



About WSA Support Groups

Most of our Well Spouse™ Association Support Groups currently meet online via Zoom link. Zoom allows you to attend a meeting via internet (desktop, laptop, or iPad) or via smartphone. The invitation to support group attendees includes the Zoom link, as well as a telephone access phone number and code for that meeting. For your 1st meeting, we suggest you join by camera (not smartphone) or let your SG Leader know if this is not possible. Our support groups are led by volunteers, and each will have a slightly different 'flavor'. If you need assistance finding a group that is a good fit for you, please contact the Office.

Please refer to the Event Calendar for our complete list of WSA peer-to-peer support group meetings. Click on any event on the calendar and it will open to provide additional information. Contact the SG Leader of the group you are interested in and they will provide the information to attend a meeting. Our '***Find a Support Group Near You***' tile on the homepage gives you an overview and then takes you to the Event Calendar by the Month when you click the red bar.

We recommend selecting a WSA Support Group that meets on a day of the week, or at a time of the day that is most convenient for you. Our online Event Calendar is listed in Eastern Time, so please adjust for your local time.

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WSA Support Groups offer meetings for a specialized group of participants:

Former Well Spouses (Spouse/Partner now Deceased) – Two Support Groups

First Friday meets on the 1st Friday of the Month 9:00 pm Eastern / 6:00 pm Pacific

Second Tuesday meets on the 2nd Tuesday of the Month 4:00 pm Eastern / 1:00 pm Pacific

Younger Well Spouses (20's to 50's) – Two Support Groups

Meets 2nd Sunday of the month at 1:00 pm Pacific / 4:00 pm Eastern Time

Meets 4th Tuesday of the month at 5:00 pm Pacific / 8:00 pm Eastern Time

Spanish Speaking Spouses Support Group meets on the 2nd Friday of the month 7:pm Eastern / 4:pm Pacific

Hola! ¿Qué Tal? (Hi, how are you?)

Men's Only Well Spouses Group (NEW) Support Group meets on the 1st Monday of the month 9:30 am Eastern/ 6:30 am Pacific. So men will talk more freely with other men. Time may change; based on caregiving schedule.

Current WSA Support Membership is required to participate in WSA Support Groups. NO WELL SPOUSE has ever been turned away for lack of funds.

Please contact the WSA Office at (732)577-8899 or info@wellspouse.org for assistance; we're here to help

6/30/2026