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**

DECEMBER 2025 VIRTUAL SUPPORT GROUPS

Spouse Support Group	Dec 1	9:30 – 11:30 am
Adults Caring for Parents Group	Dec 2	7:00 – 8:30 pm
Spouse Transitions Group	Dec 3	11:00 – 12:00 pm
Adults Caring Transitions Group	Dec 8	7:00 – 8:00 pm
Caregiver Afternoon Support Group	Dec 9	1:00 – 2:00 pm
Caregiver Evening Support Group	Dec 10	7:00 – 8:30 pm
Spouse Support Group	Dec 15	9:30 – 11:30 am
Adults Caring for Parents Group	Dec 16	7:00 – 8:30 pm
Long Term Care Support Group	Dec 17	7:00 – 8:30 pm
Transitions Bereavement Group	Dec 18	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**