

We're CaringBridge and we're working to bring your community together around your health journey

**We're a nonprofit on a mission to make each health journey
easier by amplifying the love, hope & compassion in the world.**



With the help of hundreds of thousands of generous supporters, we've funded more than 600,000 personal websites that have received 2 billion visits filled with love, hope and strength.

We're just getting started.

What is CaringBridge?

CaringBridge is a global nonprofit social network dedicated to helping family and friends communicate with and support loved ones during a health journey. Thanks to our compassionate donors, anyone, anywhere can create a free personal website to easily share updates and receive the love and strength they need from their community during an illness or injury.

Founded in 1997, CaringBridge is the first and most widely used social network created for communicating during a health journey. Today, every 7 minutes a new CaringBridge website is created.

[Learn More About Our Story](#)

What Do We Offer?

You can start a free personal website to share important information quickly during any type of health event. We do not sell your personal information to marketers, and allow you to have complete control over the privacy settings, so your website is as private or public as you want it to be. Family and friends can stay informed without overwhelming you with endless phone calls, emails and text messages. Plus they can post messages, photos and videos of support straight to your website. The built-in calendar helps your people coordinate care and organize daily tasks, such as bringing you meals, taking care of your children and pets, or driving you to appointments.

[Sign-Up for a CaringBridge Account or Start a Personal CaringBridge Website](#)

How Many Do We Help?

CaringBridge is for any health condition, big or small, acute or long-term. Whether you're facing surgery, a hospitalization or transplant, cancer treatment or any other health event. CaringBridge is here for you.

Every day, 300,000 people trust CaringBridge to provide love, hope and strength during their health journey. Every hour, 850 messages are posted to a loved one's website.

Here are some key facts from 2015:

- 67,500 personal websites were created
- 33 million people from around the world visited someone's website
- CaringBridge.org has 4 million monthly unique visitors



What Makes Us Unique?

We are driven by mission, not profit. Nearly 90 percent of all funding comes from those who have experienced the power of CaringBridge firsthand. As families and friends increasingly live in far-flung places, and with our increased reliance on technology to connect us, CaringBridge is a revolutionary leader in filling a need through the power of community. What sets us apart is our commitment to be cost- and advertisement-free, placing our trust in families and donors for support.

[Learn More About CaringBridge Financials](#)

How Did We Get Started?

Nearly twenty years ago, Sona Mehring founded CaringBridge when her close friends, JoAnn and Darrin, had a premature baby named Brigid. As a computer programmer and website developer, Sona was inspired to create a website to quickly share the devastating news with their family and friends. The same night their baby Brigid was born, so was the idea that became CaringBridge.

Headquartered in Eagan, Minnesota, CaringBridge has more than 30 employees, a governing board of 16 members and an advisory council with 18 members.

[Review Historical Timeline of CaringBridge](#)

We're Working to Rally Your People During a Time of Need, and We Have Help

More than 2,500 volunteers from around the world help us spread the word about CaringBridge through their expertise and advocacy. Volunteers assist with a variety of activities through social media and online customer support, and by raising awareness within their own communities.

[Learn More Ways to Get Involved with CaringBridge](#)

About Sona Mehring, Founder

Sona Mehring is the founder of CaringBridge, the first and most widely used nonprofit social network dedicated to helping family and friends communicate and support loved ones during a health journey through the use of free personal websites. She founded CaringBridge in 1997 when the Internet was just becoming a household name, making her one of the first to recognize that the Internet could create a powerful connection for people to receive emotional and physical support during a health journey.



In 2016, after nearly two decades as CEO, Sona transitioned into the role of founder and chief ambassador. As an author, speaker and community builder, Sona elevates the awareness and use of CaringBridge on a national scale by speaking about improving health outcomes through the power of social support.

Sona is frequently recognized for her passion and visionary leadership. In 2015 Minneapolis/St. Paul Business Journal named her one of Minnesota's "Titans of Technology." In 2014 The Women's Health Leadership TRUST named her one of the top 35 Women Leaders in Minnesota Healthcare. In 2013 Minnesota Monthly placed her on their list of the "75 Most Influential People of the Twin Cities." She was named one of 2011's "Most Influential Women in Technology" by Fast Company.

Sona is a member of Women Business Leaders of the U.S. Health Care Industry Foundation, the Minnesota Council of Nonprofits and a member of the National Caregiver Council.

Innovator, Speaker and Author

As the founder, Sona is frequently asked to speak on a variety of topics pertaining to Health Care, Family Caregivers, Technology and Women Leadership.

Sona is also the author of *Hope Conquers All: Inspiring Stories of Love and Healing from CaringBridge*. Her book contains stories from people of all ages and backgrounds. The adversities they face vary greatly, from children with cancer, to adults requiring life-saving transplants, to victims of horrific accidents, but their stories are unified - hope does conquer all.

To request Sona to speak at your next event or conference, or to book an interview, send an email to media@caringbridge.org.

[Learn More About Sona Mehring and Download Sona's Headshot and Full Bio](#)

[Download CaringBridge Logos](#)

Need More?

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