

# COPSA

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, support and education. To find out more about services, call us at: **800-424-2494**

## APRIL 2026 VIRTUAL SUPPORT GROUPS

Spouse Support Group	Apr 6	9:30 – 11:30 am
Adults Caring for Parents Group	Apr 7	7:00 – 8:30 pm
Spouse Transitions Group	Apr 8	11:00 – 12:00 pm
Caregiver Evening Support Group	Apr 8	7:00 – 8:30 pm
Adults Caring Transitions Group	Apr 13	7:00 – 8:00 pm
Caregiver Afternoon Support Group	Apr 14	1:00 – 2:00 pm
Long Term Care Support Group	Apr 15	7:00 – 8:30 pm
Spouse Support Group	Apr 20	9:30 – 11:30 am
Adults Caring for Parents Group	Apr 21	7:00 – 8:30 pm
Transitions Bereavement Group	Apr 23	10:00 – 11:00 am



All groups are free, open to the public, and professionally facilitated.

To register and receive login information call: **800.424.2494**  
or email Mary Catherine at: [lundqumc@ubhc.rutgers.edu](mailto:lundqumc@ubhc.rutgers.edu)

Care2Caregivers

WHEN YOU CARE • WE ARE THERE

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](mailto:caregiver@ubhc.rutgers.edu)