

RUTGERS HEALTH

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. Join us and talk with others who know what it is like to walk in your shoes. . **To keep our group members connected during the corona virus outbreak, we will be moving to an online group until public health authorities tell us it is safe to meet again in person. Please contact Mary Catherine Lundquist to receive log in information for the meetings. 1-800-424-2494 or lundqumc@ubhc.rutgers.edu.**

Meeting Dates for 2020

January 6 th	May 4 th	*September 8 th
* January 21 st	May 18 th	September 21 st
February 3 rd	June 1 st	October 5 th
February 17 th	June 15 th	October 19 th
March 2 nd	July 6 th	November 2 nd
March 16 th	July 20 th	November 16 th
April 6 th	August 3 rd	December 7 th
April 20 th	August 17 th	December 21 st

We meet on the 1st and 3rd Mondays of the month from 9:30 to 11:30am. (*Meeting scheduled for following Tuesday due to holiday closure on Monday).