CALIFORNIA caregiver Resource Centers

OCTOBER 2022

ONLINE LEARNING PROGRAMS

ALL EVENTS LISTED ARE OPEN TO EVERYONE | LOS EVENTOS LISTADOS ESTÁN ABIERTOS A TODOS

October 1	**Caregivers Count! 12th Annual Conference: Fall Prevention and Home Safety** FCA CRC | Sat., Oct. 1 | 10 a.m. to 12:00 p.m. | Registration or Call 415-434-3388
Octubre 4	**Cuida tu corazón (Spanish)** Inland CRC | Mart., Oct. 4 | 1:00 p.m. to 2:30 p.m. | Inscripción o Llamar (909) 835-6807
October 4	**Brain Health** Inland CRC | Tues., Oct. 4 | 2 p.m. to 3:30 p.m. | Registration or Call 415-434-3388
October 6	**Chronic Stress and Ways to Cope** Valley CRC | Thur., Oct. 6 | 1:30 p.m. to 3 p.m. | Registration or Call (559) 224-9154 or (800) 541-8614
Octubre 7	**Salud mental-que es y cómo cuidar de ella** Inland CRC | Vier., Oct. 7 | 1 p.m. to 2:30 p.m. | Inscripción or Call (909) 835-6807.
Octubre 10	**Música- nuestra identidad** Inland CRC | Lunes, Oct. 10 | 1 p.m. to 2:30 p.m. | Inscripción or Call (909) 835-6807
October 11	**Ask Elder Law Attorney** Inland CRC | Tues., Oct. 11 | 1 p.m. to 2:30 p.m. | Registration or Call 800) 675-6694
October 12	**There Must be a Better Way Than This** FCA CRC | Wed., Oct. 12 | 1 p.m. to 2 p.m. | Registration or Call 415-434-3388
October 13	**Difficult Dementia Behaviors** Valley CRC | Thurs., Oct. 13 | 1 p.m. to 2:30 p.m. | Registration or Call (559) 224-9154 or (800) 541-8614
	Cancer 101 — SCAN Inland CRC | Thurs., Oct. 13 | 2 p.m. to 3:30 p.m. | Registration or Call 800) 675-6694
October 14	**The Alzheimer's Project: Grandpa, Do You Know Who I Am?** Redwood CRC | Fri., Oct. 14 | 12:30 p.m. to 2:30 p.m. | Registration or Call (707) 582-2329
	Prevención de suicidio (Spanish only) Inland CRC | Vier., Oct. 14 | 1 p.m. a 2:30 p.m. | Inscripción o Llamar (909) 835-6807
October 15	**Caregiver 101** Redwood CRC | Sat., Oct. 15 | 12:30 p.m. to 2 p.m. | Registration or Call (707) 582-2329
October 17	**Caring for the Caregiver** Inland CRC | Mon., Oct. 17 | 1 p.m. to 2:30 p.m. | Registration or Call 800-675-6694
October 18	**Healthy Living for Your Brain & Body** Del Mar CRC | Tues., Oct. 18 | 1 p.m. to 2:30 p.m. | Registration or Call (800) 624-8304

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October 18	**Driving and Dementia** Inland CRC | Tues., Oct. 18 | 6 p.m. to 7:30 p.m. | Registration or Call 800-675-6694
Octubre 19	**Música para entretenimiento social** Inland CRC | Miér., Oct. 19 | 10 a.m. a 11:30 a.m. | Inscripción or Llamar (909) 835-6807.
October 19	**Compassionate Communication between Adult Children and Aging Parents** Del Oro CRC | Wed., Oct. 19 | 2 p.m. to 3:30 p.m. | Registration or Call 916-728-9333, Press 2
October 20	**The Latest Research — Alz Assoc.** Inland CRC | Thur., Oct. 20 | 10 a.m. to 11:30 a.m. | Registration or Call 800-675-6694
October 21	**California End of Life Options Act** Del Mar CRC | Fri., Oct. 21 | 1 p.m. to 2:30 p.m. | Registration or Call (800) 624-8304
	Depresión (Spanish only) Inland CRC | Vier., Oct. 21 | 1 p.m. a 2:30 p.m. | Inscripción o Llamar (909) 835-6807
October 24	**Critical Documents** Inland CRC | Mon., Oct. 24 | 11 a.m. to 12:30 p.m. | Registration or Call 800-675-6694
Octubre 25	**Viva feliz (cuerpo y mente) (Spanish only)** Inland CRC | Mart., Oct. 25 | 1 p.m. a 2:30 p.m. | Inscripción o Llamar (909) 835-6807
October 25	**The Benefits of Essential Oils** Inland CRC | Tues., Oct. 25 | 1 p.m. to 2:30 p.m. | Registration or Call 800-675-6694
October 26	**Pour Your Heart Into It** Inland CRC | Wed., Oct. 26 | 11 a.m. to 12:30 p.m. | Registration or Call 800-675-6694
	The Family Caregiving Experience: SANDWICH Caregivers LA CRC | Wed., Oct. 26 | 7:30 p.m. to 8:30 p.m. | Registration or Call 800-540-4442
October 27	**Emergency Preparation for Caregivers** Valley CRC | Thu., Oct. 27 | 1 p.m. to 2:30 p.m. | Registration or Call (559) 224-9154 or (800) 541-8614
October 28	**Guided Pathways for Family Caregivers** Redwood CRC | Fri., Oct. 28 | 11 a.m. to 12:30 p.m. | Registration or Call (707) 582-2247
Octubre 28	**Ansiedad (Spanish)** Inland CRC | Vier., Oct. 28 | 1 p.m. a 2:30 p.m. | Inscripción o Llamar (909) 835-6807
Octubre 31	**Música y memoria (Spanish)** Inland CRC | Lunes, Oct. 31 | 2 p.m. a 3:30 p.m. | Inscripción o Llamar (909) 835-6807
October 31	**Care Options** Inland CRC | Mon., Oct. 31 | 12:30 p.m. to 2 p.m. | Registration or Call 800-675-6694

This is a collaborative effort of the California Caregiver Resource Centers to ensure high-quality education for California family caregivers. Visit www.caregivercalifornia.org.