

TRANSITIONS BEREAVEMENT SUPPORT GROUP
July - December 2026 Schedule

July 23
August 27
September 24

October 22
November 19
December 24

Meetings are held
virtually through Zoom
from 10:00 - 11:00 AM

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

Transitions is open to all who are grieving the loss of a loved one. 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