



University Behavioral Health Care, Care2Caregivers,  
COPSA Institute for Alzheimer's Disease and Related Disorders

## The COPSA Spouse Support Group

The COPSA Spouse Support Group is open to all who are caring for a spouse with memory impairment due to Alzheimer's Disease or a related disorder. We meet bimonthly to learn about the disease process, discuss issues that arise from caregiving, offer each other support and find out about available resources. All meetings are facilitated by a member of the COPSA Care 2 Caregivers Staff. We know how hard your job is. Come and learn more about what your spouse is going through & talk with others who know what it is like to walk in your shoes.

### Meeting Dates for 2019

January 7 <sup>th</sup>	May 6 <sup>th</sup>	September 16 <sup>th</sup>
February 4 <sup>th</sup>	May 20 <sup>th</sup>	October 7 <sup>th</sup>
February 18 <sup>th</sup>	June 3 <sup>rd</sup>	October 21 <sup>st</sup>
March 4 <sup>th</sup>	June 17 <sup>th</sup>	November 4 <sup>th</sup>
March 18 <sup>th</sup>	July 1 <sup>st</sup>	November 18 <sup>th</sup>
April 1 <sup>st</sup>	July 15 <sup>th</sup>	December 2 <sup>nd</sup>
April 15 <sup>th</sup>	August 5 <sup>th</sup>	December 16 <sup>th</sup>
	August 19 <sup>th</sup>	

We meet on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays of the month from 9:30 to 11:00am. The location is COPSA Rutgers University Behavioral Health Care, 100 Metro Plex Drive, Suite 200, Edison NJ 08817. The phone number for the building is 732-235-8400.

If you have any questions or need directions to our meetings, please call Mary Catherine Lundquist at Care2Caregivers of the COPSA Institute for Alzheimer's Disease and Related Disorders at 1-800-424-2494.