

RUTGERS HEALTH

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

Transitions Bereavement Group 2021

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 maintaining online meetings until public health authorities tell us it's safe to meet in person.** 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 or call 800-424-2494 so you can receive information to log in to the meeting. You can log in through your computer or call on your telephone.

2021 Meeting Dates for 2021:

January 28 th	May 27 th	September 23 rd
February 25 th	June 24 th	October 28 th
March 25 th	July 29 th	November 18 th
April 22 nd	August 26 th	December 23 rd

Meeting Time: 10 am to 11:00 am