

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 11/08

<i>Support Group Name</i>	<i>Location</i>	<i>Contact or Meeting Time</i>
NAMI (National Alliance for the Mentally Ill) AFFILIATES: South Central Wisconsin Sauk/Columbia County	PO Box 371 Baraboo, WI 53913	Fred Enfield, President 1st Wed. of Mon. @ Reedsburg High School 6:30pm 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
Alzheimers and Caregiver Support Groups <i>*Call or check websites May be subject to change</i>	Columbia/Sauk Regional Office Reedsburg Area Senior Life Center 2350 North Dewey, Reedsburg St. Mary's Parish Center-Portage 309 W. Cook St. Sauk County Adams County St. Vincent de Paul Community Resource Center-1906 North St. Prairie du Sac Reedsburg Area Senior Life Center Baraboo Caregivers (All issues) West Square Building 505 Broadway, Baraboo	Carol Olsen, Outreach Specialist @ 608-742-9055 3rd Wed. 12-1:30 pm Carol Olson @ 742-9055 1st Mon. 1-3:30 Carol Olson @ 742-9055 Carol Olson @ 742-9055 Dept. of Aging, Carol Johnson @ 608/ 339-4251 During business hrs. 2nd Tues. 4-5:30pm Joan Mack @644-0504 ext. 12 Carol Olson @ 742-9055 3rd Wed. @ 2pm 3rd Thurs. 10am 429-2181 Ext. 221

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Aging and Disability Resource Centers	Columbia Co Sauk County	Lori @ 742-9233 or 742-9210 Trish @ 355-3289
Arthritis Support Group	Call for meeting	Al Zipsie @356-3785
Multiple Sclerosis Support Groups	Sauk Co.West Square Bldg, Rm B30 Divine Savior Hospital	Second Tues./month 7-9 pm Kristin Harding @963-9312 Karen @ 742-7830 3rd Sat. 10:00-Noon
Cancer Support Groups	American Cancer Society United Methodist Church, Portage- 1804 New Pinery Rd.	608/833-4555 or 608/662-7579 Vicky Daubert “Navigator” vicky.daubert@cancer.org Nancy Wiersma @ 920/348-5295 or Bev @742-2281 3rd Monday 7pm cell:697-7548
Breast Cancer Support Group “Bosom Buddies” 2 locations	St. Clare Hospital, Baraboo Sauk Prairie Hospital	2nd Monday, 7-9pm Pam Schreiner @ 279-2908 4th Wed. 7-9pm Pam Schreiner @ 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 Individual Support	St. Clare Hospital Reedsburg Area Medical Center	356-1520 524-6487 Tammy

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Diabetes Support Groups:	<p>St. Clare Hospital</p> <p>Walnut Hill Bible Church, Baraboo</p> <p>Divine Savior Hospital</p> <p>Prairie Clinic, Sauk City 112 Helen St. Second floor waiting room</p>	<p>Melanie @ 356-1510 Adult group: 1st Thurs. 6:30p Leopold Room</p> <p>Parent/Child group: 3rd Thurs. 6:30pm</p> <p>Amanda @ 745-5123 2nd Mon. 4pm April-Oct. Nov.-Mar. 1:30pm</p> <p>Rita @ 608/643-3351 3rd Tues.6-7pm</p>
Parkinsons Support Group	1 st Congreg. UCC-Baraboo 131 6 th Ave.	3 rd Monday 2-4pm Geri @ 356-3473 Sylvia @355-3289
Domestic Abuse Support Group	Hope House-Baraboo	Sundays 6:30-7:30 pm 356-7500 or 1-800-584-6790 Call for location of meeting
Stroke Support Group	Fusch Community Center-behind Reedsburg Area Medical Center	2 nd Tuesday Tami @768-6249 1:30-3pm March-Dec.
La Leche League Breastfeeding Support Groups: Lactation Support/Perfect Latch	<p>United Methodist Church, Baraboo—615 Broadway</p> <p>Reedsburg Area Medical Center- Birth Center</p> <p>Divine Savior-Portage</p> <p>Lake Delton Integrative Medicine Clinic</p>	<p>3rd Mon.. 6:30pm Pamela @ 355-2830 Please call ahead if this is first meeting</p> <p>Call 524-6487 ask for the Birth Center for times/dates</p> <p>Kathy Bulgrihn @ 745-5696</p> <p>3rd Tues. 10:30a-12n Wendi @ 608/493-9994</p>
Breast feeding Consultants	St. Clare Hospital	Wendi @356-1523 or 1520

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Breastfeeding Coalition	Sauk/Columbia Counties	Kathy @355-4310
Mothers of Preschoolers	St. Paul's Lutheran Church 727 8th St. Baraboo	1st & 3rd Thurs. 9:00-11am Collette Balfanz @ 355-0366
Support Group (MOPS)	Walnut Hill Church, Baraboo 1900 East St.	At Walnut Hill Heather @393-9720 1st and 3rd Thurs. Sept.-May
Huntington's Support Group	Attic Angels 8301 Old Sauk Rd., Middleton	Jean @ 1-877-330-2699 Call for schedule
Coalition for the Homeless-Helpline	Sauk County	1-888-472-8526 Linda Faivre
	St. Vincent dePaul-Baraboo	356-4649 until noon, Tom Kolb
	St. Vincent dePaul-Prairie du Sac	644-0504 Rosie
	Wisconsin Dells/Lake Delton	254-4011 ext.10 Chris
Homeless Shelters	Reedsburg	768-0040 Elaine or Bunny 524-7714
	Portage--River Haven	742-7687 Adrienne
Rental Assistance	Community Action--Portage	742-3320
Sauk County Birth to Three Intervention program and Autism Svcs	Sauk County Human Services--Access	Bonnie Mon.-Fri. 8am-4:30 pm @ 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

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Cerebral Palsy Support Group	UPC-Madison	Barbara@ 243-4434ext.310
Aging and Disability Resource Centers	Columbia County Family Resource Center-Portage Sauk County-Baraboo	Lori @ 742-9233 or 742-9210 Trish @ 355-3289
Dean Health System Support Groups	Madison area	www.deancare.com/dhs/support_groups/

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AA Meeting	Baraboo Civic Center Ho-Chunk Wellness Center S2821 White Eagle Rd. Baraboo	Mon. Wed. Thurs. and Fri. 8pm Thursdays 7pm Wednesdays 7:30pm	356-4197
Narcotics Anonymous groups	Trinity Episcopal Church, Baraboo 117 ½ E. Cook St ., Portage In the basement of Rhyme's	Tuesdays 7pm Mondays 6pm	1-800-240-0276 24 hour helpline Helpline: 800/240-0276
New Hope Nicotine Anonymous	St. Clare Center 1510 Jefferson St. Baraboo	Mondays 7-8pm	Mac @ 393-1556
Overeaters Anonymous	St. Clare Hospital-Baraboo	Tuesdays 7-8:30pm	Leopold or Ringling room

St. Clare Hospital and Health Services:

DAYS	TIMES	MEETING NAMES	ROOM
Sunday	10am-11am	Narcotics Anonymous	St. Clare Hospital lower level
	6-7:30 pm		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.
Tuesday	7:00 p.m. – 8:00 p.m.	Alcoholics Anonymous	Ho-Chunk
	7:00p.m.-8:00 p.m.	Narcotic Anonymous	St. Clare Center 1510 Jefferson St.
Wednesday	7:30 p.m.-8:30p.m.	Gamblers Anonymous	Ho-Chunk
	7:00p.m.-8:00p.m.	Narcotics Anonymous	Unity Church, Wisconsin Dells
Saturday	12:00 p.m – 1:00 p.m.	Narcotics Anonymous	Ho-Chunk
	Every 3rd Saturday-NA speaker & potluck 6-8pm	Narcotics Anonymous	St. Clare Hospital lower level
	9:00 a.m. – 10:00 a.m. 7:00 p.m.-8:00 p.m.	Alcoholics Anonymous Alcoholics Anonymous	Leopold Ringling Room

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