



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 MAY 2025 VIRTUAL SUPPORT GROUPS

Spouse Support Group	May 5	9:30 – 11:30 am
Adults Caring Transitions Group	May 5	7:00 – 8:00 pm
Adults Caring for Parents Group	May 6	7:00 – 8:30 pm
Caregiver Afternoon Support Group	May 13	1:00 – 2:00 pm
Spouse Transitions Group	May 14	11:00 – 12:00 pm
Caregiver Evening Support Group	May 14	7:00 – 8:30 pm
Spouse Support Group	May 19	9:30 – 11:30 am
Adults Caring for Parents Group	May 20	7:00 – 8:30 pm
Long Term Care Support Group	May 21	7:00 – 8:30 pm
Transitions Bereavement Group	May 29	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.*

RUTGERS HEALTH

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