

RUTGERS HEALTH

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

COPSA Caregivers Support Group

The COPSA Caregivers Support Group is open to all who are caring for someone with memory issues. We meet monthly to share our experience, learn about the disease process and discuss issues that arise from caregiving, offer each other support, find out about available resources and strengthen our self-care. Please join us for an hour of sharing and caring. Meetings are virtual, free and professionally facilitated by a member of the COPSA Staff. We know how hard your job is. Come and talk with others who know what it is like to walk in your shoes. You can log in on your computer or call on your phone.

Meeting Dates for 2020

September 15th

October 13th

November 10th

December 15th

Meeting time is from 1:00 to 2:00 pm

If you are interested in attending please contact Mary Catherine Lundquist, COPSA Institute for Alzheimer's Disease and Related Disorders at lundqumc@ubhc.rutgers.edu or call 800-424-2494 to receive log in information.