

May 2023 Online Learning Programs

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

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

May 2, 2023

Let's Get Away Together: Beatles Encore! [↗](#)

[FCA CRC](#) | Tue, May 2 | 1 PM to 2 PM | [Registration](#)

May 2, 2023

ALS Overview: Symptoms, Diagnosis, & Caregiving [↗](#)

[Del Oro CRC](#) | Tue, May 2 | 1:30 PM to 2:30 PM | [Registration](#) or call [916-728-9333](tel:916-728-9333), [Press 2](#)

4 may 2023

Más allá del duelo: afrontando el duelo y la pérdida [↗](#)

[LA CRC](#) | jue, 4 may | 11 a 12 | [Inscripción](#) o llamar [1-800-540-4442](tel:1-800-540-4442)

4 may 2023

Cuerpo y cerebro sano es vida sana [↗](#)

[Inland CRC](#) | jue, 4 may | 14 a 15:30 | [Inscripción](#) o llamar [909 835 6807](tel:909-835-6807)

5 may 2023

Limites Saludables [↗](#)

[Inland CRC](#) | vie, 5 may | 14 a 15:30 | [Inscripción](#) o llamar [909 835-6807](tel:909-835-6807)

8 thg 5, 2023

Làm dịu tâm trí lo lắng của quý vị: Hiểu sự lo lắng và giảm căng thẳng (presented by SCAN Independence at Home) [↗](#)

[Orange CRC](#) | Th 2, 8 thg 5 | 11 to 12 | [Registration](#) or call [800-543-8312](tel:800-543-8312)

May 8, 2023

Dementia 101 [↗](#)

[FCA CRC](#) | Mon, May 8 | 1 PM to 2 PM | [Registration](#)

May 2023 Online Learning Programs

8 may 2023

Comida para el cerebro

[Inland CRC](#) | lun, 8 may | 14 a 15:30 | [Inscripción](#) o llamar [909 835 6807](tel:9098356807)

May 9, 2023

Let's Get Away Together: Let's go to Golden Gate Park

[FCA CRC](#) | Tue, May 9 | 1 PM to 2 PM | [Registration](#)

May 9, 2023

Ask The Elder Law Attorney

[Inland CRC](#) | Tue, May 9 | 1 PM to 3:30 PM | [Registration](#) or call [800-675-6694](tel:8006756694)

9 may 2023

Cambiar mi dieta para controlar mis condiciones

[Inland CRC](#) | mar, 9 may | 14 a 15:30 | [Inscripción](#) o llamar [909 835 6807](tel:9098356807)

May 10, 2023

Long Term Care Options

[Orange CRC](#) | Wed, May 10 | 1:30 PM to 3:30 PM | [Registration](#) or call [800-543-8312](tel:8005438312)

10 may 2023

Información para Entender la Enfermedad de Alzheimer y la Demencia

[Orange CRC](#) | mié, 10 may | 17:30 a 18:30 | [Inscripción](#) o llamar [800-543-8312](tel:8005438312)

May 11, 2023

Safe Sex for Seniors

[Inland CRC](#) | Thu, May 11 | 10 AM to 11:30 AM | [Registration](#) or call [800-675-6694](tel:8006756694)

May 11, 2023

Beyond Bereavement: Coping with Grief & Loss (presented by SCAN Independence at Home)

[Orange CRC](#) | Thu, May 11 | 11 AM to 12 PM | [Registration](#) or call [800-543-8312](tel:8005438312)

12 may 2023

Calmar su mente preocupada: comprender la ansiedad y reducir el estrés (presented by SCAN Independence at Home)



[Orange CRC](#) | vie, 12 may | 11 a 12 | [Inscripción](#) o llamar [800-543-8312](tel:8005438312)

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May 12, 2023

Bathing Without a Battle and Mouth Care without a battle [↗](#)

[Redwood CRC](#) | Fri, May 12 | 12:30 PM to 2:30 PM | [Registration](#) or call [707-582-2329](#)

May 15, 2023

Living in Limbo [↗](#)

[Inland CRC](#) | Mon, May 15 | 2 PM to 3:30 PM | [Registration](#) or call [800-675-6694](#)

May 16, 2023

Frontotemporal Dementia [↗](#)

[Inland CRC](#) | Tue, May 16 | 10 AM to 11:30 AM | [Registration](#) or call [800-674-6695](#)

May 16, 2023

Let's Get Away Together: The View from a Train [↗](#)

[FCA CRC](#) | Tue, May 16 | 1 PM to 2 PM | [Registration](#)

16 may 2023

Es envejecimiento normal o es Demencia? [↗](#)

[Inland CRC](#) | mar, 16 may | 14 a 15:30 | [Inscripción](#) o llamar [909 835 6807](#)

May 16, 2023

Beyond Bereavement: Coping with Grief and Loss [↗](#)

[LA CRC](#) | Tue, May 16 | 6 PM to 7 PM | [Registration](#) or call [800-540-4442](#)

May 17, 2023

Caring for the Caregiver: Self-Care Activities for Dementia Caregivers [↗](#)

[Southern CRC](#) | Wed, May 17 | 1 PM to 1:30 PM | [Registration](#) or call [\(858\) 268-4432](#)

17 may 2023

Comprendiendo la pérdida de memoria [↗](#)

[Inland CRC](#) | mié, 17 may | 14 a 15:30 | [Inscripción](#) o llamar [909 835 6807](#)

May 17, 2023

Keeping Mentally Healthy while Caregiving [↗](#)

[Valley CRC](#) | Wed, May 17 | 2 PM to 3:30 PM | [Registration](#) or call [\(559\) 224-9154](#)

May 2023 Online Learning Programs

17 may 2023

Cuidando al Cuidador: Actividades de Autocuidado para Cuidadores Familiares

[Southern CRC](#) | mié, 17 may | 14 a 14:30 | [Inscripción](#) o llamar [\(858\) 268-4432](#)

18 may 2023

No estás sola(o): manejando sentimientos de tristeza

[LA CRC](#) | jue, 18 may | 11 a 12 | [Inscripción](#) o llamar [1-800-540-4442](#)

May 19, 2023

Calming Your Worried Mind: Understanding Anxiety and Reducing Stress (presented by SCAN Independence at Home)



[Orange CRC](#) | Fri, May 19 | 11 AM to 12 PM | [Registration](#) or call [800-543-8312](#)

May 19, 2023

Ask the Experts – on Placement

[Valley CRC](#) | Fri, May 19 | 2 PM to 3:30 PM | [Registration](#) or call [\(559\) 224-9154](#)

May 20, 2023

Caregiver 101

[Redwood CRC](#) | Sat, May 20 | 12:30 PM to 2 PM | [Registration](#) or call [707-582-2329](#)

May 22, 2023

Veteran's Benefits

[Inland CRC](#) | Mon, May 22 | 3 PM to 4:30 PM | [Registration](#) or call [800-675-6694](#)

23 thg 5, 2023

Các Bước Đầu Tiên cho Người Chăm Sóc Mới

[Orange CRC](#) | Th 3, 23 thg 5 | 10:30 to 12 | [Registration](#) or call [800-543-8312](#)

May 23, 2023

Let's Get Away Together: Monsters, Myths, and Legends from around the world!

[FCA CRC](#) | Tue, May 23 | 1 PM to 2 PM | [Registration](#)

23 may 2023

Comiendo saludable

[Inland CRC](#) | mar, 23 may | 14 a 15:30 | [Inscripción](#) o llamar [\(909\) 838-6807](#)

May 2023 Online Learning Programs

May 24, 2023

Traumatic Brain Injury (TBI) [↗](#)

[Inland CRC](#) | Wed, May 24 | 3 PM to 4:30 PM | [Registration](#) or call [800-675-6694](#)

May 25, 2023

At Home with Hospice: Anticipatory and Complicated Grief [↗](#)

[Del Oro CRC](#) | Thu, May 25 | 1 PM to 2:30 PM | [Registration](#) or call [916-728-9333, Press 2](#)

25 may 2023

Fatiga [↗](#)

[Inland CRC](#) | jue, 25 may | 14 a 15:30 | [Inscripción](#) o llamar [909 835 6807](#)

30 may 2023

Fraude [↗](#)

[Inland CRC](#) | mar, 30 may | 10 a 11:30 | [Inscripción](#) o llamar [909 835 6807](#)

May 30, 2023

Let's Get Away Together: Finding Joyful Moments [↗](#)

[FCA CRC](#) | Tue, May 30 | 1 PM to 2 PM | [Registration](#)

May 30, 2023

You're Not Alone: Managing Feelings of Sadness [↗](#)

[LA CRC](#) | Tue, May 30 | 6 PM to 7 PM | [Registration](#) or call [1-800-540-4442](#)

31 may 2023

Sal(sodio) [↗](#)

[Inland CRC](#) | mié, 31 may | 14 a 16:30 | [Inscripción](#) o llamar [909 835 6807](#)

May 31, 2023

Sleep Hygiene [↗](#)

[Inland CRC](#) | Wed, May 31 | 6 PM to 7:30 PM | [Registration](#) or call [800-675-6694](#)
