



ONLINE LEARNING PROGRAMS

All events listed are open to everyone | Los eventos listados están abiertos a todos
所有活動向大眾開放 | Tất cả các sự kiện dành cho tất cả mọi người

- Nov 2**
- The Art of Caregiving – Inspiring New Approaches through the Holidays**
Del Oro CRC | Tue., Nov. 2 | 10:30 a.m. to 11:30 a.m. | [Registration](#) or Call (916) 728-9333
- Disability – Ask the Experts**
Valley CRC | Tue., Nov. 2 | 2 p.m. to 3:30 p.m. | [Registration](#) or Call (559) 224-9154 or (800) 541-8614
- Ansiedad / Anxiety (Spanish Only)**
Inland CRC | Mar., Nov. 2 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar (800) 675-6694
- Nov 3**
- Resources for Aging Well**
Inland CRC | Wed., Nov. 3 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call (800) 675-6694
- Healthy Living for Your Brain and Body**
Passages CRC | Wed., Nov. 3 | 2 p.m. to 4 p.m. | [Registration](#) or Call (530) 898-5925
- Nov 4**
- Viviendo con Alzheimer’s – Etapa Intermedia / Living with Alzheimer’s – Middle Stage (Spanish Only)**
Orange CRC | Jue., Nov. 4 | 10:30 a.m. a 12 p.m. | [Inscripción](#) o Llamar (714) 446-5030 or (800) 543-8312
- Tight Knit: Exhibición del documental “Enid & Mami” / Tight Knit: Film Screening and Panel Discussion “Enid & Mami” ***
FCA CRC | Jue., Nov. 4 | 3 p.m. a 4 p.m. | [Inscripción](#)
**Subtitles in English*
- Many Facets of Caregiving**
Inland CRC | Thu., Nov. 4 | 6 p.m. to 8 p.m. | [Registration](#) or Call (951) 867-3874
- Nov 6**
- Project Reveal: The Courageous Caregiver in You, 21st Annual C.A.L.M. (“Caregivers Are Learning More”) Conference***
LA CRC | Sat., Nov. 6 | 9 a.m. to 4 p.m. | [Registration](#) or Call 1(800) 540-4442
**Proyecto Revelación: El Cuidador Valiente que Hay en Usted, Conferencia Anual de C.A.L.M. (“Los cuidadores están aprendiendo más”) subtítulo en Español*
- Nov 9**
- Surviving the Holidays**
Orange CRC | Tue., Nov. 9 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call (714) 446-5030 or (800) 543-8312
- Ask the Elder Law Attorney**
Inland CRC | Tue., Nov. 9 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call (800) 675-6694
- Efectos del Alcohol y Drogas / Effects of Alcohol and Drugs (Spanish Only)**
Inland CRC | Mar., Nov. 9 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar (800) 675-6694
- Nov 10**
- The Dementias**
Inland CRC | Wed., Nov. 10 | 10 a.m. to 12 p.m. | [Registration](#) or Call (800) 675-6694

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- Nov 10** **Cuerpo y Mente Sana es Vida Sana / Healthy Body and Mind (Spanish Only)**
Inland CRC | Mié., Nov. 10 | 10 p.m. a 11:30 p.m. | [Inscripción](#) o Llamar (800) 675-6694
- Nov 11** **Quản lý những căng thẳng trong những ngày lễ / Surviving the Holidays (Vietnamese Only)**
Orange CRC | Thứ Năm, ngày 11 tháng 11 năm 2021 | 10:30 a.m. đến 11:30 a.m. | [Đăng ký hoặc gọi](#) (800) 543-8321 or (714) 446-5030
- Nov 13** **Celebrating Family Caregivers: Support, Community, Connection**
CA CRCs | Sat., Nov. 13 | 10:30 a.m. to 12 p.m. | [Registration](#)
- Nov 16** **Ask the Financial Planner**
Inland CRC | Tue., Nov. 16 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call (800) 675-6694
- Esquizofrenia / Schizophrenia (Spanish Only)**
Inland CRC | Mar., Nov. 16 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar (800) 675-6694
- Nov 17** **The Holiday Blues — Parkview**
Inland CRC | Wed., Nov. 17 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call (800) 675-6694
- Caregiving During the Holidays**
FCA CRC | Wed., Nov. 17 | 12 p.m. to 1 p.m. | [Registration](#) or Call (415) 434-3388 ext. 323
- Breaking Through Dementia Care Challenges Part 2**
Del Mar CRC | Wed., Nov. 17 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 1(800) 624-8304
- Giving Care**
FCA CRC | Wed., Nov. 17 | 12 p.m. to 1 p.m. | [Registration](#) or Call (415) 434-3388 ext. 323
- Caregiving through the Holidays**
Valley CRC | Wed., Nov. 17 | 3 p.m. to 4:30 p.m. | [Registration](#) or Call (559) 224-9154 or (800) 541-8614
- Nov 18** **When You're at the End of Your Rope**
Inland CRC | Thu., Nov. 18 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call (800) 675-6694
- Dementia: Symptoms, Behaviors & Challenges**
Del Mar CRC | Thu., Nov. 18 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 1(800) 624-8304
- Cómo Mantenerse Seguro en Línea / How to Stay Secure Online (Spanish Only)**
Inland CRC | Jue., Nov. 18 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar (800) 675-6694
- Demencia: Síntomas, Comportamientos y Desafíos / Dementia: Symptoms, Behaviors & Challenges (Spanish Only)**
Del Mar CRC | Jue., Nov. 18 | 4 p.m. a 5:30 p.m. | [Inscripción](#) o Llamar 1(800) 624-8304
- Caregiver: A Love Story Documentary Screening & Discussion**
Del Oro CRC | Thu., Nov. 18 | 7 p.m. to 8:30 p.m. | [Registration](#) or Call (916) 728-9333
- Nov 19** **老年人腦退化症 101 / Dementia (Cantonese Only)**
FCA CRC | 星期五 11月19號 | 上午11點至下午12點 | [請在此登記](#) 曾泰莎姑娘, ttsang@caregiver.org, (650) 451-5336
- Nov 23** **Trauma / Trauma (Spanish Only)**
Inland CRC | Mar., Nov. 23 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar (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.