Why Jack’s?

Jack’s is aimed at providing a community of friendship and support for guys caring for a loved one experiencing a health crisis.

Jack’s gives guys permission to express their feelings, have fun, and bond with other caregivers so they feel stronger together and can thrive.

Our vision is a world where guy caregivers never feel alone.

40% of caregivers are guys

78% report having no help from others

Our Impact

97% of the guys we’ve served report that Jack’s contributed to their sense of improvement as a health crisis caregiver.

Who We Serve

Anyone 18 and older who has cared for a loved one facing a health crisis. This includes anyone who has lost their loved one as well as anyone whose health crisis is currently in remission. While the purpose of our work is centered on guy caregivers (anyone who identifies as a guy), we also offer a variety of coed programming opportunities.

Like, share, and follow us!

contactus@jackscaregiverco.org

(612) 547-6929

jackscaregiverco.org

Our mission is to improve the way guys think, feel, and act through every phase of their caregiving journey.

Caregiving is tough.

We’re here to help.
How We Serve

We meet caregivers where they are in spaces that inspire solace and renewal.

Programs

Help! I'm a Caregiver!
Caregiving 101. Walk out of this program armed with valuable info to tackle caregiving.

CARE NAVIGATOR
Come alongside caregivers and their loved ones to bring encouragement and equip them to navigate the complexities of the healthcare system as well as make them aware of resources available to them.

Co-Ed Programs

Help! I'm a Caregiver!, Caregiver Klatch and Care Navigator are co-ed programming as female caregivers need help too.

Jack to Jack
The mission of Jack-to-Jack is to get connected to a guy whose been in your shoes. You might laugh together, cry together, or just grab a coffee or some beers and, well, shoot the shit.

Caregiver Klatch
Coad caregiver discussion groups focused on learning, sharing and exploring the ways we think, feel and act in support of our loved ones.

Events

Our guys only events are on a mission to make you wiser, more intriguing, and maybe even harder to kill.

Podcast

Jack’s Podcast
Is a podcast on a mission to inspire the world to reconsider what guys are capable of.

Visit our website to find out more information on different events, programs, and podcasts! jackscaregiverco.org

Becoming a member

Anyone can become a member of Jack’s for any dollar amount per month. Visit jackscaregiverco.org/membership for more information.

Make a donation

Visit jackscaregiverco.org/donate for more information.

Online Store

100% of the proceeds from our online store supports our mission. Visit jackscaregiverco.org/store for more information.