



When One is Sick... Two Need Help™

About Us

The Well Spouse® Association is the only national organization dedicated solely to the support of spousal caregivers. Those caring for an ill or disabled partner face unique issues in addition to the stresses faced by all family caregivers. We are a nonjudgmental community where concerns about the impact of chronic illness on marriage and family life are discussed with insight and empathy. We address feelings of isolation, ongoing grief, anxiety and resentment, and share solutions.

We Offer

- Peer-led Support Groups, both face-to-face and telephone.
- Connecting Caregivers Program
- Registration-Required Forum and Chat areas on our Website
- Member-written bimonthly newsletter
- Mentorship Program
- Respite Weekends and Annual National Conference

1-800-838-0879
www.wellspouse.org
info@wellspouse.org

**For spouses and partners of the
chronically ill and/or disabled
... you are not alone.**



Our Members Say...

"Before finding Well Spouse, I truly thought I was the only one experiencing the emotional roller coaster of caring for a chronically ill spouse. It is no exaggeration to say that Well Spouse has saved my life and my sanity."

"For ten years, I had done this alone...then I found Well Spouse. I attended a local support group meeting: instant friends, validation and trust."

"It is empowering to meet others who understand the challenges in my life so well that they can finish my sentences for me. I cried tears of relief at my first WSA conference."

**For more information, please
visit our website, call or email.**

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