



COPSA INSTITUTE FOR ALZHEIMER'S DISEASE AND RELATED DISORDERS

## TRANSITIONS BEREAVEMENT SUPPORT GROUP 2025

Transitions is open to all who are grieving the loss of a loved one. Special emphasis regarding those who cared for individuals with memory impairment due to Alzheimer's Disease or a related disorder or other chronic long term illness that required extended caregiving. This group is free, open to the public and professionally facilitated. We have been meeting monthly for emotional support, to learn about the grieving process and to enhance skills for coping and reinvesting in life. To keep our group members connected during the coronavirus outbreak, we will be maintaining online meetings until public health authorities tell us it's safe to meet in person. You can log in through your computer or call on your telephone.

**Meeting Time: 10:00 – 11:00 am**

January 30  
February 27  
March 27  
April 24  
May 29  
June 26



For more information and to receive log in link contact  
Mary Catherine Lundquist at  
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University Behavioral Health Care  
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