

# RUTGERS HEALTH

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

## Transitions Bereavement Group 2020

Transitions is open to all who are grieving the loss of a loved one. Special emphasis regarding those who suffered with memory impairment due to Alzheimer's Disease or a related disorder or other chronic long term illness that required extended caregiving. This group is free, open to the public and professionally facilitated. We have been meeting monthly for emotional support, to learn about the grieving process and to enhance skills for coping and reinvesting in life. To keep our group members connected during the coronavirus outbreak, we will be moving to an online group until public health authorities tell us it's safe to meet in person again.

If you are interested in attending, please email Mary Catherine Lundquist at the COPSA Institute for Alzheimer's Disease and Related Disorders at [lundqumc@ubhc.rutgers.edu](mailto:lundqumc@ubhc.rutgers.edu) or call 800-424-2494 so you can receive information to log in to the meeting through your computer or call on your telephone.

### Upcoming Meeting Dates:

July 24

September 24

November 19

August 27

October 22

December 17

**Meeting Time:** 10 am to 11:30 am