

Bryan/College Station - Caregiver (and loved ones) Groups:

Family Caregiver Support Groups (for family caregivers only)

- **First Baptist**, 3100 Cambridge Dr, Bryan, rm 138 - **2nd Mon at 3pm or 2nd Tue at 1:30pm**
 - Contact: Michele • info@thecontributionkey.com • 972-836-9924
- **Grace Creekside**, 4601 Williams Creek Drive, CS (College Station) - **1st Wed at 1pm**
 - Contact: Michele • info@thecontributionkey.com • 972-836-9924
- **St. Joseph WellFIT**, Contact: Lindsey • Lindsey.Armstrong@CommonSpirit.org • 979-704-6501
 - **3rd Tue at 1pm**, East building - Wellness Auditorium - 1602 East Rock Prairie Rd, 4th Floor, CS
 - **3rd Thu at 1:30pm**, Rehab Center - 1600 Joseph Drive, Bryan, Fitness Studio
- **Christ Church**, 4201 State Hwy 6 South, CS, RM S107 - **1st and 3rd Thu at 10:30am**
 - Contact: Judy Segers • 979-255-3998 • judy.segers@gmail.com
- **Kruse Village**, 1700 E. Stone St, Brenham - **4th Thu at 3pm**
 - Contact: Amy Supak • 979-830-1996 • ASupak@krusevillage.com
- **Watercrest Independent Living**, 3801 E. Crest Dr, Bryan - **2nd Wed at 3:30pm**
 - Contact: Jessica English • jenglish@ireq.us • 979-314-5591
- **Isle at Watercrest Assisted Living**, 4091 Eastchester Dr, Bryan
 - Contact: Lacey Petroski • lpetroski@ireq.us • 979-774-3401
- **Hudson Creek Alz Special Care Center**, 3850 Coppercrest Dr, Bryan - **Last Wed at 5:30pm**
 - Contact: Ashlyn Cassidy • Ashlyn.cassidy@sincerisl.com • 979-220-5137

Additional Services/Resources:

- **Caregiver Consultations:** for caregivers looking for more info, resources, and plan development
 - Sessions are \$55 for a 1-hour session with Michele Buenger, RN, BSN, CSA®, NBC-HWC
 - Contact: Michele Buenger • info@thecontributionkey.com • 972-836-9924
- **St. Joseph Health WellFIT Family Caregiver Educational Classes:**
 - 1600 Joseph Drive, Fitness Studio (Use Rehab entrance & follow signs to the fitness studio)
 - Contact: Lindsey Armstrong • Lindsey.Armstrong@CommonSpirit.org • 979-704-6501
- **Dementia Coffee Group:** for the caregiver and care recipient
 - 4th Thu at 10am, Locations Vary – Text Patty Veazey • 979-777-5045 • pveazey@gmail.com
- **Sip and Chat (at Solid Grounds Coffee Shop):** for the caregiver and care recipient
 - 1st Tue of each month at 10am at Christ Church - 4201 State Hwy 6 South in College Station
 - Contact: Judy Segers • 979-255-3998 • judy.segers@gmail.com
- **Caregiver Classes/Events/Newsletter:** through BVCOG
 - Contact: Jordan Scamardo • Jordan.Scamardo@bvcoq.org • 979-595-2801, ext 2037
- **Dementia Friendly BCS:** (for resources, classes, support, etc.): dementiafriendly.com
- **Caring Friends:** Congregational Respite program for dementia caregivers:
 - caringfriends@christchurchcs.org