

SPOUSE TRANSITIONS SUPPORT GROUP
July - December 2026 Schedule

July 8
August 5
September 2

October 14
November 4
December 2

Meetings are held
virtually through Zoom
from 11:00 AM - Noon

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

The Spouse Transitions Group is open to all who are grieving the death of a spouse or life partner. Special emphasis regarding those who cared for individuals with memory impairment due to Alzheimer's Disease or a related disorder or other chronic long-term illness that required extended caregiving. We meet monthly for emotional support, to learn about the grieving process and to enhance skills for coping and reinvesting in life. This group is held virtually on Zoom, free, open to the public and professionally facilitated.

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