



63 West Main St. Suite H  
Freehold NJ 07728  
800-838-0879

[www.wellspouse.org](http://www.wellspouse.org)  
[info@wellspouse.org](mailto:info@wellspouse.org)

We offer:

**Support Groups**

- Face to Face
- Telephone

Website with Forum

Mainstay Newsletter

Member Minute Emails

Mentorship Program

Respite Weekends

National Conference

The Well Spouse® Association is the **only** national organization dedicated solely to the support of spousal caregivers. Those caring for an ill or disabled life partner face unique issues in addition to the concerns and stresses faced by other family caregivers. WSA unites these caregivers, so they can support each other.

WSA is a community of active spousal caregivers and those former caregivers struggling to build a new life after caregiving ends.



**A Support Network Exclusively  
for Spousal Caregivers**



**When one is sick...  
two need help!**



For spouses and partners of  
the chronically ill and/or  
disabled.

**You are not alone**

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WSA is a community of spousal caregivers who understand your daily trials and challenges. **We're here to help.**

Are you looking to connect with other spousal caregivers? **We offer support groups, an online chat room and forum, and mentors.**

Are you desperately in need of respite time? **We sponsor bi-monthly weekend respite events. We also share best practices on how to carve out time for yourself daily or weekly.**

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

*"As a Former Well Spouse I still find solace in the many friends I made here. The need for support continues. I find comfort in continuing to connect with others whether they are active or former caregivers. This 'family' is responsible for my very survival..."*

*"For ten years, I had done this alone...then I found Well Spouse. I attended a local support group meeting: instant friends for life—validation, trust, shared compassion!"*

**Supporting Well Spouse® Association Members** pay yearly membership dues, entering into a mutual support relationship with the organization.

To honor our Military, we offer Military spouses a one year free supporting membership. (Call 1.800.838.0879 for details.)

**No well spouse is denied membership due to financial hardship.** (Call the office for details.)



Well Spouse  
Association



@WellSpouseOrg

**JOIN ONLINE OR BY MAIL  
MEMBERSHIP APPLICATION**

Individual US: 1 yr \$30  2 yrs \$55   
Individual Internat'l \$35  \$65   
Professionals/Non-Profits (Annual) \$50   
For Profits (Annual) \$100   
Friend/Gift/Additional Contribution \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

EMAIL \_\_\_\_\_

BEST PHONE # \_\_\_\_\_

Spouse/Partner Illness \_\_\_\_\_  
\_\_\_\_\_

Your Age Group:  
<36  36-45  46-55  56-65  >65

Which describes your situation?  
Current caregiver   
Current caregiver but divorced/separated   
Ill spouse/partner in nursing home   
Ill spouse/partner deceased

Credit card payments accepted online at  
www.wellspouse.org  
— Make checks payable to WSA.  
Mail to: The Well Spouse Association  
63 West Main Street Suite H  
Freehold NJ 07728

QUESTIONS? Call 1.800.838.0879