

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**

MAY 2026 VIRTUAL SUPPORT GROUPS

Spouse Support Group	May 4	9:30 – 11:30 am
Adults Caring for Parents Group	May 5	7:00 – 8:30 pm
Spouse Transitions Group	May 6	11:00 – 12:00 pm
Adults Caring Transitions Group	May 11	7:00 – 8:00 pm
Caregiver Afternoon Support Group	May 12	1:00 – 2:00 pm
Caregiver Evening Support Group	May 13	7:00 – 8:30 pm
Spouse Support Group	May 18	9:30 – 11:30 am
Adults Caring for Parents Group	May 19	7:00 – 8:30 pm
Long Term Care Support Group	May 20	7:00 – 8:30 pm
Transitions Bereavement Group	May 28	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

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



RUTGERS HEALTH

800.424.2494