

# 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. We know how hard your job is. Please join us for an hour of sharing and caring. Talk with others who know what it is like to walk in your shoes. Meetings are free and professionally facilitated by a member of the COPSA Staff.

### Meeting Dates for 2021

January 12 <sup>th</sup>	May 11 <sup>th</sup>	September 14 <sup>th</sup>
February 9 <sup>th</sup>	June 15 <sup>th</sup>	October 12 <sup>th</sup>
March 9 <sup>th</sup>	July 13 <sup>th</sup>	November 9 <sup>th</sup>
April 13 <sup>th</sup>	August 10 <sup>th</sup>	December 14 <sup>th</sup>

Meeting Time: 1:00 – 2:00 pm

**All meetings are currently virtual.**

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](mailto:lundqumc@ubhc.rutgers.edu) or call 800-424-2494 to receive log in information.

You can log in on your computer or call on your phone.