



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**

## JANUARY 2026 VIRTUAL SUPPORT GROUPS

Spouse Support Group	Jan 5	9:30 – 11:30 am
Adults Caring for Parents Group	Jan 6	7:00 – 8:30 pm
Spouse Transitions Group	Jan 14	11:00 – 12:00 pm
Adults Caring Transitions Group	Jan 12	7:00 – 8:00 pm
Caregiver Afternoon Support Group	Jan 13	1:00 – 2:00 pm
Caregiver Evening Support Group	Jan 14	7:00 – 8:30 pm
Spouse Support Group	Jan 20	9:30 – 11:30 am
Adults Caring for Parents Group	Jan 20	7:00 – 8:30 pm
Long Term Care Support Group	Jan 21	7:00 – 8:30 pm
Transitions Bereavement Group	Jan 22	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)



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)



RUTGERS HEALTH

800.424.2494