



ONLINE LEARNING PROGRAMS

ALL EVENTS LISTED ARE OPEN TO EVERYONE | LOS EVENTOS LISTADOS ESTÁN ABIERTOS A TODOS

Nov 1

Celebrando y cuidando durante las fiestas

Inland CRC | Mar., Nov. 1 | 10 a.m. to 11:30 a.m. | [Inscripción](#) o Llamar 909-514-1404

Let's Get Away, Together! Let's talk about BABIES!

FCA CRC | Tues., Nov. 1 | 1:00 p.m. to 2:30 p.m. | [Registration](#) or Call 415-434-3388

Durable Medical Equipment 101

Valley CRC | Tues., Nov. 1 | 2 p.m. to 3:30 p.m. | [Registration](#) or Call (559) 224-9154 or (800) 541-8614

Nov 4

Pérdida y Duelo

Inland CRC | Vier., Nov. 4 | 1:30 p.m. a 3 p.m. | [Inscripción](#) o Llamar 909-835-6807

Nov 5

Caregiver University Conference

Del Mar CRC | Sat., Nov. 5 | 9 a.m. to 12 p.m. | [Registration](#) or Call (800) 624-8304

Nov 7

20 Mitos de la enfermedad del Alzheimer

Inland CRC | Lunes., Nov. 7 | 11:30 p.m. to 1 p.m. | [Inscripción](#) o Llamar 909-835-6807

Nov 8

Let's Get Away, Together! From Pole to Pole

FCA CRC | Tues., Nov. 8 | 1:00 p.m. to 2:30 p.m. | [Registration](#) or Call 415-434-3388

Ask Elder Law Attorney

Inland CRC | Tues., Nov. 8 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call (800) 675-6694

What to Know BEFORE Seeking Long-Term Care

Valley CRC | Tues., Nov. 8 | 2 p.m. to 3:30 p.m. | [Registration](#) or Call (559) 224-9154 or (800) 541-8614

Sandwiched Speaker Series: What is the Sandwich Generation?

Del Oro CRC | Tues., Nov. 8 | 4 p.m. to 5:30 p.m. | [Registration](#) or Call 916-728-9333, Ext. 2

Nov 9

Combating Isolation

Inland CRC | Wed., Nov. 9 | 12 p.m. to 1:30 p.m. | [Registration](#) or Call (800) 675-6694

Nutrición en los adultos

Inland CRC | Miér., Nov. 9 | 1:30 p.m. a 3 p.m. | [Inscripción](#) o Llamar (909) 835-6807

Nov 10

Self Care

Inland CRC | Thurs., Nov. 10 | 2 p.m. to 3:30 p.m. | [Registration](#) or Call (800) 675-6694

Como Hablar con su Doctor (How to Talk to your Doctor)

FCA CRC | Juev., Nov. 10 | 1 p.m. a 2:30 p.m. | [Inscripción](#) o Llamar (415) 434-3388, ext. 316

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- Nov 11** **Is It the Right Time? The Nursing home Decision**
[Redwood CRC](#) | Fri., Nov. 11 | 12:30 p.m. to 2:30 p.m. | [Registration](#) or Call (707) 582-2329
- Nov 14** **La puesta del sol**
[Inland CRC](#) | Lunes, Nov. 14 | 1:30 p.m. a 3 p.m. | [Inscripción](#) o Llamar (909) 835-6807
- Nov 15** **Sandwiched Speaker Series: How to Help Kids Navigate Debilitating Diseases and Death**
[Del Oro CRC](#) | Tues., Nov. 15 | 4 p.m. to 5:30 p.m. | [Registration](#) or Call 916-728-9333, Ext. 2
- Nov 16** **Life Balance In Caregiving**
[Passages CRC](#) | Wed., Nov. 16 | 12 p.m. to 1 p.m. | [Registration](#) or Call 530.898.5925
- Comida para el cerebro**
[Inland CRC](#) | Miér., Nov. 16 | 1:30 p.m. a 3 p.m. | [Inscripción](#) o Llamar (909) 835-6807
- Communicating in Challenging Situations**
[Inland CRC](#) | Wed., Nov. 16 | 12:30 p.m. to 2 p.m. | [Registration](#) or Call 800-675-6694
- Nov 18** **老人性老年期變性症 101 (Dementia 101)**
[FCA CRC](#) | 星期五., 十一月 18 | 10 a.m. to 11 a.m. | [註冊](#) 或呼叫 415-434-3388 x304
- Guided Pathways for Family Caregivers**
[Redwood CRC](#) | Fri., Nov. 18 | 11 a.m. to 12:30 p.m. | [Registration](#) or Call (707) 582-2247
- Best Friends Approach™ To Dementia Care**
[Redwood CRC](#) | Fri., Nov. 18 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call (707) 582-2247
- Esquizofrenia**
[Inland CRC](#) | Vier., Nov. 18 | 1:30 p.m. a 3 p.m. | [Inscripción](#) o Llamar (909) 835-6807
- Nov 19** **Caregiver 101**
[Redwood CRC](#) | Sat., Nov. 19 | 12:30 p.m. to 2 p.m. | [Registration](#) or Call (707) 582-2329
- Nov 21** **Caregiving & The Holidays**
[Inland CRC](#) | Mon., Nov. 21 | 6 p.m. to 7:30 p.m. | [Registration](#) or Call 800-675-6694
- Nov 22** **Música y su identidad**
[Inland CRC](#) | Mar., Nov. 22 | 2:30 p.m. a 4 p.m. | [Inscripción](#) o Llamar (909) 835-6807
- Nov 29** **Envejecimiento Saludable**
[Inland CRC](#) | Mar., Nov. 29 | 1:30 p.m. a 3 p.m. | [Inscripción](#) o Llamar (909) 835-6807
- Nov 30** **The Ins and Outs of Paid Family Leave and Related Rights for Family Caregiver**
[FCA CRC](#) | Wed., Nov. 30 | 11 a.m. to 12:30 p.m. | [Registration](#) or Call 415-434-3388