

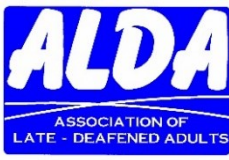







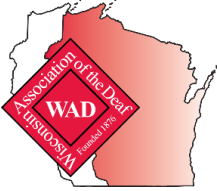



Support & Support Group Listing for Waukesha County Residents

All medical conditions and diagnoses


AGENCY	INSTRUCTIONS/SERVICE CLARIFICATION	CONTACT
	Scroll to the bottom of the page and click on “Classes and Events” under “Get Involved” . Search by location or topic.	https://healthcare.ascension.org/wisconsin
	Scroll to the bottom and click on “Classes & Events” under “For Patients & Visitors” and enter your “keyword” in the search engine. Choose a facility, category, and location to search for specific topics.	https://www.aurorahealthcare.org/
	Enter the words “support groups” in the search engine to get a full list of support groups tailored to different needs.	https://childrenswi.org/
	Scroll to the bottom and click on “Classes and Events” under “For Patients and Visitors” . Search by event name or topic.	https://www.froedtert.com/
	Click on “classes and events” . Under “category” , click on the drop down arrow and select “support groups” . You can enter a specific keyword to search if you so choose.	https://www.prohealthcare.org/
	Use the “Treatment Programs” drop down choices and choose from services, locations, levels of care, and different age groups.	https://rogersbh.org/


Physical disabilities and other chronic health conditions

AGENCY	INSTRUCTION/SERVICE CLARIFICATION	CONTACT
	<p>Halfway down the page, click on “Support Groups” and select Wisconsin, or whichever state you wish.</p>	<p>https://www.als.org/support/states/Wisconsin</p>
	<p>Under the list of “Services we provide”, click on “Support Groups” and browse groups statewide.</p>	<p>http://www.apdaparkinson.org/community/wisconsin</p>
	<p>Click on “Support Groups” on the homepage. Wisconsin does not have its own chapter; however there is an online only chapter for the entire Midwest.</p>	<p>Main website: https://www.alda.org/</p>
	<p>A list of support groups for the Southeastern region of Wisconsin.</p>	<p>https://www.biaw.org/support-groups</p>
	<p>Offering a unique approach to finding answers, locating support, forming friendships, and regaining a sense of community. Support group listing is broken down by topic and county.</p>	<p>https://www.bircofwi.org/finding-support-and-friendship/</p>
	<p>Currently there are 4 Wisconsin HLAA 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>https://www.hearingloss.org</p> <p>Direct link to State Chapters: https://www.hearingloss.org/get-involved/hlaa-chapters/find-a-chapter/</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 414-731-7834</p> <p>https://www.independencefirst.org/IndependenceFirst/Services/Independent-Living-Services/Peer-Support.htm</p>

	<p>For the deaf and hard of hearing, on select Wednesdays from 9pm to 10pm (EST)</p>	<p>http://deafandhoh.com/open-chat-night/</p>
	<p>Connect with e-news, events, job announcements, and board updates.</p>	<p>www.wisdeaf.org</p>
	<p>Groups for parents of children with vision loss, family members, and adults living with vision loss are available.</p>	<p>https://vision-forward.org/services/support-programs/</p> <p>Erica Weise 414-615-0163 or eweise@visionforward.org for more info</p>
 <p>Wisconsin Council of the Blind & Visually Impaired</p>	<p>Trailblazers Low Vision Support Group meets the second Monday of every month and is online via Zoom and open to all.</p>	<p>https://wcblind.org/council-events/low-vision-support-group/</p> <p>Brent Perzentka 608-237-8112 or BPerzentka@WCBlind.org</p>
	<p>Under the “Resources” tab of the homepage header, click “Find Support Groups and Connection Programs”. Search by event type or location.</p>	<p>https://www.nationalmssociety.org/resources/get-support/find-support-groups-and-programs</p>

Veterans

AGENCY	INSTRUCTIONS/SERVICE CLARIFICATION	CONTACT
	<p>Offers clinical services to caregivers of eligible and covered Veterans enrolled in the VA healthcare system. The mission is to promote the health and well-being of family caregivers who care for our Nation’s Veterans through education, resources, support, and services.</p>	<p>VA Caregiver Support Line 1-855-260-3274 http://www.caregiver.va.gov/</p>

	<p>The VA Milwaukee Healthcare System cares deeply and offers a VA Caregiver Support Line, resources, monthly newsletter, and more for support, in addition to many other Veteran specific services.</p>	<p>5000 West National Avenue, Milwaukee, WI 53295-1000 Phone: 414-384-2000 ext 44571</p> <p>VA Caregiver Support Line: 855-260-3274 ContactMilwaukeeCaregiverSupport@va.gov</p>
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Grief

AGENCY	INSTRUCTIONS/SERVICE CLARIFICATION	AGENCY
	<p>List of support groups categorized by type of grief.</p>	<p>http://www.churchandchapel.com/grief-support/support-group-directory/</p>
	<p>Free grief support welcome children, youth, and families who grieve loss due to death, divorce, addiction, incarceration, deportation, or military deployment.</p>	<p>https://www.healingheartswisconsin.org</p> <p>121 Wisconsin Ave Waukesha, WI 53186 262-751-0874</p>
	<p>St. Croix Hospice Bereavement Staff hosts this monthly group on topics around grief that provide helpful insights on how to deal with the heartbreaking reality of losing a loved one. Held on the 3rd Monday of each month, 12-1 pm, May through October. This event is open to the public, even if not associated with St. Croix Hospice.</p>	<p>Sarah Ryd sryd@stcroixhospice.com 262-812-6157</p> <p>St. Croix Hospice N16W23217 Stone Ridge Dr. #270 Waukesha, WI 53188</p>
	<p>Literature on support for grieving various types of loss.</p>	<p>https://www.caringinfo.org/</p>




Mental Health

AGENCY	INSTRUCTIONS/SERVICE CLARIFICATION	CONTACT
	<p>Use the “Support & Education” 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>https://namisoutheastwi.org/</p> <p>NAMI Southeast Wisconsin 2717 N Grandview Blvd, Suite 205 Waukesha, WI 53188 262-524-8886</p>
	<p>Groups, phone meetings, and online meetings available through the website after you enter your city and state.</p>	<p>https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/</p>
	<p>Offers multiple in-state resources for help with gambling problems.</p>	<p>1-800-GAMBLE-5 or text 850-888-HOPE</p> <p>Online chat at: wi-problemgamblers.org</p>
	<p>A list of support groups dealing with a variety of mental health topics located across Wisconsin.</p>	<p>https://www.mhawisconsin.org/search-results.aspx?usterm=support+groups</p>
	<p>Phone line for Wisconsin residents, staffed by certified peer specialists, for support when things get difficult in terms of mental health, substance use, and other related life experiences. The line is fully anonymous and confidential. Emergency services will not be called unless specifically requested.</p>	<p>Call 534-202-5438, 10 am- 10 pm daily</p>
	<p>211 is a free and confidential service that connects you with thousands of local programs and services 24/7, 365 days a year.</p>	<p>https://211wisconsin.communityos.org</p> <p>or simply dial 2-1-1 or text your zip code to 898211</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>http://archchangeslives.org/ 419 Frederick Street Waukesha, WI 53186 262-542-9811</p>
	<p>Under “Programs & Events” on the homepage header, choose “Group Support” or “Individual Support” depending on your needs.</p>	<p>https://autism-united.org/</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>http://bestbuddies.org/wisconsin/</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 people 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>https://www.alz.org/help-support</p>
	<p>A free online community for everyone affected by Alzheimer’s or another dementia including caregivers, friends, and people with the disease.</p>	<p>https://www.alzconnected.org/</p>
	<p>Online resources include a blog, radio sessions, educational webinars, opportunities to build dementia friendly communities.</p>	<p>http://www.alzheimersspeaks.com/</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.






<https://www.theaftd.org/>

Help line: 1-866-507-7222
or contact info@theaftd.org

Dementia Caregiver Support Groups (Waukesha County)

AGENCY	INSTRUCTIONS/SERVICE CLARIFICATION	CONTACT
<p>Younger Onset Dementia Caregiver Support Group</p> 	<p>Facilitated by a Dementia Care Specialist at the ADRC, this is a group for those caring for someone who has been diagnosed with a form of dementia prior to the age of 65. Group meets the 2nd Wednesday of each month, 3-4:30 pm.</p>	<p>Health and Human Services Building 514 Riverview Ave, Waukesha WI 53188</p> <p>Contact: Jennifer Harders at 262-548-7650</p>
<p>Family Caregivers Coffee</p> 	<p>Caregivers and their loved ones with dementia are invited to enjoy a coffee break to relax and regroup with caring people on a similar journey, hosted by Dementia Friendly Pewaukee. This group meets the last Thursday of each month at 10 am.</p>	<p>Fox River Congregational Church N34 W23575 Capitol Dr., Pewaukee WI 53072</p> <p>Contact: Abby Lorenz at abbylorenz@wi.rr.com Or text 414-350-8713 with name and number of guests</p>
<p>Monday Coffee Connect Virtual Support Group</p> 	<p>A virtual support group for caregivers of those living with dementia, facilitated by a Dementia Care Specialist from the ADRC. Every Monday, except holidays, 10-11 am.</p>	<p>Contact: Kathy Glaser at kglaser@waukeshacounty.gov or 262-548-7354</p>
<p>Dementia Caregiver Support Groups</p> 	<p>A full listing of Alzheimer's Association caregiver support groups located at various locations within Waukesha County.</p>	<p>https://www.waukeshacounty.gov/media/zpyfbusw/caregiver-support-groups-waukesha-county.pdf</p>

Additional Caregiver Support Services

AGENCY	INSTRUCTIONS/SERVICE CLARIFICATION	CONTACT
 <p><i>Sussex Caregiver Support Group</i></p>	<p>A monthly support group for all caregivers that meets the 4th Monday of every month at 12:45 pm.</p>	<p>Sussex Civic Center N64 W23760 Main St Sussex, WI 53089</p> <p>For more information call: Amy Rockhill at 262-548-7683</p>
 <p>Wisconsin Family and Caregiver Support Alliance</p>	<p>A listing of support groups that vary; some focus on specific conditions, and others are informal conversations. Groups may meet weekly, monthly, online, by phone, or in person.</p>	<p>https://wisconsincaregiver.org/caregiver-support-groups</p>
 <p>TRUALTA</p>	<p>Online training to help caregivers learn new skills to help support themselves and loved ones.</p>	<p>Register for free at: https://wisconsincaregiver.trualta.com/login</p>
 <p>ADRC Aging and Disability Resource Center of Waukesha County Your Bridge to Support</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>http://waukeshacounty.gov/adrc</p> <p>262-548-7848</p>
 <p>The Caregiver Connection Helping caregivers help others</p>	<p>Provided through Eras, The Caregiver Connection was 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>https://www.thecaregiverconnection.org/</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.