



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**

SEPTEMBER 2026 VIRTUAL SUPPORT GROUPS

Adults Caring for Parents Group	Sep 1	7:00 – 8:30 pm
Spouse Transitions Group	Sep 2	11:00 am – 12:00 pm
Spouse Support Group	Sep 8	9:30 – 11:30 am
Caregiver Evening Support Group	Sep 9	7:00 – 8:30 pm
Adults Caring Transitions Group	Sep 14	7:00 – 8:00 pm
Caregiver Afternoon Support Group	Sep 15	1:00 – 2:00 pm
Adults Caring for Parents Group	Sep 15	7:00 – 8:30 pm
Long Term Care Support Group	Sep 16	7:00 – 8:30 pm
Spouse Support Group	Sep 21	9:30 – 11:30 am
Transitions Bereavement Group	Sep 24	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

800.424.2494