

RUTGERS HEALTH

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

COPSA Adults Caring for Parents Support Group

The COPSA Adults Caring for Parents Support Group is open to all Adult Children who support parents or relatives with memory loss. Join us to share your story, learn strategies for coping, find out about helpful resources and discuss issues that arise from providing remote and in-person assistance. This group focuses on how you can help the person with memory loss, how you can best support the relative who is the main caregiver, and how you can take care of yourself. 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 Care2Caregivers Staff. Meeting will be held on Zoom.

Upcoming Meeting Dates Summer 2021

June 8th

July 6th

August 3rd

June 23rd

July 21st

August 18th

Meeting Time: 7:00 – 8:30 pm

Due to popular demand we are adding an additional group each month. The 1st meeting will be on a Tuesday evening and the 2nd on a Wednesday evening to expand opportunities for members to join in light of their busy schedules. Attend once or twice, whichever works best for your schedule and group support needs.

If you are interested in attending please contact Mary Catherine Lundquist, at lundqumc@ubhc.rutgers.edu or call 800-424-2494 to receive login information. You can log in on your computer or call on your phone.