



ONLINE LEARNING PROGRAMS

All events listed are open to everyone | Los eventos listados están abiertos a todos
所有活動向大眾開放

- Jun 4** Conferencia Virtual Para Cuidadores de Alzheimer y Bienestar Personal 2022 / Virtual Conference for Alzheimer's Caregivers and Personal Wellbeing (Spanish Only)
Valley CRC | Sat., Jun. 4 | 8 a.m. to 11 a.m. | [Registration](#) or Call 559-224-9154 or 1-800-541-8614
- Jun 7** Let's Get Away, Together! – Explore Around the World: Fun Facts that may Sound Unreal but are True!
FCA CRC | Tue., Jun. 7 | 1 p.m. to 2 p.m. | [Registration](#) or Call 415-434-3388
- Comida Para el Cerebro / Food For Your Brain (Spanish only)**
Inland CRC | Mar., Jun. 7 | 3 p.m. a 4:30 p.m. | [Inscripción](#) o Llamar 909-865-6807
- Communication & Dementia**
Inland CRC | Tue., Jun. 7 | 6 p.m. to 7:30 p.m. | [Registration](#) or Call 1-800-675-6694
- Jun 8** Home Safety and Nutrition – Hybrid Class
Valley CRC | Wed., Jun. 8 | 2 p.m. to 3:30 p.m. | [Registration](#) or Call 559-224-9154 or 1-800-541-8614
- Jun 9** Critical Documents
Inland CRC | Thu., Jun. 9 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 1-800-675-6694
- Jun 10** Salud de la Mujer / Women's Health (Spanish Only)
Inland CRC | Vie., Jun. 10 | 11:30 a.m. a 1 p.m. | [Inscripción](#) o Llamar 909-865-6807
- 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. 10 | 12:30 p.m. to 2:30 p.m. | Email spb@redwoodcrc.org or Call 707-582-2247
- Jun 13** Demencia 101 / Dementia 101 (Spanish Only)
FCA CRC | Lun., Jun. 13 | 10 a.m. a 11 a.m. | [Inscripción](#) o Llamar 415-434-3388
- Lidiar con la Ansiedad / Dealing with Anxiety (Spanish Only)**
Inland CRC | Lun., Jun. 13 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar 909-865-6807
- Jun 14** Let's Get Away, Together! – Best of The Golden Era Musicals!
FCA CRC | Tue., Jun. 14 | 1 p.m. to 2 p.m. | [Registration](#) or Call 415-434-3388
- Ask The Elder Law Attorney**
Inland CRC | Tue., Jun. 14 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 1-800-675-6694
- Jun 16** Fraude en Medicare / Medicare fraud (Spanish Only)
Inland CRC | Jue., Jun. 16 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar 909-865-6807
- What is a Reverse Mortgage?**
Inland CRC | Thu., Jun. 16 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 1-800-675-6694
- Jun 18** Caregiver 101
Redwood CRC | Sat., Jun. 18 | 12:30 p.m. to 2 p.m. | Email spb@redwoodcrc.org or Call 707-582-2247
- Jun 21** Services of the Alzheimer's Association
Inland CRC | Tue., Jun. 21 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 1-800-675-6694
- Jun 22** Conflictos Familiares / Family Conflict (Spanish Only)
Valley CRC | Mié., Jun. 22 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar 559-224-9154 or 1-800-541-8614
- Hablemos del Estrés / Let's Talk About Stress (Spanish Only)**
Inland CRC | Mié., Jun. 22 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar 909-865-6807
- Jun 23** Getting A Good Night's Sleep Without Medication
Inland CRC | Thu., Jun. 23 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 1-800-675-6694
- Ask the experts on Placement**
Valley CRC | Thu., Jun. 23 | 2 p.m. to 3:30 p.m. | [Registration](#) or Call 559-224-9154 or 1-800-541-8614
- Jun 24** Las Mujeres y Enfermedad Cardiaca / Women and Heart Disease (Spanish Only)
Inland CRC | Vie., Jun. 24 | 10 a.m. a 11:30 a.m. | [Inscripción](#) o Llamar 909-865-6807
- Meaningful Caregiving: Putting The Why Before The What**
Redwood CRC | Fri., Jun. 24 | 11 a.m. to 12:30 p.m. | Email spb@redwoodcrc.org or Call 707-582-2247
- 了解阿茲海默症行為及應對方法 / Behaviors & Alzheimer's Disease (Mandarin Only)**
LA CRC | 6月24日星期五 | 下午 2:30 至 3:30 | [登記](#) 或致電 1-800-540-4442
- Jun 27** Conduciendo y Demencia / Driving and Dementia (Spanish Only)
Inland CRC | Lun., Jun. 27 | 10 a.m. a 11:30 a.m. | [Inscripción](#) o Llamar 909-865-6807
- Jun 29** Healthy Cooking for Caregivers
Inland CRC | Wed., Jun. 29 | 11 a.m. to 12:30 p.m. | [Registration](#) or Call 1-800-675-6694
- Seguridad en el Hogar / Home Safety (Spanish Only)**
Inland CRC | Mié., Jun. 29 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar 909-865-6807