

August 2023

Online Learning Programs

All events listed are open to everyone | Los eventos listados eston abiertos o 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

Tue, Aug 1 | 1 PM to 2 PM

Let's Get Away, Together: National Anthems! [↗](#)

[FCA CRC](#) | [Register](#)

Wed, Aug 2 | 9 AM to 11 AM

Spirituality & Wholeness in Caregiving [↗](#)

[Inland CRC](#) | [Register](#) or call 800-675-6694

Wed, Aug 2 | 2 PM to 3:30 PM

Endulce su Vida [↗](#)

[Inland CRC](#) | [Register](#) or call 909 835 6807

Fri, Aug 4 | 11 AM to 12:30 PM

Arte, salud y bienestar [↗](#)

[Inland CRC](#) | [Register](#) or call 909 835 6807

Tue, Aug 8 | 10:30 AM to 11:30 AM

Introduction to Dementia and Caregiving [↗](#)

[Del Oro CRC](#) | [Register](#)

Tue, Aug 8 | 1 PM to 2 PM

Let's Get Away, Together: Let's explore Aerial Photography! [↗](#)

[FCA CRC](#) | [Register](#)

Tue, Aug 8 | 2 PM to 3:30 PM

Ayuda para los días festivos(Part 1) [↗](#)

[Inland CRC](#) | [Register](#) or call 909 835 6807

Wed, Aug 9 | 1 PM to 2:30 PM

Ask the Elder Law Attorney [↗](#)

[Inland CRC](#) | [Register](#) or call 800-675-6694

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

[Orange CRC](#) | [Inscribirse](#) o llamar 800-543-8312

August 2023

Thu, Aug 10 | 1 PM to 3 PM

Legal Planning For Caregivers

[Del Mar CRC](#) | [Register](#) or call 831-459-6639

Fri, Aug 11 | 10:30 AM to 12:30 PM

A Thousand Tomorrows: Intimacy, Sexuality, and Alzheimer's and Sexuality, Intimacy and Dementia in the Residential Care Setting

[Redwood CRC](#) | [Register](#) or call 542-0282 ext. 107

Fri, Aug 11 | 1 PM to 3 PM

Planificación Legal Para Cuidadores

[Del Mar CRC](#) | [Register](#) or call 831-424-4359

Tue, Aug 15 | 1 PM to 2 PM

Let's Get Away, Together: The Power of Volcanoes!

[FCA CRC](#) | [Register](#)

Tue, Aug 15 | 6 PM to 7 PM

Ask The Expert

[Inland CRC](#) | [Register](#) or call 800-675-6694

Wed, Aug 16 | 1 PM to 2 PM

Clase en línea para cuidadores – Agosto

[Southern CRC](#) | [Register](#) or call (858) 268-4432

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¡Ay que dolor! Uso de la relajación y las imágenes guiadas para manejar el dolor

[Orange CRC](#) | [Inscribirse](#) o llamar 800-543-8312

Thu, Aug 17 | 2 PM to 3 PM

BREATHE & RELAX

[Passages CRC](#) | [Register](#) or call 5308983827

Thu, Aug 17 | 2 PM to 3:30 PM

If I Need Help-Wearable ID

[Inland CRC](#) | [Register](#)

Thu, Aug 17 | 2 PM to 3:30 PM | Hybrid

Home Care vs Home Health

[Valley CRC](#) | [Register](#) or call 5592249154

Tue, Aug 22 | 1 PM to 2 PM

Let's Get Away, Together: Finding Joyful Moments

[FCA CRC](#) | [Register](#)

August 2023

Tue, Aug 22 | 2 PM to 3:30 PM

Ayuda para los días festivos (Part 2)

[Inland CRC](#) | [Register](#) or call 909 835 6807

Wed, Aug 23 | 10 AM to 11:30 AM

No More Medication Mayhem

[Inland CRC](#) | [Register](#)

Wed, Aug 23 | 6 PM to 7 PM

Coping with Emotions of Caregiving

[Orange CRC](#) | [Register](#) or call 800-543-8312

Thu, Aug 24 | 10 AM to 11 AM

Oh What a Pain!: Using Relaxation and Guided Imagery to Manage Pain

[Orange CRC](#) | [Register](#) or call 800-543-8312

Thu, Aug 24 | 2 PM to 11:30 AM

Coping with Anxiety

[Inland CRC](#) | [Register](#)

Thu, Aug 24 | 2 PM to 3:30 PM

Medicare 101

[Valley CRC](#) | [Register](#) or call 5592249154

Thu, Aug 24 | 2 PM to 4 PM

CONFIDENCE: 5-week Course (session one of five)

[LA CRC](#) | [Register](#)

Fri, Aug 25 | 10:30 AM to 12:30 PM

Caregiver 101 Class

[Redwood CRC](#) | [Register](#) or call 542-0282 ext. 107

Fri, Aug 25 | 2 PM to 3:30 PM

El envejecimiento y los ojos

[Inland CRC](#) | [Register](#) or call 909 835 6807

Tue, Aug 29 | 10 AM to 11:30 AM

Hacer frente a la ansiedad

[Inland CRC](#) | [Register](#) or call 909 835 6807

Tue, Aug 29 | 12 PM to 1:30 PM

KINDER: Knowledge and Interpersonal Skills to Develop Exemplary Relationships (Session 1 of 3)

[LA CRC](#) | [Register](#)

August 2023

Tue, Aug 29 | 1 PM to 2 PM

Let's Get Away, Together: World Records! 

[FCA CRC](#) | [Register](#)

Thu, Aug 31 | 2 PM to 3:30 PM

Sex, Intimacy and Aging 

[Valley CRC](#) | [Register](#) or call 5592249154

Thu, Aug 31 | 2 PM to 4 PM

CONFIDENCE: 5-week Course (session two of five) 

[LA CRC](#) | [Register](#)
