



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 FEBRUARY 2024 VIRTUAL SUPPORT GROUPS

Spouse Support Group	February 5	9:30 – 11:30 am
Adults Caring for Parents Group	February 6	7:00 – 8:30 pm
Caregiver Afternoon Support Group	February 13	1:00 – 2:00 pm
Spouse Support Group	February 19	9:30 – 11:30 am
Adults Caring for Parents Group	February 21	7:00 – 8:30 pm
Evening Caregiver Support Group	February 28	7:00 – 8:30 pm
Transitions Bereavement Group	February 29	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.*