



Institute for Alzheimer's Disease
and Related Disorders

Concerned about someone with memory loss?

For 50 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 JULY 2024 VIRTUAL SUPPORT GROUPS

Spouse Support Group	July 1	9:30 – 11:30 am
Adults Caring for Parents Group	July 3	7:00 – 8:30 pm
Caregiver Afternoon Support Group	July 9	1:00 – 2:00 pm
Spouse Support Group	July 15	9:30 – 11:30 am
Adults Caring for Parents Group	July 17	7:00 – 8:30 pm
Transitions Bereavement Group	July 25	10:00 – 11:00 am
Evening Caregiver Support Group	July 31	7:00 – 8:30 pm



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.*



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