



ONLINE LEARNING PROGRAMS

All events listed are open to everyone | Los eventos listados están abiertos a todos
Tất cả các sự kiện dành cho tất cả mọi người

- Jun 1** **Manejo Del Estres / Stress Management (Español)**
Inland CRC | Mar., Jun. 1 | 10:30 a.m. a 12 p.m. | [Inscripción](#) o Llamar (909) 835-6807
- Let's Get Away, Together — British Virgin Islands**
FCA CRC | Tue., Jun. 1 | 1 p.m. to 2 p.m. | [Registration](#) or Call (415) 434-3388 x313
- Jun 3** **Understanding Social Security**
Inland CRC | Wed., Jun. 3 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call (800) 675-6694
- Jun 4** **Autocuidado / Self-care (Español)**
Inland CRC | Vie., Jun. 4 | 10:30 a.m. a 12 p.m. | [Inscripción](#) o Llamar (909) 835-6807
- Jun 8** **Let's Get Away, Together — Amsterdam**
FCA CRC | Tue., Jun. 8 | 1 p.m. to 2 p.m. | [Registration](#) or Call (415) 434-3388 x313
- Ask the Elder Law Attorney**
Inland CRC | Tue., Jun. 8 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call (800) 675-6694
- El Camino del Duelo / The Path to Mourning (Español)**
Inland CRC | Mar., Jun. 8 | 6 p.m. a 7:30 p.m. | [Inscripción](#) o Llamar (909) 835-6807
- Jun 9** **Trợ giúp chăm sóc cho người bệnh / Respite Options for Caregiver (Vietnamese)**
Orange CRC | Thứ Tư Ngày 9 Tháng 6 năm 2021 | 1 p.m. đến 2 p.m. | Call Pauline Lê, MSW, (714) 451-5120 / Peter Nguyễn, LCSW (657) 217-7737
- Jun 10** **Coping with Emotions of Caregiving**
Orange CRC | Thu., Jun. 10 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call (714) 446-5030
- DMV, Senior & Safety presented by the DMV Senior Driving Ombudsman Program**
Inland CRC | Thu., Jun. 10 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call (800) 675-6694
- Duelo Anticipado / Anticipated Grief (Español)**
Del Mar CRC | Jue., Jun. 10 | 4:30 p.m. a 6 p.m. | [Inscripción](#) o Llamar (800) 624-8304
- Jun 11** **Cómo Evitar la Tristeza / How to Cope with Sadness (Español)**
Inland CRC | Vie., Jun. 11 | 9 a.m. a 10:30 a.m. | [Inscripción](#) o Llamar (909) 835-6807
- Jun 14** **The Pace Program-Presented by Dana Lewis with Innovage**
Inland CRC | Mon., Jun. 14 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call (800) 675-6694

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Jun 15

Services at the Braille Institute

Inland CRC | Tue., Jun. 15 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call (800) 675-6694

Money Smart for Older Adults

Del Oro CRC | Tue., Jun. 15 | 10:30 a.m. to 12 p.m. | [Registration](#) or Call (916) 728-9333

Let's Get Away, Together — Sacramento, California

FCA CRC | Tue., Jun. 15 | 1 p.m. to 2 p.m. | [Registration](#) or Call (415) 434-3388 x313

Recursos en su Comunidad / Resources in Your Community (Español)

Inland CRC | Mar., Jun. 15 | 2:30 p.m. a 4:30 p.m. | [Inscripción](#) o Llamar (909) 835-6807

Jun 16

The Accidental Caregiver

Passages CRC | Wed., Jun. 16 | 12 p.m. to 1 p.m. | [Registration](#) or Call (530) 898-5925

Demencia: Síntomas, Comportamientos y Desafíos / Dementia: Symptoms, Behaviors & Challenges (Español)

Del Mar CRC | Mié., Jun. 16 | 4:30 p.m. a 6 p.m. | [Inscripción](#) o Llamar (800) 624-8304

Jun 17

Consejos Para Tener Una Cita Medica Exitosa / Tips for a Successful Doctor's Appointment (Español)

LA CRC | Jue., Jun. 17 | 9 a.m. a 10 a.m. | [Inscripción](#) o Llamar (800) 540-4442

Nutrition & Fitness with Lisa Harris

Inland CRC | Thu., Jun. 17 | 2 p.m. to 3:30 p.m. | [Registration](#) or Call (800) 675-6694

Jun 22

Let's Get Away, Together — Italy

FCA CRC | Tue., Jun. 22 | 1 p.m. to 2 p.m. | [Registration](#) or Call (415) 434-3388 x313

¿Porque Pienso de Esta Manera? / Why do I think this way? (Español)

Inland CRC | Mar., Jun. 22 | 6 p.m. a 7:30 p.m. | [Inscripción](#) o Llamar (909) 835 6807

Jun 24

Men's Health with Stephanie Wallace

Inland CRC | Thu., Jun. 24 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call (800) 675-6694

Jun 25

Diabetes (Español)

Inland CRC | Vie., Jun. 25 | 1:30 p.m. a 3 p.m. | [Inscripción](#) o Llamar (909) 835-6807

Jun 30

Ask the Financial Planner

Inland CRC | Wed., Jun. 30 | 12 p.m. to 1:30 p.m. | [Registration](#) or Call (800) 675-6694

Manualidad / Crafts (Español)

Inland CRC | Mié., Jun. 30 | 2:30 p.m. a 4 p.m. | [Inscripción](#) o Llamar (909) 835-6807

SPARK — Robin Williams and his Battle with Lewy Body Dementia

FCA CRC | Wed., Jun. 30 | 11 a.m. to 12:30 p.m. | [Registration](#) or Call (415) 434-3388 x313

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