September 2023
Online Learning Programs

All events listed are open to everyone | Los eventos listados estan abiertos a todos | Tất cả các sự kiện được liệt kê đều mở cho tất cả mọi người.

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

Tue, Sep 5 | 2 PM to 3:30 PM
Ayuda para los días festivos Parte 3
Inland CRC | Register or call 800 675-6694

Wed, Sep 6 | 2 PM to 3:30 PM | Hybrid
Diabetes 101
Valley CRC | Register or call 559-224-9154

Wed, Sep 6 | 6 PM to 7 PM
Permiso Familiar Pagado Para Cuidadores Familiares
LA CRC | Register or call 323-401-3087

Thu, Sep 7 | 3:30 PM to 5 PM
Hiring A Caregiver Workshop (in English with Tagalog interpretation)
FCA CRC | Register

Fri, Sep 8 | 10:30 AM to 12:30 PM
More than Words: A New Culture of Care and Communication with Persons Who are Living With Dementia and Other Age-Related Conditions
Redwood CRC | Register or call 707-582-2329

Fri, Sep 8 | 2:30 PM to 4 PM
Beneficios del ejercicio y actividad física
Inland CRC | Register or call 800 675-6694

Sat, Sep 9 | 10 AM to 12 PM
Caregivers Count! 13th Annual Conference (Session 1: Making Tender Memories)
FCA CRC | Register

Mon, Sep 11 | 2 PM to 3:30 PM
Latest Alzheimer’s Research –Alzheimer’sAssoc.
Inland CRC | Register or call 800-675-6694
September 2023

Tue, Sep 12 | 10:30 AM to 11:30 AM
Care for the Caregiver: Meaningful Self-Care Strategies
Del Oro CRC | Register or call (916) 728-9333

Tue, Sep 12 | 1 PM to 2:30 PM
Ask The Elder Law Attorney
Inland CRC | Register or call 800-675-6694

Tue, Sep 12 | 2 PM to 3:30 PM
Como enfrentar situaciones difíciles
Inland CRC | Register or call 800-675-6694

Tue, Sep 12 | 2 PM to 3:30 PM | Hybrid
Senior Abuse Prevention
Valley CRC | Register or call 559-224-9154

mié, 13 sept | 17:30 a 18:30
Cuerpo y Cerebro Sano es Vida Sana
Orange CRC | Inscribirse o llamar 800-543-8312

Thu, Sep 14 | 10 AM to 11:30 AM
Cuerpo y cerebro sano es vida sana
Inland CRC | Register or call 800-675-6694

Fri, Sep 15 | 2:30 PM to 4 PM
Viva Feliz
Inland CRC | Register or call 800-675-6694

Fri, Sep 15 | 3 PM to 4 PM
Beyond Bereavement: Coping with Grief and Loss
Orange CRC | Register or call 800-543-8312

Sat, Sep 16 | 10 AM to 12 PM
Caregivers Count! 13th Annual Conference (Session 2: Anticipatory Grief)
FCA CRC | Register

Mon, Sep 18 | 1 PM to 2:30 PM
Medicare: Facts, Myths, & Understanding Coverage
Del Mar CRC | Register or call (800) 624-8304

Mon, Sep 18 | 2 PM to 3:30 PM
Healthy Aging
Inland CRC | Register or call 800-675-6694
September 2023

Tue, Sep 19 | 10 AM to 11:30 AM
Suicide Prevention Awareness
Inland CRC | Register or call 800-675-6694

Tue, Sep 19 | 6 PM to 7 PM
Ask The Expert
Inland CRC | Register Meeting ID: 89088976094 Passcode: 269601

Wed, Sep 20 | 2 PM to 3:30 PM
Cuidado de la piel
Inland CRC | Register or call 800-675-6694

Wed, Sep 20 | 3:30 PM to 5 PM
Hiring A Caregiver Workshop (in English with Mandarin interpretation)
FCA CRC | Register

Thu, Sep 21 | 3:30 PM to 5 PM
Hiring A Caregiver Workshop (in English with Spanish interpretation)
FCA CRC | Register

Fri, Sep 22 | 10:30 AM to 12 PM
Hábitos para prevenir Alzheimer
Inland CRC | Register or call 800-675-6694

Fri, Sep 22 | 10:30 AM to 12:30 PM
Caregiver 101 Class
Redwood CRC | Register or call 707-582-2329

Sat, Sep 23 | 10 AM to 12 PM
Caregivers Count! 13th Annual Conference (Session 3: Caring for someone who did not care for you)
FCA CRC | Register

Mon, Sep 25 | 2 PM to 3:30 PM
Mental Health— High Desert Psychological Services-Dr. Sterling
Inland CRC | Register or call 800-675-6694

Mon, Sep 25 | 3 PM to 3:30 PM
What is a Support Group?
Orange CRC | Register or call 800-543-8312
September 2023

Tue, Sep 26 | 10 AM to 11:30 AM
Practice of Gratitude Creating a Haiku— (Journaling)—
Inland CRC | Register or call 800-675-6694

Fri, Sep 29 | 10:30 AM to 12 PM
La importancia de una buena alimentación
Inland CRC | Register or call 800-675-6694

Sat, Sep 30 | 10 AM to 12 PM
Caregivers Count! 13th Annual Conference (Session 4: Effective Communication with Medical Providers)
FCA CRC | Register