

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

### Family Caregiver Support Groups (for family caregivers only)

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

### Additional Services/Resources:

- **Caregiver Consultations:** for caregivers looking for more info, resources, and plan development
  - Sessions are \$40 for a 1-hour session with Michele Buenger, RN, BSN, CSA®, NBC-HWC
  - Contact: Michele Buenger • [info@thecontributionkey.com](mailto: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](mailto:Lindsey.Armstrong@CommonSpirit.org) • 979-704-6501
- **Dementia Coffee Group:** for the caregiver and care recipient
  - 4<sup>th</sup> Thu at 10am, Locations Vary – Text Patty Veazey • 979-777-5045 • [pveazey@gmail.com](mailto: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](mailto:judy.segers@gmail.com)
- **Christ Church Friends Gathering:** Congregational Respite program for dementia caregivers:
  - Contact: Anne Boyle • [amboyle1951@gmail.com](mailto:amboyle1951@gmail.com) • 979-229-6758
- **Caregiver Classes/Events/Newsletter:** through BVCOG
  - Contact: Jordan Scamardo • [Jordan.Scamardo@bvcoq.org](mailto:Jordan.Scamardo@bvcoq.org) • 979-595-2801, ext 2037
- **Dementia Friendly BCS:** (for resources, classes, support, etc.): [dementiafriendly.com](http://dementiafriendly.com)
- **Caring Friends:** Congregational Respite program for dementia caregivers:
  - [caringfriends@christchurchcs.org](mailto:caringfriends@christchurchcs.org)