

Sauk/Columbia Area
SUPPORT GROUPS
And
Community Resources

For additional information, contact:

Cathy Schmitz Couillard, Education Services 608/356-1586
St. Clare Hospital and Health Services, Baraboo

Updated 8/07

<i>Support Group Name</i>	<i>Location</i>	<i>Contact or Meeting Time</i>
NAMI AFFILIATES: South Central Wisconsin Sauk/Columbia County	PO Box 371 Baraboo, WI 53913	Donna Meier, President 608/768-5375
Mid-Central Adams, Columbia, Juneau, Marquette, Green Lake County	PO Box 158 Westfield, WI 53964	JoAnn Stephens, President 608/408-0177 2nd Monday/ month web site: http://www.namimidcentralwi.orgweb
Caregiver Support Groups	St. John's Lutheran Church- Reedsburg St. Mary's Parish Center-Portage 309 W. Cook St. Sauk County Adams County	3rd Tues. 1:30 pm 1st Mon. 1-3:30 Nancy @ 742-4039 Cathy @ 355-3289 Carol @ 339-4251
Alheimers Support Groups	Lake Delton Dean Clinic St. Vincent dePaul Community Resource Center-1906 North St. Prairie du Sac	3rd Wed. 5:30-7pm Carol @ 742-9055 2nd Tues. 4-5:30pm Joan @ 644-0504 ext. 12
Commission on Aging	Columbia Co. HCC	3rd Thurs. 10am 429-2181 Ext. 221
Arthritis Support Group	Sauk County Baraboo—call for meeting place	Trish @ 355-3289 Al @356-3785 Mondays@10am
HIV Self Help Group	Sauk Prairie Hosp/AIDSNetwk	643-7241 or 643-7583

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Multiple Sclerosis Support Groups	Sauk Co. West Square Bldg, Rm213 Divine Savior Hospital	Second Tues./month 7 pm Kristin @963-9312 Karen @ 742-7830 3rd Sat. 10:00-Noon
Cancer Support Groups	American Cancer Society United Methodist Church, Portage-1804 New Pinery Rd.	877-423-9123 Ext. 7579 Vicky - "Navigator" Nancy @ 920/348-5295 or Bev @742-2281 cell:697-7548 3rd Monday 7pm
Breast Cancer Support Group "Bosom Buddies" 2 locations	St. Clare Hospital, Baraboo Sauk Prairie Hospital	2nd Monday, 7-9pm Pam @ 279-2908 4th Wed. 7-9pm Pam @ 279-2908
Growing Through Grief	1st United Meth.Church, Baraboo	Offered 3x annually, For dates call 356-3991
Enduring Loss Together, (Child)	Divine Savior Hospital	Daycia @ 745-5114 3rd Mon. 6:30 pm
Pregnancy and Infant Loss Program	St. Clare Hospital	3rd Tues. 356-1489
Grief Support Groups	St. Joseph's Catholic Church, Baraboo	Tues. 7pm Bonnie @ 356-4773 cell: 477-1449
Vision Impairment Support Group	Baraboo Senior Center (Civic Center)	1st Friday Joan @ 356-0575

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Diabetes Support Groups	St. Clare Hospital	Melanie @ 356-1510 Adult group: 1st Thurs. 6:30pm Juvenile Diabetes group: 3rd Thurs. 6:30pm
	Divine Savior Hospital	Nancy @ 745-5123 2nd Mon. 4pm April-Oct. Nov.-Mar. 1:30pm
	Prairie Clinic, Sauk City 112 Helen St.	Rita @ 643-3351 3rd Tues.6-7pm
Epilepsy Support Groups	St. Clare Hospital	1st Wed. of Month 7-10 pm
Parkinsons Support Group	1st Congreg. UCC-Baraboo 131 6th Ave.	3rd Monday 2-4pm Geri @ 356-3473 Sylvia @355-3289
Domestic Abuse Support Group	Hope House-Baraboo	Tuesdays 6-7:30 pm 356-7500
Stroke Support Group	Fusch Community Center-behind Reedsburg Area Medical Center	2nd Tuesday Tami @768-6249
La Leche League	United Methodist Church, Baraboo—615 Broadway	3rd Mon.. 10:30am Pamela @ 355-2830 Please call ahead
Breastfeeding Support Groups	Reedsburg Area Medical Center	Jan @ 524-6487 ext. 1306
	Divine Savior-Portage	Kathy @ 745-5696 1st Mon. 10:30am
	Lake Delton Integrative Medicine Clinic	1st Wed. 6:30-8 pm Wendi @ 608/493-9994 or 235-2321

Breast feeding Consultants	St. Clare Hospital	Maria or Jannette @356-1523
Breastfeeding Coalition	Sauk/Columbia Counties	Kathy @355-4310
Mommy and Me	Sauk Prairie Hospital	Wendi @493-9994 2nd/4th Tues . 10:30am
Mornings with Mom (New Moms)	Reedsburg Area Medical Center— Birth Center	524-6487 ext. 1301 2nd/4th Thurs. 10:30am
Mothers of Preschoolers	St. Paul's Lutheran Church 727 8th St. Baraboo	Thurs. 9:30-11am Alcian @ 524-9827
Support Group (MOPS)	Walnut Hill Church, Baraboo 1900 East St.	At Walnut Hill-Patty @356-7185 Heather @393-9720
Breast Cancer Support Group	Sauk Prairie Hospital	Pam @ 643-0986 4th Wed. 7pm
Pulmonary Support Group (COPD)	Reedsburg Area Medical Center	Judy @ 524-6487 1st Mon. 3pm Conference Room
Huntington's Support Group	Attic Angels 8301 Old Sauk Rd., Middleton	2nd Saturday 10:30-Noon Jean @ 1-877-330-2699
Badger Breathers: Chronic Breathing Problems Support Group	St. Mary's Hospital, Madison	Eileen @ 263-4095 Mary @258-6470
Unwrapping the Present Support Group (Life altering illnesses)	520 Water St., Sauk City	Tues. 3-4pm Kathleen @ 643-8273 Pam @ 643-7621
Healing Oaks Integrative Medicine Interest Group	Lake Delton Integrative Medicine Clinic 530 Wisc.Dells Parkway South	4th Tuesday 7-8:30pm

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Coalition for the Homeless-Helpline	Sauk County St. Vincent dePaul-Baraboo St. Vincent dePaul-Prairie du Sac	1-888-472-8526 356-4649 644-0504
Homeless Shelters	Reedsburg Portage	768-0040 742-7287
Ostomy Support Group	Sauk Prairie Hospital	2nd Tues. Sue @ 643-7643
Sauk County Birth to Three Intervention program and Autism Svcs	Sauk County Human Services	Bridgitte @ 355-4200
SIDS Risk info and training	Coordinated Child Care Inc. (4-C) Madison	271-9181 www.4-C.org for list of support groups
Cerebral Palsy Support Group	UPC-Madison	Barbara @ 243-4434ext.310
Family Services Resource Centers	Columbia County Family Resource Center-Portage Sauk County-Baraboo	Danielle and Megan @ 742-8482 Stacy @ 356-3328
Dean Health System Support Groups	Madison area	www.deancare.com/dhs/support_groups/

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AA Meeting Dells/Delton	Episcopal/Method. Church, Cty A and Unity Drive, Lake Delton	Tuesdays 8pm	Doug @ 253-9577
AA Meeting	Baraboo Civic Center	Mon. and Fri. 8pm	
	Ho-Chunk Wellness Center S2821 White Eagle Rd. Baraboo	Thursdays 7pm	
	North Freedom Baptist Church 203 W. Walnut, North Freedom	Wednesdays 7:30pm	
Narcotics Anonymous groups	Trinity Episcopal Church, Baraboo	Tuesdays 7pm	1-800-240-0276 24 hour helpline
	117 ½ E. Cook St., Portage In the basement of Rhyme's	Mondays 6pm	Helpline: 800/240-0276
New Hope Nicotine Anonymous	St. Clare Center 1510 Jefferson St. Baraboo	Mondays 7-8pm	Mac @ 393-1556

St. Clare Hospital and Health Services:

DAYS	TIMES	MEETING NAMES	ROOM
Sunday	6-7:30 pm	Narcotics Anonymous	St. Clare Center 1510 Jefferson St.
	8:00 p.m. – 10:00 p.m.	Alcoholics Anonymous	Ringling A & B
Monday	7:00 p.m. – 8:00 p.m.	Nicotine Anon	St. Clare Center 1510 Jefferson St.
	7:00 p.m. – 8:00 p.m.	Overeaters Anonymous	Ringling B Lynn @ 643-6713
	8:00 p.m. – 9:00 p.m.	Al Anon	St. Clare Center 1510 Jefferson St.
Tuesdays	7:00 p.m. – 8:00 p.m.	Alcoholics Anonymous	Ho-Chunk
Wednesday	7:30 p.m.-8:30p.m.	Gamblers Anonymous	Ho-Chunk
First Thursday & last Wed. of each month	6:30 p.m - 8:00 p.m.	Diabetes Support Group	Leopold Melanie @ 356-1510
Saturday	12:00 p.m – 1:00 p.m.	Narcotics Anonymous	Ho-Chunk
	9:00 a.m. – 10:00 a.m.	Alcoholics Anonymous	Leopold

Gamblers Anonymous Anon Contact: John and Alice @ 356-7066