

# June 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](http://www.caregivercalifornia.org)

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1 jun 2023

## ¡AY QUE DOLOR! USO DE LA RELAJACIÓN Y LAS IMÁGENES GUIADAS PARA MANEJAR EL DOLOR

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

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1 jun 2023

## Conozca las 10 señales de advertencia de Alzheimer

[Inland CRC](#) | jue, 1 jun | 13:30 a 15 | [Inscripción](#) o llamar [\(909\) 835-6807](tel:(909)835-6807)

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5 jun 2023

## La Gratitude

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

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Jun 6, 2023

## Let's Get Away Together: Famous "Fathers" In History

[FCA CRC](#) | Tue, Jun 6 | 1 PM to 2 PM | [Registration](#)

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Jun 6, 2023

## LGBTQ2S+ Issues and Dementia While Caregiving

[Valley CRC](#) | Tue, Jun 6 | 1 PM to 2:30 PM | [Registration](#) or call [\(559\) 224-9154](tel:(559)224-9154)

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Jun 7, 2023

## Family Conflict

[Valley CRC](#) | Wed, Jun 7 | 2 PM to 3:30 PM | [Registration](#) or call [\(559\) 224-9154](tel:(559)224-9154)

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7 jun 2023

## Ocaso del sol

[Inland CRC](#) | mié, 7 jun | 14 a 15:30 | [Inscripción](#) o llamar [909 835 6807](tel:9098356807)

# June 2023 Online Learning Programs

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Jun 8, 2023

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

[Orange CRC](#) | Thu, Jun 8 | 2 PM to 3 PM | [Registration](#) or call [800-543-8312](#)

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Jun 9, 2023

## He's Doing This to Spite Me: Emotional Conflicts in Dementia Care and At the Breaking Point: Emotions and Ethics in Family Caregiving [↗](#)

[Redwood CRC](#) | Fri, Jun 9 | 10:30 AM to 12:30 PM | [Registration](#) or call [707-582-2329](#)

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Jun 12, 2023

## A Conversation On Grief And Loss [↗](#)

[Del Mar CRC](#) | Mon, Jun 12 | 1 PM to 2:30 PM | [Registration](#) or call [800-624-8304](#)

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Jun 12, 2023

## Communication & Dementia [↗](#)

[Inland CRC](#) | Mon, Jun 12 | 2 PM to 3:30 PM | [Registration](#) or call [800-675-6694](#)

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12 jun 2023

## Salud emocional [↗](#)

[Inland CRC](#) | lun, 12 jun | 14 a 15:30 | [Inscripción](#) o llamar [909 835 6807](#)

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Jun 13, 2023

## Spotlight on Services: Support Groups [↗](#)

[Del Oro CRC](#) | Tue, Jun 13 | 12 PM to 12:30 PM | [Registration](#) or call [916-728-9333, Press 2](#)

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13 jun 2023

## Señales que un adulto necesita ayuda [↗](#)

[Inland CRC](#) | mar, 13 jun | 14 a 15:30 | [Inscripción](#) o llamar [909 835-6807](#)

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Jun 13, 2023

## Oh What a Pain! Using Relaxation and Guided Imagery to Manage Pain [↗](#)

[LA CRC](#) | Tue, Jun 13 | 6 PM to 7 PM | [Registration](#) or call [1-800-540-4442](#)

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14 jun 2023

## Beneficios del ejercicio y actividad física [↗](#)

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

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# June 2023 Online Learning Programs

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14 jun 2023

## Conozca las 10 Señales de Advertencia [↗](#)

[Orange CRC](#) | mié, 14 jun | 17:30 a 18:30 | [Inscripción](#) o llamar [800-543-8312](#)

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Jun 15, 2023

## End of Life Doula [↗](#)

[Inland CRC](#) | Thu, Jun 15 | 10 AM to 11:30 AM | [Registration](#) or call [800-675-6694](#)

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15 jun 2023

## TRANQUILIZANDO SU MENTE PREOCUPADA: COMPRENDER LA ANSIEDAD Y REDUCIR EL ESTRÉS [↗](#)

[LA CRC](#) | jue, 15 jun | 11 a 12 | [Inscripción](#) o llamar [1-800-540-4442](#)

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15 jun 2023

## No estás sola(o): manejando sentimientos de tristeza [↗](#)

[Orange CRC](#) | jue, 15 jun | 14 a 15 | [Inscripción](#) o llamar [800-543-8312](#)

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Jun 20, 2023

## The LGBTQ Community & Caregiving [↗](#)

[Inland CRC](#) | Tue, Jun 20 | 10 AM to 11:30 AM | [Registration](#) or call [800-675-6694](#)

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Jun 21, 2023

## Seniors & Depression [↗](#)

[Inland CRC](#) | Wed, Jun 21 | 10 AM to 11:30 AM | [Registration](#) or call [800-675-6694](#)

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Jun 21, 2023

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

[Southern CRC](#) | Wed, Jun 21 | 1 PM to 1:30 PM | [Registration](#) or call [\(858\) 262-4432](#)

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21 jun 2023

## Cuidando al Cuidador: Actividades de Autocuidado para Cuidadores Familiares [↗](#)

[Southern CRC](#) | mié, 21 jun | 14 a 14:30 | [Inscripción](#) o llamar [\(858\) 268-4432](#)

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21 jun 2023

## Como superar la tristeza y la soledad [↗](#)

[Inland CRC](#) | mié, 21 jun | 14 a 15:30 | [Inscripción](#) o llamar [909 835-6807](#)

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# June 2023 Online Learning Programs

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Jun 22, 2023

## Fall Prevention [↗](#)

[Inland CRC](#) | Thu, Jun 22 | 10 AM to 11:30 AM | [Registration](#) or call [800-675-6694](#)

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22 thg 6, 2023

## Quý vị không đơn độc: Quản lý cảm giác buồn bã [↗](#)

[Orange CRC](#) | Th 5, 22 thg 6 | 14 to 15 | [Registration](#) or call [800-543-8312](#)

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Jun 23, 2023

## Caregiver 101 Class [↗](#)

[Redwood CRC](#) | Fri, Jun 23 | 10:30 AM to 12:30 PM | [Registration](#) or call [707-582-2329](#)

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Jun 26, 2023

## Maintain Your Brain [↗](#)

[Inland CRC](#) | Mon, Jun 26 | 2 PM to 3:30 PM | [Registration](#) or call [800-675-6694](#)

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27 jun 2023

## Vamos a desestresarnos [↗](#)

[Inland CRC](#) | mar, 27 jun | 14 a 15:30 | [Inscripción](#) o llamar [909 835-6807](#)

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Jun 27, 2023

## Calming Your Worried Mind: Understanding Anxiety and Reducing Stress [↗](#)

[LA CRC](#) | Tue, Jun 27 | 6 PM to 7 PM | [Registration](#) or call [1-800-540-4442](#)

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29 jun 2023

## RESPIRA: LIDIANDO CON EL AGOTAMIENTO DEL CUIDADOR Y DANDO LA BIENVENIDA A LA RELAJACIÓN [↗](#)

[LA CRC](#) | jue, 29 jun | 11 a 12 | [Inscripción](#) o llamar [1-800-540-4442](#)

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