

# COPSA

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**

### MARCH 2026 VIRTUAL SUPPORT GROUPS

Spouse Support Group	Mar 2	9:30 – 11:30 am
Adults Caring for Parents Group	Mar 3	7:00 – 8:30 pm
Spouse Transitions Group	Mar 4	11:00 – 12:00 pm
Adults Caring Transitions Group	Mar 9	7:00 – 8:00 pm
Caregiver Afternoon Support Group	Mar 10	1:00 – 2:00 pm
Caregiver Evening Support Group	Mar 11	7:00 – 8:30 pm
Spouse Support Group	Mar 16	9:30 – 11:30 am
Adults Caring for Parents Group	Mar 17	7:00 – 8:30 pm
Long Term Care Support Group	Mar 18	7:00 – 8:30 pm
Transitions Bereavement Group	Mar 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](mailto:lundqumc@ubhc.rutgers.edu)

Care2Caregivers

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