



COPSA INSTITUTE FOR ALZHEIMER'S DISEASE AND RELATED DISORDERS

## CAREGIVER AFTERNOON SUPPORT GROUP

The COPSA Afternoon Caregiver Support Group is open to all who are caring for someone with memory impairment due to Alzheimer's Disease or a related disorder. We meet monthly to learn about the disease process, discuss issues that arise from caregiving, offer each other support and find out about available resources. All meetings are facilitated by a member of the COPSA Care2Caregivers Staff. We know how hard your job is. Come and talk with others who know what it is like to walk in your shoes. Meetings are held virtually through Zoom. You can log on through your computer or call on your phone.

Meeting Time: 1:00 – 2:00 pm



### 2025 Schedule

January 14

February 11

March 11

April 8

May 13

June 10

Contact Mary Catherine Lundquist at [lundqumc@ubhc.rutgers.edu](mailto:lundqumc@ubhc.rutgers.edu) or call 800-424-2494 for questions and to receive log in information.

800-424-2494

RUTGERS HEALTH

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