



## ONLINE LEARNING PROGRAMS

All events listed are open to everyone | Los eventos listados están abiertos a todos

- Jan 5** **Hearing Loss & Other Telephone Issues**  
Inland CRC | Wed., Jan. 5 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 800-675-6694
- Journey of Caregiving in Khmer**  
Orange CRC | Wed., Jan. 5, 12, & 19 | 10:30 a.m. to 11:30 a.m. | email: [kiengs@cambodianfamily.org](mailto:kiengs@cambodianfamily.org) or Call 714-702-7540
- Jan 6** **Self Care-Pain Management**  
Inland CRC | Thu., Jan. 6 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 800-675-6694
- Power of a Broken-Open Heart Book Study**  
Del Oro CRC | Thu., Jan. 6, 13, 20, & 27 | 1:30 p.m. to 3 p.m. | [Registration](#) or Call 916-728-9333
- Jan 7** **Conozca las 10 Señales de Alzheimer / Know the 10 Signs of Alzheimer's Disease (Spanish Only)**  
Inland CRC | Vie., Ene. 7 | 12:30 p.m. a 2 p.m. | [Inscripción](#) o Llamar 800-675-6694
- Jan 11** **Actualizaciones Sobre COVID / Updates on COVID (Spanish Only)**  
Inland CRC | Mar., Ene. 11 | 1 p.m. a 2:30 p.m. | [Inscripción](#) o Llamar 800-675-6694
- Ask The Elder Law Attorney**  
Inland CRC | Tue., Jan. 11 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 800-675-6694
- Jan 13** **Grief – What to Know**  
Valley CRC | Thu., Jan. 13 | 10 a.m. to 11 a.m. | [Registration](#) or Call 559-224-9154 or 800-541-8614
- Detecting Sensory Loss**  
Inland CRC | Thu., Jan. 13 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 800-675-6694
- Jan 14** **Cuerpo y Cerebro Sano es Vida Sana / Healthy Body and Brain (Spanish Only)**  
Inland CRC | Vie., Ene. 14 | 12:30 p.m. a 2 p.m. | [Inscripción](#) o Llamar 800-675-6694
- Jan 18** **Time Management**  
Inland CRC | Tue., Jan. 18 | 12:30 p.m. to 2:30 p.m. | [Registration](#) or Call 800-675-6694

# ONLINE LEARNING PROGRAMS

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Jan 19

## Fall Recovery

[Inland CRC](#) | Wed., Jan.19 | 12:30 p.m. to 2:30 p.m. | [Registration](#) or Call 800-675-6694

## What to Know: Advocating for Yourself in the Hospital

[Passages CRC](#) | Wed., Jan. 19 | 2 p.m. to 3 p.m. | [Registration](#) or Call 530-898-5925

Jan 20

## El Bienestar Propio es un Derecho y una Decisión / Your own Well-being is a Right and a Decision (Spanish Only)

[Inland CRC](#) | Jue., Ene. 20 | 10 a.m. a 11:30 a.m. | [Inscripción](#) o Llamar 800-675-6694

## Duelo Anticipado / Anticipated Grief (Spanish Only)

[Del Mar](#) | Jue., Ene. 20 | 3 p.m. a 4:30 p.m. | [Inscripción](#) o Llamar 1-800-624-8304

Jan 24

## Setting Goals for the New Year

[Inland CRC](#) | Mon., Jan. 24 | 6 p.m. to 7:30 p.m. | [Registration](#) or Call 800-675-6694

Jan 25

## Care Options

[Inland CRC](#) | Tue., Jan. 25 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 800-675-6694

## Entendiendo la Puesta del Sol

[Inland CRC](#) | Mar., Ene. 25 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar 800-675-6694

## Dr. Bill Dailey — Geriatrics Professor — Life Care Placement Options

[Valley CRC](#) | Tue., Jan 25 | 2 p.m. to 3 p.m. | [Registration](#) or Call 559-224-9154 or 800-541-8614

## Pandemia: Estrés y Trauma / Stress, Trauma and the Pandemic (Spanish Only)

[Del Mar](#) | Tue., Ene. 25 | 3 p.m. a 4:30 p.m. | [Inscripción](#) o Llamar 1-800-624-8304

Jan 26

## Memory-Unraveling the Mystery

[Inland CRC](#) | Wed., Jan. 26 | 12:30 p.m. to 2 p.m. | [Registration](#) or Call 800-675-6694

Jan 27

## First Steps for New Caregivers

[Orange CRC](#) | Thu., Jan. 27 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 800-543-8312 or 714-446-5030

## Stress, Trauma & The Pandemic

[Del Mar](#) | Thu., Jan. 27 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 800-624-6831

Jan 31

## Fall Prevention

[Inland CRC](#) | Mon., Jan. 31 | 12:30 p.m. to 2 p.m. | [Registration](#) or Call 800-675-6694

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).