



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 JANUARY 2025 VIRTUAL SUPPORT GROUPS

Spouse Support Group	January 6	9:30 – 11:30 am
Adults Caring for Parents Group	January 7	7:00 – 8:30 pm
Caregiver Evening Support Group	January 8	7:00 – 8:30 pm
Caregiver Afternoon Support Group	January 14	1:00 – 2:00 pm
Long Term Care Support Group	January 15	7:00 – 8:30 pm
Spouse Support Group	January 21	9:30 – 11:30 am
Adults Caring for Parents Group	January 21	7:00 – 8:30 pm
Transitions Bereavement Group	January 30	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.*