



## **NCJW Forming New Support Groups for Women Caring for an Ill Spouse**

Livingston, N.J., March 7, 2011—Are you a woman feeling burdened and alone in caring for your ill spouse? Would you like a safe place to discuss your feelings with other women in similar circumstances?

The Essex County Section of National Council for Jewish Women (NCJW) is forming a Peer Support Group for women caring for an ill spouse. Small groups led by trained facilitators meet once a week for six weeks. The program is nonsectarian and open to the community.

“Women who are caretakers for their ill or disabled husbands frequently feel resentment, exhaustion, and guilt – but it’s not easy to discuss those feelings with others who have not been in the same situation,” said Jill Kapleau, Coordinator, NCJW Center for Women. “Our peer support group environment provides a safe, confidential environment to talk, cry, vent, exchange information, and help each other through a difficult time.”

Previous groups that have completed the six-week peer support program at NCJW have formed such strong bonds that they kept the group going, meeting at members’ homes.

Peer support groups meet in Livingston, at the Linda & Rudy Slucker NCJW Center for Women, 513 West Mount Pleasant Avenue (Route 10 E.)

Groups are being scheduled to match participants’ availability as best as possible; day and evening groups may be available. If interested, please call the Center for Women at 973-994-4994.

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