

2865 North Sherman Avenue ■ Madison, WI 53704
608-240-7400 ■ www.daneadrc.org

General Caregiver Support Groups

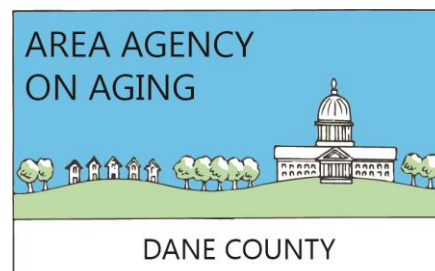
For Dane County residents providing support to another in some capacity

Date & Time	Location	Contact for Additional Info.
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
Last Thursday of the month at 10:00 a.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

Caregiver Support Groups for Parkinson's

Date & Time	Location	Contact for Additional Info.
4th Wednesday of the month from 10:00-11:00 a.m.	The Courtyard at Fitchburg 5669 Wilshire Dr. Fitchburg, WI 53711 <i>*For those affected & care partners*</i>	Karen Jeffers 608-886-6711 kjeffers@encorecares.com <i>*With the American Parkinson's Disease Association</i>

Information courtesy of ADRC of Dane County. The ADRC does not endorse or recommend specific agencies. This list is provided with the best available information as of September 2025. Please reach out to contacts for group confirmation.



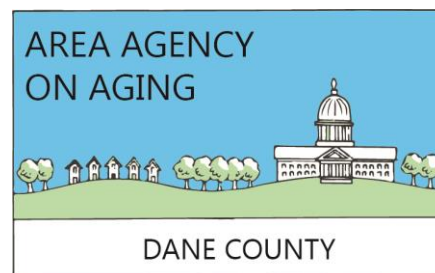
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1 st Wednesday of the month from 2:00-4:00 p.m.	Monona United Methodist Church 606 Nichols Rd. Monona, WI 53716	Siv Golding 608-839-3512 jspfgould@gmail.com
3 rd Thursday of the month from 1:00-2:00 p.m. *Runs Feb – Oct*	Waunakee Senior Center 333 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
1 st 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
2 nd 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
3 rd Thursday of the month at 4:00 pm	Azura of Verona 285 Wildcat Way Verona, WI 53503	Baily Schmidt Baily.schmidt@azuramemory.com (608) 291-6636
2 nd 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
4 th Wednesday of the month from 1:00-2:30p.m.	Flynn Hall 116 W. Reynolds Street Cottage Grove, WI 53527	Julia Hayde ADRC Dementia Support Specialist 608-896-0899 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

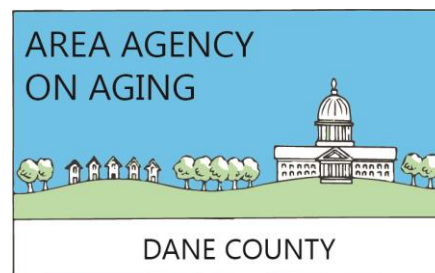
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1 st Thursday of the month from 10:00-11:30 a.m.	Middleton Senior Center 7448 Hubbard Ave. Middleton, WI 53562	niebian@yahoo.com 608-831-2373
3 rd Tuesday of the month from 11:00 a.m.-12:30 p.m.	Monona Senior Center 1011 Nichols Rd. Monona, WI 53716	Heidi M; 608-658-8099 <i>*Sponsored by the Alzheimer's Association (AA)</i>
1 st 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
1 st 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 if plan to use respite; respite spots are limited Caregiver group facilitated by Julia Hayde ADRC Dementia Support Specialist 608-896-0899 hayde.julia@danecounty.gov
2 nd Thursday of the month from 2:00-3:30 p.m.	Stoughton Senior Center Stoughton Room 248 W. Main St. #1 Stoughton, WI 53589	608-873-8585 <i>*Sponsored by the Alzheimer's Association (AA)</i>
4 th 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 <i>*Sponsored by the Alzheimer's Association (AA)</i>
4 th 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
3 rd Wednesday of the month from 6:30-8:00 p.m.	UW South Madison Partnership Building 2238 S. Park St. Madison, WI 53713 <i>*For Adult Children Caregivers*</i>	Julia Hayde ADRC Dementia Support Specialist 608-896-0899 hayde.julia@danecounty.gov
3 rd Wednesday of the month from 10:00-11:30 a.m.	Verona Senior Center 108 Paoli St., Verona, WI 53593	608-845-7471
3 rd Wednesday of the month from 10:30-11:30 a.m.	Vista West 150 Bella Vista Dr. Madison, WI 53717	Dawn Kleinfeldt dkleinfeldt@capricommunities.com <i>Sponsored by the Alzheimer's Association</i>

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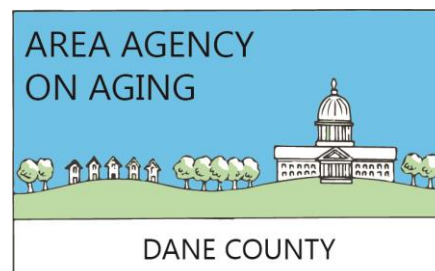
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Men's Caregiver Support Groups for Dementia and Memory Loss

Date & Time	Location	Contact for Additional Info.
1 st Tuesday of the month from 1:00-2:30pm	Virtual/Webinar <i>*Other virtual groups listed in next section</i>	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

Dementia Caregiver Support Groups with Respite Available

Date & Time	Location	Contact for Additional Info.
2 nd 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
4 th 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
1 st 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 – call if plan to use respite; respite spots are limited Caregiver group facilitated by Julia Hayde ADRC Dementia Support Specialist 608-896-0899 hayde.julia@danecounty.gov

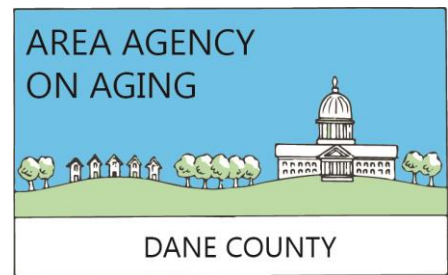


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Virtual Caregiver Support Groups for Dementia and Memory Loss

Date & Time	Location	Contact for Additional Info.
2 nd Thursday of the month from 1-2:30pm	Webinar/Phone <i>*For Dane County Caregivers (Dementia and Memory Loss)</i>	Julia Hayde/608-896-0899 ADRC Dementia Support Specialist hayde.julia@danecounty.gov Contact Julia to receive Zoom link
4 th Thursday of the month from 6:00-7:00 p.m.	Webinar/Phone <i>*For Caregivers still working outside the home (Dementia and Memory Loss)</i>	Julia Hayde/608-896-0899 ADRC Dementia Support Specialist hayde.julia@danecounty.gov Contact Julia to receive Zoom link
1 st Wednesday of the month from 6:30-8pm	Webinar/Phone <i>*For adult children caregivers (Dementia and Memory Loss)</i>	Julia Hayde/608-896-0899 ADRC Dementia Support Specialist hayde.julia@danecounty.gov Contact Julia to receive Zoom link
3 rd Wednesday of the month from 5-6pm	Webinar/Phone <i>*For people who provide care for aging individuals with Down Syndrome</i>	Contact Mary Gaffron to receive Zoom link mgaffron@dsaw.org
3 rd Wednesday of the month from 10-11:30 a.m.	Phone In <i>*For Family Caregivers with a Loved One with dementia in a Facility*</i>	800-272-3900 <i>*Sponsored by the Alzheimer's Association (AA)</i>
4 th Tuesday of the month from 10:00-11:30 a.m.	Webinar/Phone <i>*For Family Caregivers with a Loved One with Dementia in the Early Stages*</i>	800-272-3900 <i>*Sponsored by the Alzheimer's Association (AA)</i>
2 nd and 4 th Wednesdays from 1:30-3:30 p.m.	Webinar/Phone <i>*For Caregivers of someone with Lewy Body Dementia*</i>	Dementia Care Specialist: Rob Griesel 920-386-4308 or rgriesel@co.dodge.wi.us
1 st Monday from 7:00-8:00 p.m.	Webinar/Phone Monday D.I.S.H. (Dementia Informed Super Heroes) <i>*For Employed Children/Family Caregivers with a Loved One with Dementia*</i>	Dementia Care Specialist: Scott Seeger 715-261-6066 Scott.seeger@adrc-cw.org

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3rd Wednesday of the month from 6-7:30 p.m.	Webinar/Phone <i>*For Family Caregivers for a Loved One with Frontotemporal Degeneration (FTD)*</i>	800-272-3900 <i>*Sponsored by the Alzheimer's Association (AA)</i>
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		