



COPSA INSTITUTE FOR ALZHEIMER'S DISEASE AND RELATED DISORDERS

## SPOUSE TRANSITIONS SUPPORT GROUP

The Spouse Transitions Group is open to all who are grieving the death of a spouse or life partner. 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. We meet monthly for emotional support, to learn about the grieving process and to enhance skills for coping and reinvesting in life. This group is held virtually on Zoom, free, open to the public and professionally facilitated. You can log in through your computer or call on your telephone.

Meeting Time: 11:00 am to 12:00 pm

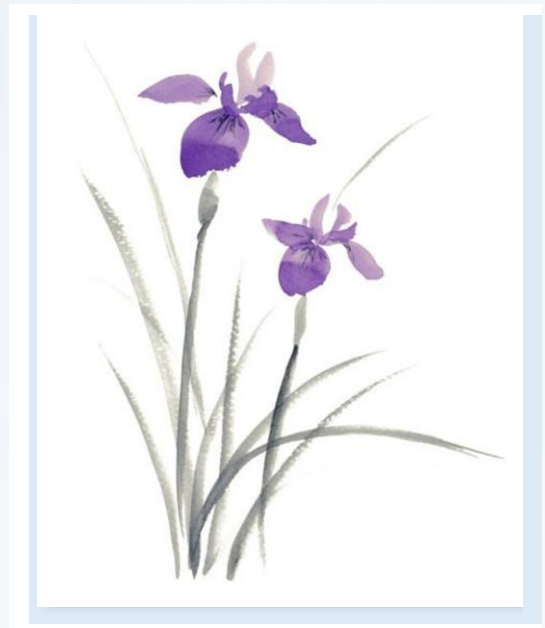
### 2025 Schedule

February 3

March 12

April 9

May 14



If you are interested in attending, contact Mary Catherine Lundquist,  
[lundqumc@ubhc.rutgers.edu](mailto: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