

## The COPSA Spouse Support Group

The COPSA Spouse Support Group is open to all who are caring for a spouse with memory impairment due to Alzheimer's Disease or a related disorder. We meet bimonthly to learn about the disease process, discuss issues that arise from caregiving, offer each other support and find out about available resources. All meetings are facilitated by a member of the COPSA Care 2 Caregivers Staff. We know how hard your job is. Come and learn more about what your spouse is going through and talk with others who know what it is like to walk in your shoes.

### Meeting Dates for 2015

January 5	May 18	October 5
February 2	June 1	October 19
February 16	June 15	November 2
March 2	July 6	November 16
March 16	July 20	December 7
April 6	August 3	December 21
April 20	August 17	
May 4	September 21	

We meet on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays of the month (excluding scheduled holidays) from 9:30 to 11:00am. The location is COPSA Rutgers University Behavioral Health Care, 100 Metro Plex Drive, Suite 200, Edison NJ 08817, Room 37. The phone number for the building is 732-235-8400.

If you have any questions or need directions to our meetings, please call Mary Catherine Lundquist at Care 2 Caregivers of the COPSA Institute for Alzheimer's Disease and Related Disorders at 1-800-424-2494.