

Sauk/Columbia Area
SUPPORT GROUPS
And
Community Resources

For additional information, contact:

Cathy Schmitz Couillard @ 608/356-1586

St. Clare Hospital and Health Services, Baraboo

Updated 7/09

<i>Support Group Name</i>	<i>Location</i>	<i>Contact or Meeting Time</i>
<p>NAMI (National Alliance for the Mentally Ill) AFFILIATES: South Central Wisconsin Sauk/Columbia County</p>	<p>PO Box 371 Baraboo, WI 53913</p>	<p>Fred Enfield, President 1st Wed. of Mon. @ Reedsburg High School 6:30pm 608/768-5375</p> <p>Crisis line: 1800-533-5692</p>
<p>Mid-Central Adams, Columbia, Juneau, Marquette, Green Lake County</p>	<p>PO Box 158 Westfield, WI 53964</p>	<p>JoAnn Stephens, President 608/408-0177 2nd Monday/ month web site: http://www.namimidcentralwi.orgweb</p>
<p>Alzheimers and Caregiver Support Groups</p> <p><i>*Call or check website May be subject to change</i></p> <p><i>www.alz.org.scwisc</i></p>	<p>Columbia/Sauk Regional Office</p> <p>Reedsburg Area Senior Life Center 2350 North Dewey, Reedsburg</p> <p>Adams County</p> <p>St. Vincent de Paul Community Resource Center-1906 North St. Prairie du Sac</p> <p>Baraboo Caregivers (All issues) West Square Building 505 Broadway, Baraboo Columbia Co</p> <p>Columbia County Sauk County</p>	<p>Carol Olsen, Outreach Specialist @ 608-742-9055 or 608/963-2688</p> <p>3rd Wed. 1:30 pm Carol Olson @ 742-9055 or 963-2688</p> <p>Dept. of Aging, Carol Johnson @ 608/ 339-4251 During business hrs.</p> <p>2nd Tues. 3:30-5 pm Joan Mack @644-0504 ext. 12 or Carol Olson @ 742-9055</p> <p>Trish @ 355-3289</p> <p>Lori @ 742-9233 or 742-9210 Trish @ 355-3289</p>
<p>Aging and Disability Resource Centers</p>		

Support Group Name	Location	Contact or Meeting Time
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 @ 697-3814 Karen @ 742-7830 3rd Sat. 10:00-Noon
Cancer Support Groups	American Cancer Society	608/662-7579 Vicky Daubert "Navigator" vicky.daubert@cancer.org 1-800-227-2345
	United Methodist Church, Portage-1804 New Pinery Rd.	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
Grief Support Group (5 week program)	Reedsburg Area Medical Center	Tami @ 608/768-6249 Check website for dates
Enduring Loss Together (Child)	Divine Savior Hospital	Daycia @ 608/745-5114 3rd Mon. 6:30 pm
Pregnancy and Infant Loss	St. Clare Hospital	356-1520 (Individual support)

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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 Melanie @356-1510 or 393-3441 Scott @ 393-1115</p> <p>Amanda @ 745-5123 2nd Mon. 4pm April-Oct. Nov.-Mar. 1:30pm</p> <p>608/643-3351 3rd Tues.6-7pm (No meetings in Dec./Jan.)</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 Crisis Resource Center-910 8 th Ave. Helpline	Tuesdays 6:30-7:30 pm 356-7500 or 1-800-584-6790 At Resource Center (Crisis line: 356-7500; 800-584-5692)
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, Family Lounge</p> <p>Divine Savior-Portage Classroom C</p> <p>Lake Delton Integrative Medicine Clinic (254-5400)</p>	<p>3rd Mon.. 6:30pm Pamela @ 355-2830 Please call ahead if this is first meeting</p> <p>Jan @ 768-6251 First Monday 10-11am</p> <p>Kathy Bulgrihn @ 745-5696 1st Monday 10:30-12 noon</p> <p>3rd Tues. 10:30a-12n Wendi @ 608/493-9994</p>

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Breast feeding Consultants	St. Clare Hospital	Wendi @356-1523 or 1520
Mothers of Preschoolers	St. Paul's Lutheran Church 727 8th St. Baraboo	1st & 3rd Thurs. 9:00-11am Collette Balfanz @ 355-0366 Autumn Elliott @ 356-9515
Support Group (MOPS)	Walnut Hill Church, Baraboo 1900 East St.	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	Linda Faivre @ 1-888-472-8526
	St. Vincent dePaul-Baraboo	Tom Kolb @ 356-4649 until noon,
	St. Vincent dePaul-Prairie du Sac	Rosie @ 644-0504 ext. 10 (Help with rent or utility)
	Wisconsin Dells/Lake Delton	Chris or Virginia @ 254-4011 ext.1 (Tuesdays/Thursdays)
Homeless Shelters	Reedsburg-Ozanam House	768-0040 524-7714 (St. Vincent de Paul)
	Portage--River Haven	742-7687 Adrienne
Rental Assistance	Community Action—Portage	742-3320
Healthcare Assistance (uninsured)	Sauk County/St. Clare Healthcare Foundation MEDS program	Mary Jane @ 355-1449 or 355-3289

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Sauk County Birth to Three Intervention program and Autism Svcs	Sauk County Human Services-- Access	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
Cerebral Palsy Support Group	UPC-Madison	Barbara@ 246-6100
Parkinsons Support Group		355-3289 or 393-9559
Visually Impaired Support		355-8464
Aging and Disability Resource Centers	Columbia County Family Resource Center-Portage	Lori @ 742-9233 or 742-9210 Crisis line for Elder Abuse: 1-800-533-5692
Sauk County Resource Guide Columbia County Resources	Sauk County-Baraboo	Trish @ 355-3289 www.rsd.k12.wi.us/saukcountyresourceguide08.cfm http://www.co.columbia.wi.us/ColumbiaCounty/hhs/HealthHumanServiceHomePage
Dean Health System Support Groups	Madison area	www.deancare.com/dhs/support_groups/
Wisconsin Quit Smoking Hotline		1-800-Quit-Now (1-800-784-8669) www.ctri.wisc.edu/Home/Quit.Line.Home.html
Freedom From Smoking American Lung Assn	Portage Online	Sue Dreyer @ 608/742-1453 Cost \$50 + materials (\$25) http://www.ffsonline.org/

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AA Meeting	Baraboo Civic Center	Mon. Wed. Thurs. and Fri. 8pm Thursdays 7pm	
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
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.
Monday	8:00 p.m. – 10:00 p.m.	Alcoholics Anonymous	Ringling A & B
	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
	7:00 p.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

Crisis Line:

Alcohol ad Other Drug Abuse: St. Clare Center: 1800-433-2688