

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 Care2Caregivers Staff. We know how hard your job is. Come and talk with others who know what it is like to walk in your shoes.

To keep our group members connected during the coronavirus outbreak, we will offer 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 2021

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

We meet on the 1st and 3rd Mondays of the month from 9:30 to 11:30am with the exception of days when a national holiday falls on the scheduled Monday. *In those cases, the meeting is scheduled on Tuesday.