



COPSA INSTITUTE FOR ALZHEIMER'S DISEASE AND RELATED DISORDERS

ADULTS CARING FOR PARENTS SUPPORT GROUP

This group is open to all Adult Children who support parents or relatives with memory loss. Join us to share your story, learn strategies for coping, find out about helpful resources and discuss issues related to providing remote and in-person assistance. Learn how you can help the person with memory loss as well as navigate your family relationships while taking care of yourself. Meetings are free and professionally facilitated. Meetings are held virtually through Zoom. You can log on through your computer or call on your phone.

2024 Schedule

September 3	November 5
September 17	November 19
October 1	December 3
October 15	December 17

Meeting Time:
7:00 – 8:30 pm



If you are interested in attending, contact Mary Catherine Lundquist,
lundqumc@ubhc.rutgers.edu

or call **800-424-2494** to receive log in information.

800-424-2494

RUTGERS HEALTH

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