

# 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**

## JUNE 2026 VIRTUAL SUPPORT GROUPS

Spouse Support Group	June 1	9:30 – 11:30 am
Adults Caring for Parents Group	June 2	7:00 – 8:30 pm
Spouse Transitions Group	June 3	11:00 – 12:00 pm
Adults Caring Transitions Group	June 8	7:00 – 8:00 pm
Caregiver Afternoon Support Group	June 9	1:00 – 2:00 pm
Caregiver Evening Support Group	June 10	7:00 – 8:30 pm
Spouse Support Group	June 15	9:30 – 11:30 am
Adults Caring for Parents Group	June 16	7:00 – 8:30 pm
Long Term Care Support Group	June 17	7:00 – 8:30 pm
Transitions Bereavement Group	June 25	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)