

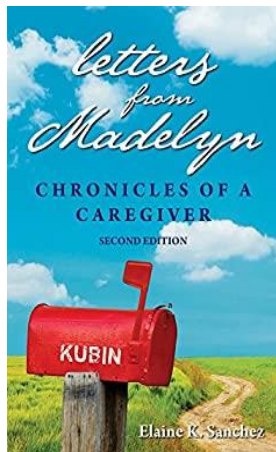


NEW VIRTUAL

CAREGIVER

SUPPORT GROUP

Western Arizona Council of Governments (WACOG) will be holding a virtual caregiver support group for caregivers who are taking care of loved ones with a debilitating illness and you don't have to leave home. It's done by computer access. Our facilitator will be Elaine Sanchez, Co-founder of Caregiverhelp.com and author of the unflinchingly honest and hilariously funny book, *Letters from Madelyn, Chronicles of a Caregiver*, filled with stories that will touch your heart and tickle your funny bone and discover mental and spiritual growth even in the very worst of end-of-life situations. Elaine also is the presenter for the webinar series "Finding Hope, Humor and Heart in Caregiving".



The first meeting will take place on **September 2, 2020 at 10 a.m.** and will be held the 1st and 3rd Wednesday thereafter at 10 a.m. For those who live in La Paz, Mohave or Yuma Counties and do not have access to a computer with a camera and speakers, please call 928-377-4694 for further information on how to join. For those that do have access to this type of computer, please go to www.wacog.com and fill out the registration form for the group at the bottom of the home page. You will receive an electronic invite with the link to the group on the program Zoom. Please register only once and you will be registered for all meetings.

[click here to download Registration Form](#)