



COPSA INSTITUTE FOR ALZHEIMER'S DISEASE AND RELATED DISORDERS

ADULTS CARING FOR PARENTS SUPPORT GROUP

This group is open to all Adult Children who support parents or relatives with memory loss. Join us to share your story, learn strategies for coping, find out about helpful resources and discuss issues related to providing remote and in-person assistance. Learn how you can help the person with memory loss as well as navigate your family relationships while taking care of yourself. Meetings are free and professionally facilitated. Meetings are held virtually through Zoom. You can log on through your computer or call on your phone.

Meeting Time: 7:00 – 8:30 pm

2023 Schedule

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|-------------|----------|
| January 3 | April 4 |
| January 18 | April 19 |
| February 7 | May 2 |
| February 15 | May 17 |
| March 7 | June 6 |
| March 22 | June 21 |



If you are interested in attending, contact Mary Catherine Lundquist,
lundqumc@ubhc.rutgers.edu

or call **800-424-2494** to receive log in information.

800-424-2494

RUTGERS HEALTH

University Behavioral Health Care
COPSA Institute for Alzheimer's Disease & Related Disorders