

LONG TERM CARE CAREGIVER SUPPORT GROUP
July - December 2026 Schedule

July 15
August 19
September 16

October 21
November 18
December 16

Meetings are held
virtually through Zoom
from 7:00 - 8:30 PM

You can log on through your computer or call on your phone.

This group is open to all caregivers supporting a family member living in a residential facility such as memory care, assisted living or a nursing home. Join us to share your story, discuss strategies for coping and find out about helpful resources. Learn how you can help yourself as you support your family member. Meetings are free, confidential and professionally facilitated on Zoom.

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