



ONLINE LEARNING PROGRAMS

All events listed are open to everyone | Los eventos listados están abiertos a todos

- Mar 1** **Let's Get Away, Together! – What Wonders of the World?**
FCA CRC | Tue., Mar. 1 | 1 p.m. to 2 p.m. | [Registration](#) or Call 415-434-3388
- Combatiendo la Soledad / Combating Loneliness (Spanish Only)**
Inland CRC | Mar., Mar. 1 | 1:30 p.m. a 3 p.m. | [Inscripción](#) o Llamar 1-800-675-6694
- Mar 2** **Women's Health**
Inland CRC | Wed., Mar. 2 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 1-800-675-6694
- Información Para Entender la Enfermedad de Alzheimer y la Demencia / Understanding Alzheimer's and Dementia (Spanish Only)**
Del Mar | Mié., Mar. 2 | 10 a.m. a 11:30 a.m. | [Inscripción](#) o Llamar 1-800-624-8304
- Mar 3** **10 Warning Signs of Alzheimer's**
Inland CRC | Thu., Mar. 3 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 1-800-675-6694
- Understanding Alzheimer's and Dementia**
Del Mar | Thu., Mar. 3 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 1-800-624-8304
- Mar 4** **Fundamentos del Cuidado / Basic Care (Spanish Only)**
Inland CRC | Vie., Mar. 4 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar 1-800-675-6694
- Mar 8** **Let's Get Away, Together! – Women Artists in History**
FCA CRC | Tue., Mar. 8 | 1 p.m. to 2 p.m. | [Registration](#) or Call 415-434-3388
- Ask The Elder Law Attorney**
Inland CRC | Tue., Mar. 8 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 1-800-675-6694
- Mar 9** **Organization & Caregiving Cathy Bates**
Inland CRC | Wed., Mar. 9 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 1-800-675-6694
- Fraud – What To Know**
Valley CRC | Wed., Mar. 9 | 2 p.m. to 3:30 p.m. | [Registration](#) or Call 559-224-9154 or 1-800-541-8614
- Estableciendo Metas / Setting Goals (Spanish Only)**
Inland CRC | Mié., Mar. 9 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar 1-800-675-6694
- Mar 11** **Cómo Hacer Frente Cuando Estás al Final de la Cuerda / How to Cope When You're at the End (Spanish Only)**
Inland CRC | Vie., Mar. 11 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar 1-800-675-6694
- Mar 15** **Let's Get Away, Together! – St. Paddy's Day Irish Music Celebration with Katrina**
FCA CRC | Tue., Mar. 15 | 1 p.m. to 2 p.m. | [Registration](#) or Call 415-434-3388
- Sundowning**
Inland CRC | Tue., Mar. 15 | 6 p.m. to 7:30 p.m. | [Registration](#) or Call 1-800-675-6694
- Mar 16** **¿Consume frutas? ¿Y verduras? / Do you Eat Fruits? And Vegetables? (Spanish Only)**
Inland CRC | Mié., Mar. 16 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar 1-800-675-6694

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- Mar 17** **Introduction to Palliative Care**
Del Mar | Thu., Mar. 17 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 1-800-624-8304
- Elder Law Seminar by Kevin D. Gunner, Attorney at Law**
Valley CRC | Thu., Mar. 17 | 2 p.m. to 3:30 p.m. | [Registration](#) or Call 559-224-9154 or 1-800-541-8614
- Mar 18** **Metas Para Lograr Una Vida Más Saludable / Goals To Achieve A Healthier Life (Spanish Only)**
Inland CRC | Vie., Mar. 18 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar 1-800-675-6694
- Mar 22** **Preventing Diabetes – RCHF**
Inland CRC | Tue., Mar. 22 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 1-800-675-6694
- Mar 23** **No Dañe su Corazon / Do not Hurt your Heart (Spanish Only)**
Inland CRC | Mié., Mar. 18 | 2:30 p.m. a 4 p.m. | [Inscripción](#) o Llamar 1-800-675-6694
- Mar 24** **The ABC's of Vitamins IVHP**
Inland CRC | Thu., Mar. 24 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 1-800-675-6694
- Dementia Care Challenges: Bathing, Dressing & Bathroom Care**
Del Mar | Thu., Mar. 24 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 1-800-624-8304
- Desafíos del cuidado de la demencia: bañarse, vestirse y cuidado del baño / Dementia Care Challenges: Bathing, Dressing & Bathroom Care (Spanish Only)**
Del Mar | Jue., Mar. 24 | 3 p.m. a 4:30 p.m. | [Inscripción](#) o Llamar 1-800-624-8304
- Viviendo con Alzheimer's – Etapa Intermedia Pt. 1 / Living with Alzheimer's – Intermediate Stage Pt. 1 (Spanish Only)**
Orange CRC | Jue., Mar. 24 | 6 p.m. a 7:30 p.m. | [Inscripción](#) o Llamar 1-800-543-8312
- Mar 25** **Yoga de la Risa / Laughter Yoga (Spanish Only)**
Inland CRC | Vie., Mar. 25 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar 1-800-675-6694
- Mar 28** **Brain Tumor Awareness Western Health Sciences**
Inland CRC | Mon., Mar. 28 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 1-800-675-6694
- Mar 29** **Anti-Fraud Education DPSS Care Program**
Inland CRC | Tue., Mar. 29 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 1-800-675-6694
- Frontotemporal Dementia (FTD) Overview**
Del Oro CRC | Tue., Mar. 29 | 1:30 p.m. to 2:30 p.m. | [Registration](#) or Call 916-728-9333
- Mar 30** **More Than a Caregiver: Getting Back to Yourself**
Passage CRC | Wed, Mar. 30 | 2 p.m. to 3 p.m. | [Registration](#) or Call 530-898-5925
- Controle Su Presión Arterial / Control Your Blood Pressure (Spanish Only)**
Inland CRC | Mié., Mar. 30 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar 1-800-675-6694
- Lista de Verificación del Cuidador Familiar / Family Caregiver Checklist (Spanish Only)**
LA CRC | Mié., Mar. 30 | 7 p.m. a 8 p.m. | [Inscripción](#) o Llamar 1-800-540-4442
- Mar 31** **Viviendo con Alzheimer's – Etapa Intermedia Pt. 2/ Living with Alzheimer's – Intermediate Stage Pt. 2 (Spanish Only)**
Orange CRC | Jue., Mar. 31 | 6 p.m. a 7:30 p.m. | [Inscripción](#) o Llamar 1-800-543-8312

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