



Caregiver Support

Cornerstone Community Center

*Serving DeForest,
Windsor and Vienna*



505 North Main Street
DeForest, WI 53532
www.deforestcenter.org
Phone (608) 846-9469
Fax (608) 846-2621
9:00am -4:00pm

**Finding support when you are a caregiver is important
for your overall wellbeing.**

- Support groups provide an opportunity for caregivers to meet regularly with others who are experiencing similar circumstances.
- Support groups offer a chance to learn and share ideas and coping skills.
- Support groups promote personal growth and development.
- Support groups can help create new informal support and social relationships.
- Support groups allow a break from caregiving responsibilities.
- Support groups provide a chance to ask questions and receive support.

Your Privacy

All support groups are confidential.

Where and When

The Caregiver Support Group meets
at the Cornerstone Community
Center 505 N Main St. DeForest, WI 53532

**1st & 3rd Thursday of each month 3:00 until 4:00 p.m.
Call 608-846-9469 for more information**