CALIFORNIA caregiver Resource Centers

APRIL 2022

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

Apr 1

Nutrición en Los Adultos / Nutrition in Adults (Spanish Only)
Inland CRC | Vie., Apr. 1 | 2 p.m. a 3:30 p.m. | Número de Junta: 889 9218 4588
Contraseña: 753869 o Llamar 909-835-6807

Apr 5

Parkinson's Disease
Inland CRC | Tue., Apr. 5 | 10 a.m. to 11:30 a.m. | Registration or Call 1-800-675-6694

Apr 6

Cómo Mantenerse Seguros en Línea / How to Stay Safe Online (Spanish Only)
Inland CRC | Mié., Apr. 6 | 2 p.m. a 3:30 p.m. | Número de Junta: 885 7722 5695
Contraseña: 346485 o Llamar 909-835-6807

Apr 7

Stress Management
Inland CRC | Thu., Apr. 7 | 10 a.m. to 11:30 a.m. | Registration or Call 1-800-675-6694

Viviendo Con Alzheimer's — Etapa Intermedia Pt. 3 / Living with Alzheimer's Middle Stage Pt. 3 (Spanish Only)
Orange CRC | Jue., Apr. 7 | 6 p.m. a 7:30 p.m. | Inscripción o Llamar 1-800-543-8312

Apr 8

Managing and Understanding Behavior Problems in Alzheimer's Disease and Related Disorders
Redwood CRC | Fri., Apr. 8 | 12:30 p.m. to 2:30 p.m. | Email mxm@redwoodcrc.org

Apr 12

Ask The Elder Law Attorney
Inland CRC | Tue., Apr. 12 | 1 p.m. to 2:30 p.m. | Registration or Call 1-800-675-6694

Apr 13

Expert Advice on Placement—SCRS
Inland CRC | Wed., Apr. 13 | 1 p.m. to 2:30 p.m. | Registration or Call 1-800-675-6694

La Fatiga / Fatigue (Spanish Only)
Inland CRC | Mié., Apr. 13 | 2 p.m. a 3:30 p.m. | Número de Junta: 819 0077 5414
Contraseña: 223977 o Llamar 909-835-6807

Apr 14

Những Dịch Vụ Hỗ Trợ cho Người Chăm Sóc / Supportive Services for Caregivers (Vietnamese Only)
Orange CRC | Thu., Apr. 14 | 10:30 a.m. to 11:30 a.m. | Registration or call 1-800-543-8312

What is Occupational Therapy? Ballard
Inland CRC | Thu., Apr. 14 | 1 p.m. to 2:30 p.m. | Registration or Call 1-800-675-6694

Apr 15

Hablemos de Remedios Naturales / Let's Talk About Natural Remedies (Spanish Only)
Inland CRC | Vie., Apr. 15 | 2 p.m. a 3:30 p.m. | Número de Junta: 844 2021 8444
Contraseña: 295530 o Llamar 909-835-6807

Apr 16

Caregiver 101
Redwood CRC | Sat., Apr. 16 | 12:30 p.m. to 2:30 p.m. | Email mxm@redwoodcrc.org

Apr 19

What is MS?
Inland CRC | Tue., Apr. 19 | 1 p.m. to 2:30 p.m. | Registration or Call 1-800-675-6694

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

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Apr 19

Vitaminas / Vitamins (Spanish Only)
Inland CRC | Mar., Apr. 19 | 1 p.m. a 2:30 p.m. | Número de Junta: 847 6195 1545
Contraseña: 812761 o Llamar 909-835-6807

Using Mindfulness to Manage Caregiving Stress and Build Resilience
Del Oro CRC | Tue., Apr. 19 | 2 p.m. to 3:15 p.m. | Registration or Call 916-728-9333

Apr 21

What do Paralegal Services Include?
Inland CRC | Thu., Apr. 21 | 10 a.m. to 11:30 a.m. | Registration or Call 1-800-675-6694

Understanding Alzheimer's and Dementia
Del Oro CRC | Thu., Apr. 21 | 12 p.m. to 1:15 p.m. | Registration or Call 916-728-9333

Consejos Para Tener Una Cita Medica Exitosa / Tips for a Successful Dr's Visit (Spanish Only)
LA CRC | Jue., Apr. 21 | 7 p.m. a 7:45 p.m. | Inscripción o Llamar 1-800-540-4442

Apr 22

Duelo en tiempo de Coronavirus / Grief during Coronavirus (Spanish Only)
Inland CRC | Vie., Apr. 22 | 2 p.m. a 3:30 p.m. | Número de Junta: 814 1404 7864
Contraseña: 420043 o Llamar 909-835-6807

Apr 26

Driver Safety for Older Adults
Valley CRC | Tue., Apr. 26 | 11 a.m. to 12:30 p.m. | Registration or Call 559-224-9154 or 1-800-541-8614

Domestic Violence
Inland CRC | Tue., Apr. 26 | 6 p.m. to 7:30 p.m. | Registration or Call 1-800-675-6694

Apr 27

Is It Normal Aging or Dementia?
Inland CRC | Wed., Apr. 27 | 10 a.m. to 11:30 a.m. | Registration or Call 1-800-675-6694

Take Charge! Advance Care Planning Tips
FCA CRC | Wed., Apr. 27 | 11 a.m. to 12 p.m. | Registration or Call 415-434-3388

More Than a Caregiver: Being Resilient
Passage CRC | Wed., Apr. 27 | 2 p.m. to 3 p.m. | Registration or Call 530-898-5925

Terapia de Arte, Salud y Bienestar / Art and Wellness (Spanish Only)
Inland CRC | Mié., Apr. 27 | 2 p.m. a 3:30 p.m. | Número de Junta: 882 2344 4283
Contraseña: 412757 o Llamar 909-835-6807

Apr 28

Assisted Living Waiver Program — CALSTRO
Inland CRC | Thu., Apr. 28 | 10 a.m. to 11:30 a.m. | Registration or Call 1-800-675-6694

Dementia Care Challenges: Wandering, Sleep & Sundowning
Del Mar | Thu., Apr. 28 | 1 p.m. to 2:30 p.m. | Registration or Call 1-800-624-8304

Desafíos del Cuidado de la Demencia: Deambular, Dormir y Anochecer / Dementia Care Challenges: Wandering, Sleep & Sundowning (Spanish Only)
Del Mar | Jue., Apr. 28 | 3 p.m. a 4:30 p.m. | Inscripción o Llamar 1-800-624-8304

Apr 29

Estableciendo Metas / Setting Goals (Spanish Only)
Inland CRC | Vie., Apr. 29 | 2 p.m. a 3:30 p.m. | Número de Junta: 836 9590 8975
Contraseña: 986806 o Llamar 909-835-6807

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