



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**

FEBRUARY 2026 VIRTUAL SUPPORT GROUPS

Spouse Support Group	Feb 2	9:30 – 11:30 am
Adults Caring for Parents Group	Feb 3	7:00 – 8:30 pm
Spouse Transitions Group	Feb 4	11:00 – 12:00 pm
Adults Caring Transitions Group	Feb 9	7:00 – 8:00 pm
Caregiver Afternoon Support Group	Feb 10	1:00 – 2:00 pm
Caregiver Evening Support Group	Feb 11	7:00 – 8:30 pm
Spouse Support Group	Feb 16	9:30 – 11:30 am
Adults Caring for Parents Group	Feb 17	7:00 – 8:30 pm
Long Term Care Support Group	Feb 18	7:00 – 8:30 pm
Transitions Bereavement Group	Feb 26	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



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



RUTGERS HEALTH

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