

RUTGERS HEALTH

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

The COPSA Evening Caregiver Support Group

The COPSA Evening Caregiver Support Group is open to all who are caring for someone with memory impairment due to Alzheimer's Disease or a related disorder. We meet monthly 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 corona virus outbreak, we will offer an online group until public health authorities tell us it is safe to meet again in person.

Meeting Time: 7:00 – 8:00 pm

Meeting Dates for 2021

January 27	May 26	September 29
February 24	June 30	October 27
March 31	July 28	November 24
April 28	August 25	December 29

Please contact Mary Catherine Lundquist to receive log in information for the meetings at 1-800-424-2494 or lundqumc@ubhc.rutgers.edu.

Once you are on the email list, you will receive an invitation with the log in information the week prior to the meeting. We will be using Zoom for the meetings. If you would like assistance in connecting with Zoom, please contact Mary Catherine for a 1:1 tutorial and practice session.