



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 DECEMBER 2024 VIRTUAL SUPPORT GROUPS**

<b>Spouse Support Group</b>	December 2	9:30 – 11:30 am
<b>Adults Caring for Parents</b>	December 3	7:00 – 8:30 pm
<b>Caregiver Afternoon Support Group</b>	December 10	1:00 – 2:00 pm
<b>Caregiver Evening Support Group</b>	December 11	7:00 – 8:30 pm
<b>Spouse Support Group</b>	December 16	9:30 – 11:30 am
<b>Adults Caring for Parents</b>	December 17	7:00 – 8:30 pm
<b>Long Term Care Support Group</b>	December 18	7:00 – 8:30 pm
<b>Transitions Bereavement Group</b>	December 26	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](mailto: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](mailto:lundqumc@ubhc.rutgers.edu).*