

UC San Diego School of Medicine Chapter


Well Spouse Self Care Group


Support for spousal caregivers



“ WHEN ONE NEEDS CARE, TWO NEED HELP.

 Are you caring for a Chronically Ill/Disabled Spouse or Partner?

 Want to focus on your health & well-being as a spousal care partner?

 Looking for a way to practice self-care in your life?
Or a different kind of supportive group?


If So, Come Join Our Well Spouse Self Care Group

We meet **VIRTUALLY**
Every 2nd Saturday of the month
1-2:30 PM

*Affiliated with
Well Spouse Association
<https://wellspouse.org>
(732)577-8899*



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