

Support Groups



Join us to:

Listen to individual caregiving experiences and connect

Learn about resources and programs available to caregivers

Reduce feelings of loneliness or isolation

Learn coping skills and reduce stress

Share, laugh, and vent openly and honestly in a safe place

Caregiver Support Group

- Weekly on Tuesdays 3:00-4:00pm at the Caregiver Resource Center
3485 Windsor Ave, Dubuque, IA, 52001
- Weekly on Thursday 2:30-3:30 at the Asbury Public Library
5209 Grand Meadow Drive Asbury, Iowa 52002

This support group is for caregivers and family members who are looking for a safe place to process thoughts and feelings, engage with other caregivers, and gain strength to continue providing care.

RSVP to Jolene Koopmann at 563.690.9679 or jkoopmann@stonehilldbq.com

Parkinson's Support Group

2nd Saturday of the month 10:00-11:00am at the Caregiver Resource Center

This support group is for people living with Parkinson's Disease and their caregivers. The format of this group includes an educational component, resource sharing, connection, and support. Nutrition, exercise, physical therapy, and voice therapy, are just a few topics that will be discussed.

RSVP is not required