



WHEN YOU CARE • WE ARE THERE

COPSA Institute for Alzheimer's Disease and Related Disorders Spouse Support Group 2023

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 Care2Caregivers Staff. We know how hard your job is. Come and talk with others who know what it is like to walk in your shoes.

We meet on the 1st and 3rd Mondays of the month from 9:30 to 11:30am.

Meetings are held virtually through Zoom.

January 3*

March 6

May 1

January 17*

March 20

May 15

February 6

April 3

June 5

February 20

April 17

June 19

* Meeting held on Tuesday due to Holiday on Monday.

Contact Mary Catherine Lundquist to receive log in information for the meetings **1-800-424-2494** or lundqumc@ubhc.rutgers.edu.

800-424-2494

RUTGERS HEALTH

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