkinson.org/community/wisconsin">http://www.apdaparkinson.org/community/wisconsin</a></p>
	<p>Wisconsin does not have its’ own chapter; however there is an online only chapter for the entire Midwest.</p>	<p>Main website: <a href="https://www.alda.org/">https://www.alda.org/</a></p> <p>Direct link to ALDA, Region 2 Chapters: <a href="https://www.alda.org/chapters-groups/current-alda-chapters-groups/">https://www.alda.org/chapters-groups/current-alda-chapters-groups/</a></p>
	<p>A list of support groups for the Southeastern region of Wisconsin.</p>	<p><a href="http://biaw.org/support/support-groups/southeast-3/">http://biaw.org/support/support-groups/southeast-3/</a></p>
	<p><b>NO SUPPORT GROUPS IN WAUKESHA COUNTY AT THIS TIME.</b></p> <p>Support counties are active in other Wisconsin counties are listed. Support group information is subject to change. Contact the support group before attending a meeting for the first time or if you have not attended regularly.</p>	<p><a href="https://www.bircofwi.org/finding-support-and-friendship/">https://www.bircofwi.org/finding-support-and-friendship/</a></p> <p>511 North Grand Ave Waukesha Wi 53186 262-770-4882 kathy@bircofwi.org</p>


 <p><b>Hearing Loss Association</b> of America</p>	<p>Currently there are 4 Wisconsin HLA Chapters. The chapters determine their own meeting times. All meetings are open to anyone who is interested in learning more about hearing loss, hearing aids, other assistive technology, coping strategies, etc. These chapters are organized and run by and for people who are hard of hearing.</p>	<p>Mani HLA website: <a href="http://www.hlaawi.org/">http://www.hlaawi.org/</a></p> <p>Direct link to State Chapters: <a href="http://www.hlaawi.org/chapters.html">http://www.hlaawi.org/chapters.html</a></p>
 <p><b>Cochlear®</b> <i>Hear now. And always</i></p>	<p>The meetings are intended to be there to provide support for our recipients, provide education to people that want to learn more about the technology (whether because they are a candidate or perhaps a family member is), and for those looking to meet others and share experiences and tips.</p> <p>The community calendar allows you to search by point of interest or keyword to try to locate meetings close to home.</p>	<p><a href="http://www.cochlear.com/wps/wcm/connect/us/home/stories-and-community/events-calendar">http://www.cochlear.com/wps/wcm/connect/us/home/stories-and-community/events-calendar</a></p>
 <p><b>Independence First</b> <i>The Resource For People With Disabilities</i></p>	<p>Offers one on one peer support or group peer support for people wanting the opportunity to share experiences and learn from others.</p>	<p>Tonya Villwock ILS Coordinator for Waukesha 414-226-8138</p> <p><a href="https://www.independencefirst.org/services/peer-support">https://www.independencefirst.org/services/peer-support</a></p>
 <p>Meet Every Wednesday Night OpenChatNight.com</p>	<p>For the deaf and hard of hearing, on select Wednesdays from 9pm to 10pm (EST)</p>	<p><a href="http://deafandhoh.com/open-chat-night/">http://deafandhoh.com/open-chat-night/</a></p>
 <p>Wisconsin Association of the Deaf WAD founded 1976</p>	<p>Connect with e-news, events, job announcements, and board updates.</p>	<p><a href="http://www.wisdeaf.org">www.wisdeaf.org</a></p>
 <p><b>Vision Forward</b> Association</p>	<p>Groups for parents of children with vision loss, family members, and adults living with vision loss are available.</p>	<p><a href="https://vision-forward.org/services/support-programs/">https://vision-forward.org/services/support-programs/</a></p> <p>Erica Weise 414-615-0163 for more info</p>
 <p><b>Wisconsin Council of the Blind &amp; Visually Impaired</b></p>	<p>A list of support groups across the state for people dealing with vision loss.</p>	<p><a href="https://wcblind.org/low-vision-support-groups">https://wcblind.org/low-vision-support-groups</a></p>



	<p>Search by mile radius and zip code to find a list of support groups and resources near you.</p>	<p><a href="https://www.nationalmssociety.org/Resources-Support/Find-Support/Join-a-Local-Support-Group">https://www.nationalmssociety.org/Resources-Support/Find-Support/Join-a-Local-Support-Group</a></p>
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## Veterans




AGENCY	INSTRUCTIONS/SERVICE CLARIFICATION	CONTACT
	<p>Monthly telephone education groups to help you thrive as a Caregiver.</p>	<p>VA Caregiver Support Line 1-855-260-3274  <a href="http://www.caregiver.va.gov/">http://www.caregiver.va.gov/</a></p>
	<p>Your local Caregiver Support Coordinator is a licensed professional who can support you by matching you with services for which you are eligible, and providing you with valuable information about resources that can help you stay smart, strong and organized as you care for the Veteran you love.</p> <p>Under the <b>“Health Care Services”</b> tab on the left, choose <b>“caregivers”</b>.</p>	<p>5000 West National Avenue,  Milwaukee, WI 53295-1000  Phone: 414-384-2000</p> <p>Caregiver support Team:  414-384-2000 X 44571  <a href="https://www.caregiver.va.gov/support/">https://www.caregiver.va.gov/support/</a>   <a href="https://www.milwaukee.va.gov/">https://www.milwaukee.va.gov/</a></p>



## Grief

AGENCY	INSTRUCTIONS/SERVICE CLARIFICATION	AGENCY
	<p>List of support groups broken down in categories by type of grief.</p> <p><b>MOST SUPPORT GROUPS HAVE BEEN CANCELLED DUE TO COVID-19, PLEASE CALL TO CONFIRM.</b></p>	<p><a href="http://www.churchandchapel.com/grief-support/support-group-directory/">http://www.churchandchapel.com/grief-support/support-group-directory/</a></p>

	<p>Free grief support welcome children, youth, and families who grieve loss due to death, divorce, separation, incarceration, immigration, military deployment, and abandonment.</p>	<p><a href="http://www.healingheartsofwaukeshaco.org/">http://www.healingheartsofwaukeshaco.org/</a></p> <p>also find them on Facebook: @HHofwaukeshaco</p> <p>121 Wisconsin Ave Waukesha, WI 53186 Morgan Griffin, Program Director at info.hhwc@gmail.com or 262-751-0874 Para ayuda en español, pueden contactarse con Gabriela E. at 678-314-1815</p>
	<p>Literature on support for grieving various types of loss.</p>	<p><a href="https://www.caringinfo.org/">https://www.caringinfo.org/</a></p>

## Mental Health






AGENCY	INSTRUCTIONS/SERVICE CLARIFICATION	CONTACT
	<p>Use the <b>“Support &amp; Education”</b> tab for different populations such as caregivers, teens/young adults, veterans, active duty, LGBTQ, and more. There are also discussion groups, NAMI programs, and a helpline.</p>	<p><a href="https://namisoutheastwi.org/">https://namisoutheastwi.org/</a></p> <p>NAMI Waukesha County 217 Wisconsin Ave Suite 300 Waukesha, WI 53186 262-524-8886</p> <p>Mary Madden- Executive Director Mary@namiwaukesha.org</p>
	<p>Groups, phone meetings, and online meetings available through the website after you enter your city and state.</p>	<p><a href="http://al-anon.info/MeetingSearch/Al-AnonMeetings.aspx?language=EN">http://al-anon.info/MeetingSearch/Al-AnonMeetings.aspx?language=EN</a></p>
	<p>A list of support groups across the state categorized by Wisconsin county. There are currently three separate meeting places in Waukesha County.</p>	<p><a href="http://wi-problemgamblers.org/resources/gamblers-anonymous-meetings">http://wi-problemgamblers.org/resources/gamblers-anonymous-meetings</a></p>

	<p>A list of support groups dealing with a variety of mental health topics located all across Wisconsin.</p>	<p><a href="https://www.mhawisconsin.org/search-results.aspx?usterm=support+groups">https://www.mhawisconsin.org/search-results.aspx?usterm=support+groups</a></p>
	<p>IMPACT provides a confidential helpline to call during times of personal crisis or community disaster to get help and information.</p>	<p><a href="http://www.impactinc.org/impact-2-1-1/">http://www.impactinc.org/impact-2-1-1/</a> Simply dial 2-1-1</p>


### Intellectual Developmental Disability (IDD)






AGENCY	INSTRUCTIONS/SERVICE CLARIFICATION	CONTACT
	<p>Offers one of a kind programs that make a difference for everyone in our communities such as camps and other activities.</p>	<p><a href="http://archchangeslives.org/">http://archchangeslives.org/</a> 419 Frederick Street Waukesha, WI 53186  262-542-9811</p>
	<p>A listing of support groups providing an outlet to interact, share experiences, and learn from others.</p>	<p><a href="https://www.asew.org/group-support/">https://www.asew.org/group-support/</a></p>
	<p>BESTBUDDIES® builds one-to-one friendships between people with and without intellectual and developmental disabilities (IDD), through school and community friendship programs that provide socialization opportunities to help erase the invisible line that often separates students or adults with and without IDD. Friendship programs include Best Buddies Middle Schools, High Schools, Colleges, Citizens, and e-Buddies.</p>	<p><a href="http://bestbuddies.org/wisconsin/">http://bestbuddies.org/wisconsin/</a></p>
	<p>Click on Classes &amp; Groups across the top banner for a dropdown menu of statewide programs, workshops, and groups.</p>	<p><a href="https://www.dsaw.org/">https://www.dsaw.org/</a></p>

## Dementia or Other Cognitive Impairment







AGENCY	INSTRUCTIONS/SERVICE CLARIFICATION	CONTACT
	<p>The Alzheimer's Association message boards and chat rooms provide a virtual online community for persons with Alzheimer's, caregivers and care providers. Our message boards have thousands of registered members from around the United States and thousands more who refer to the stories and information that is available 24 hours a day.</p>	<p><a href="https://www.alz.org/help-support">https://www.alz.org/help-support</a></p>
	<p>A free online community for everyone affected by Alzheimer's or another dementia including caregivers, friends, people with the disease.</p>	<p><a href="https://www.alzconnected.org/">https://www.alzconnected.org/</a></p>
	<p>Online resource including a blog, radio sessions, educational webinars, opportunities to build dementia friendly communities.</p>	<p><a href="http://www.alzheimersspeaks.com/">http://www.alzheimersspeaks.com/</a></p>
	<p>Online resource with information that can answer questions and provide suggestions on how to respond to the most common symptoms of memory loss and dementia.</p>	<p><a href="http://www.dhs.wisconsin.gov/dementia/families.htm">http://www.dhs.wisconsin.gov/dementia/families.htm</a></p>
	<p>Several options are available including face-to-face, telephone, and online support. All are set in place to help patients and caregivers not have to go through the disease alone.</p>	<p><a href="https://www.theaftd.org/">https://www.theaftd.org/</a>            Help line: 1-866-507-7222            or contact <a href="mailto:info@theaftd.org">info@theaftd.org</a></p>

## Caregiver Support Resources and Support Groups

AGENCY	INSTRUCTIONS/SERVICE CLARIFICATION	CONTACT
<p>Sussex Caregiver Support Group</p> 	<p>A monthly support group for all caregivers that meets the 4<sup>th</sup> Monday of every month at 12:45-1:45 pm.</p>	<p>Sussex Civic Center            N64 W23760 Main St            Sussex, WI 53089</p> <p>For more information call:            Jen Rath: 262-896-8539</p>

<p>Dementia Caregiver Support Group</p> 	<p>Please join us online or by phone for an hour of caregiver discussion and connection, led by Dementia Care Specialists from Milwaukee and Waukesha counties. Held the 3<sup>rd</sup> Wednesday of the month, 1-2 pm.</p>	<p>To register, email <a href="mailto:dcs@milwaukeecountywi.gov">dcs@milwaukeecountywi.gov</a> or call 414-289-6259</p>
	<p>A monthly support group for all seniors focusing on various support topics that meets the 2<sup>nd</sup> Tuesday of the month, from 11 am- 12 pm. All caregivers are welcome.</p>	<p>Menomonee Falls Community Center, Rm 106 W152 N8645 Margaret Rd Menomonee Falls, WI 53051</p> <p>Registration required, if you have questions please call Lori Oertel 262-255-8469</p>
<p>Lewy Body Dementia Caregivers Support Group</p> 	<p>Join us in a caring and understanding environment where you can ask questions and get answers from dementia specialists. Learn creative and caring problem-solving techniques, learn about helpful resources, and hear about advances in research and advocacy. Held virtually the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday each month, 1:30- 3 pm.</p>	<p>Contact Janet Wiegel 608-742-9055 <a href="mailto:Janet.Weigel@alzwissc.org">Janet.Weigel@alzwissc.org</a></p>
<p>Oconomowoc Caregiver Support Group</p> 	<p>Caregiver Support Group held the 1<sup>st</sup> Wednesday of the month from 6:30- 8 pm.</p>	<p>St. Jerome's Catholic Church 995 S Silver Lake St Oconomowoc, WI 53066</p> <p>Contact Brenda Steiber 262-569-9027</p>
<p>New Berlin Caregiver Support Group</p> 	<p>Caregiver Support Group held the 1<sup>st</sup> Tuesday of the month, 6:30- 8 pm.</p>	<p>New Berlin Public Library 15105 W Library Ln New Berlin, WI 53151</p> <p>Contact Audrey Mecham 414-617-1947</p>
	<p>Serving a family member or friend as a caregiver is a true gift of service. Come for support and nurture among friends. New members always welcome, current caregivers or those who have experienced being a caregiver, or those who may be moving into the role in the future.</p> <p>Every 2<sup>nd</sup> Monday at 10 am in the library.</p>	<p>Cathy Benjamin 262-825-6979</p> <p>Brookfield Congregational Church 16350 Gebhardt Rd. Brookfield, WI 53005</p>
<p>Muskego Caregiver Support Group</p> 	<p>Caregiver Support Group held the 3<sup>rd</sup> Tuesday of the month from 6:30- 8 pm.</p>	<p>St. Paul's Lutheran Church, Muskego S66 W14325 W Janesville Rd Muskego, WI 53150</p> <p>Contact David Timm 414-588-3840</p>



<p>Shorehaven Caregiver Support Group</p> 	<p>Caregiver Support Group held the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month from 10-11:30 am.</p>	<p>Shorehaven Center for Life Enrichment 1306 W Wisconsin Ave Oconomowoc, WI 53066</p> <p>Contact Jamie Milaeger 262-560-6960</p>
<p>Men's Caregiver Support Group</p> 	<p>Men's Only caregiver support group for male caregivers.</p>	<p>Brookfield Public Library 1900 N Calhoun Rd Brookfield, WI 53005</p> <p>Contact Tim Harrington 414-775-7597</p>
	<p>Wisconsin's caregiver support site with many tools and resources to help ease the life of a caregiver.</p>	<p><a href="http://www.wisconsin caregiver.org/">http://www.wisconsin caregiver.org/</a></p>
	<p>Online training to help caregivers learn new skills to help support themselves and loved ones.</p>	<p>Register for free at: <a href="https://wisconsin caregiver.trualta.com/login">https://wisconsin caregiver.trualta.com/login</a></p>
	<p>The ADRC offers caregiver support that can help you in your caregiving role. Based on available funding, support may include emergency alert monitoring systems, medication management, home delivered meals, temporary respite care, and more.</p>	<p>514 Riverview Ave Waukesha, WI 53188</p> <p><a href="http://waukesha county.gov/adrc">http://waukesha county.gov/adrc</a></p> <p>262-548-7848</p>
	<p>Created to promote awareness of the many resources available and to help caregivers access those resources to assist them in their caregiving role.</p>	<p><a href="https://www.thecaregiverconnection.org/">https://www.thecaregiverconnection.org/</a></p> <p>2607 N Grandview Blvd, Suite 150 Waukesha, WI 53188 262-549-3348</p>

**If you did not find what you were looking for or for other local support group information, call 262-548-7848.**