



COPSA INSTITUTE FOR ALZHEIMER'S DISEASE AND RELATED DISORDERS

Long Term Care Caregiver Support Group

This group is open to all caregivers supporting a family member living in a residential facility such as memory care, assisted living or a nursing home. Join us to share your story, discuss strategies for coping and find out about helpful resources. Learn how you can help yourself as you support your family member. Meetings are free, confidential and professionally facilitated on Zoom. You can log on through your computer or call on your phone.

Meeting Time: 7:00 – 8:30 pm

2025 Schedule

January 15th

February 19th

March 19th

April 16th

May 21st

June 18th



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