



COPSA INSTITUTE FOR ALZHEIMER'S DISEASE AND RELATED DISORDERS

## TRANSITIONS BEREAVEMENT SUPPORT GROUP 2024

Transitions is open to all who are grieving the loss of a loved one. Special emphasis regarding those who cared for individuals with memory impairment due to Alzheimer's Disease or a related disorder or other chronic long term illness that required extended caregiving. This group is free, open to the public and professionally facilitated. We have been meeting monthly for emotional support, to learn about the grieving process and to enhance skills for coping and reinvesting in life. To keep our group members connected during the coronavirus outbreak, we will be maintaining online meetings until public health authorities tell us it's safe to meet in person. You can log in through your computer or call on your telephone.

**Meeting Time: 10:00 – 11:00 am**

January 25  
February 29  
March 28  
April 25  
May 30  
June 27



For more information and to receive log in link contact  
Mary Catherine Lundquist at  
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RUTGERS HEALTH

University Behavioral Health Care  
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