

ADULTS CARING FOR PARENTS SUPPORT GROUP

July - December 2026 Schedule

July 7	September 1	November 3
July 21	September 15	November 17
August 4	October 6	December 1
August 18	October 20	December 15

All meetings run from 7:00-8:30 PM

This group is open to all Adult Children who support parents or relatives with memory loss. Join us to share your story, learn strategies for coping, find out about helpful resources and discuss issues related to providing remote and in-person assistance. Learn how you can help the person with memory loss as well as navigate your family relationships while taking care of yourself. Meetings are free and professionally facilitated. Meetings are held virtually through Zoom. You can log on through your computer or call on your phone.



For more information and to receive log in link,
contact Mary Catherine Lundquist at
lundqumc@ubhc.rutgers.edu or call 800.424.2494