

September 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, Sep 5 | 2 PM to 3:30 PM

Ayuda para los días festivos Parte 3

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

Wed, Sep 6 | 2 PM to 3:30 PM | Hybrid

Diabetes 101

[Valley CRC](#) | [Register](#) or call 559-224-9154

Wed, Sep 6 | 6 PM to 7 PM

Permiso Familiar Pagado Para Cuidadores Familiares

[LA CRC](#) | [Register](#) or call 323-401-3087

Thu, Sep 7 | 3:30 PM to 5 PM

Hiring A Caregiver Workshop (in English with Tagalog interpretation)

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

Fri, Sep 8 | 10:30 AM to 12:30 PM

More than Words: A New Culture of Care and Communication with Persons Who are Living With Dementia and Other Age-Related Conditions

[Redwood CRC](#) | [Register](#) or call 707-582-2329

Fri, Sep 8 | 2:30 PM to 4 PM

Beneficios del ejercicio y actividad física

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

Sat, Sep 9 | 10 AM to 12 PM

Caregivers Count! 13th Annual Conference (Session 1: Making Tender Memories)

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

Mon, Sep 11 | 2 PM to 3:30 PM

Latest Alzheimer's Research –Alzheimer'sAssoc.

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

September 2023

Tue, Sep 12 | 10:30 AM to 11:30 AM

Care for the Caregiver: Meaningful Self-Care Strategies

[Del Oro CRC](#) | [Register](#) or call (916) 728-9333

Tue, Sep 12 | 1 PM to 2:30 PM

Ask The Elder Law Attorney

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

Tue, Sep 12 | 2 PM to 3:30 PM

Como enfrentar situaciones difíciles

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

Tue, Sep 12 | 2 PM to 3:30 PM | Hybrid

Senior Abuse Prevention

[Valley CRC](#) | [Register](#) or call 559-224-9154

mié, 13 sept | 17:30 a 18:30

Cuerpo y Cerebro Sano es Vida Sana

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

Thu, Sep 14 | 10 AM to 11:30 AM

Cuerpo y cerebro sano es vida sana

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

Fri, Sep 15 | 2:30 PM to 4 PM

Viva Feliz

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

Fri, Sep 15 | 3 PM to 4 PM

Beyond Bereavement: Coping with Grief and Loss

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

Sat, Sep 16 | 10 AM to 12 PM

Caregivers Count! 13th Annual Conference (Session 2: Anticipatory Grief)

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

Mon, Sep 18 | 1 PM to 2:30 PM

Medicare: Facts, Myths, & Understanding Coverage

[Del Mar CRC](#) | [Register](#) or call (800) 624-8304

Mon, Sep 18 | 2 PM to 3:30 PM

Healthy Aging

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

September 2023

Tue, Sep 19 | 10 AM to 11:30 AM

Suicide Prevention Awareness 

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

Tue, Sep 19 | 6 PM to 7 PM

Ask The Expert 

[Inland CRC](#) | [Register](#) Meeting ID: 89088976094 Passcode: 269601

Wed, Sep 20 | 2 PM to 3:30 PM

Cuidado de la piel 

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

Wed, Sep 20 | 3:30 PM to 5 PM

Hiring A Caregiver Workshop (in English with Mandarin interpretation) 

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

Thu, Sep 21 | 3:30 PM to 5 PM

Hiring A Caregiver Workshop (in English with Spanish interpretation) 

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

Fri, Sep 22 | 10:30 AM to 12 PM

Hábitos para prevenir Alzheimer 

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

Fri, Sep 22 | 10:30 AM to 12:30 PM

Caregiver 101 Class 


[Redwood CRC](#) | [Register](#) or call 707-582-2329

vie, 22 sept | 15 a 16

Más allá del duelo: afrontando el duelo y la pérdida 

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

Sat, Sep 23 | 10 AM to 12 PM

Caregivers Count! 13th Annual Conference (Session 3: Caring for someone who did not care for you) 

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

Mon, Sep 25 | 2 PM to 3:30 PM

Mental Health— High Desert Psychological Services-Dr. Sterling 

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


Mon, Sep 25 | 3 PM to 3:30 PM

What is a Support Group? 

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


September 2023

Tue, Sep 26 | 10 AM to 11:30 AM

Practice of Gratitude Creating a Haiku— (Journaling)— 


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

Fri, Sep 29 | 10:30 AM to 12 PM

La importancia de una buena alimentación 

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

Sat, Sep 30 | 10 AM to 12 PM

Caregivers Count! 13th Annual Conference (Session 4: Effective Communication with Medical Providers) 

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