



Institute for Alzheimer's Disease
and Related Disorders

Concerned about someone with memory loss?

For 45 years, the COPSA Institute for Alzheimer's Disease & Related Disorders has been helping individuals, families and professionals who care for those with memory issues by providing compassionate care, treatment, support, and education. To find out more about services call us at **800-424-2494**.

COPSA December 2023 VIRTUAL SUPPORT GROUPS

Spouse Support Group	December 4	9:30 – 11:30 am
Adults Caring for Parents Group	December 5	7:00 – 8:30 pm
Caregiver Afternoon Support Group	December 12	1:00 – 2:00 pm
Spouse Support Group	December 18	9:30 – 11:30 am
Adults Caring for Parents Group	December 20	7:00 – 8:30 pm
Evening Caregiver Support Group	December 27	7:00 – 8:30 pm
Transitions Bereavement Group	December 28	10:00 – 11:00 am



The Care2Caregivers Helpline – 800.424.2494 – provides telephone support for every step of your caregiving journey. Lines are answered by professionally trained peers who have also been caregivers. Supportive counseling, information, referrals, and education. Special emphasis on caregiver wellness. Monday through Friday – 8:30 am - 4:30 pm, or email at: caregiver@ubhc.rutgers.edu.

All groups are free, open to the public, and professionally facilitated. Contact us for the full schedule of meetings.

To register and receive log in information call **800.424.2494** or email Mary Catherine at: lundqumc@ubhc.rutgers.edu.

RUTGERS HEALTH

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