



ONGOING VIRTUAL SUPPORT GROUP

Western Arizona Council of Governments (WACOG) is partnering with Elaine K Sanchez, author, speaker, and co-founder of CaregiverHelp.com, to host ongoing virtual support group meetings.

When: Every other Wednesday at 10:00 a.m.

Where: Hosted on Zoom

How much? Free

What to expect: Every other Wednesday, you will receive a link to a short video (produced by Elaine) designed to help you manage the emotional stress of caregiving.

The following week, you will receive an invitation to a one-hour, interactive support group meeting on Zoom.

We understand you might not be able to attend every meeting, and that's okay. Even if you can't participate regularly, by registering, you will still receive a link to the video.

If you are a family or professional caregiver, and you would like to join the group, please click on this link to register:

[Support Group Registration Form](#)

If you have questions, email Catt@wacog.com