



ONLINE LEARNING PROGRAMS

All events listed are open to everyone | Los eventos listados están abiertos a todos
Tất cả các sự kiện dành cho tất cả mọi người

- Oct 1** **Navigating Medicare Benefits and Coverage***
LA CRC | Fri., Oct. 1 | 10 a.m. to 11 a.m. | [Registration](#) or Call (800) 540-4442
**Navegación por los beneficios y la cobertura de Medicare (subtitulado en Español)*
- Oct 5** **The Art of Caregiving: Inspiring New Approaches through the Holidays**
Del Oro CRC | Tue., Oct. 5 | 10:30 a.m. to 11:30 a.m. | [Registration](#) or Call (916) 728-9333
- Series con Vision y Compromiso – Salud Mental / Series with Vision and Commitment – Mental Health (Spanish Only)**
Inland CRC | Mar., Oct. 5 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar (800) 675-6694
- Oct 7** **Tìm hiểu và cách ứng phó những hành vi khi chăm sóc người bệnh trí nhớ suy giảm / Understanding and Responding to Dementia Related Behavior (Vietnamese Only)**
Orange CRC | Thứ Năm, ngày 7 tháng 10 năm 2021 | 10:30 a.m. đến 11:30 a.m.
Đăng ký hoặc gọi (800) 543-8321 or (714) 446-5030
- Oct 8** **Uncovering the Myths About Medi-Cal***
LA CRC | Fri., Oct. 8 | 10 a.m. to 11 a.m. | [Registration](#) or Call (800) 540-4442
**Descubriendo los mitos sobre Medi-Cal (subtitulado en Español)*
- Cuidando 101 / Caregiver 101 (Spanish Only)**
FCA CRC | Vie., Oct. 8 | 12 p.m. a 1:30 p.m. | [Inscripción](#) o Llamar (415) 434-3388, ext. 323
- Oct 12** **Series con Vision y Compromiso – Prevención del Suicidio / Series with Vision and Commitment – Suicide Prevention (Spanish Only)**
Inland CRC | Mar., Oct. 12 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar (800) 675-6694
- Oct 14** **Caregiving During the Holidays**
Del Mar CRC | Thu., Oct. 14 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call (800) 624-8304
- El cuidado durante los días festivos / Caregiving During the Holidays (Spanish Only)**
Del Mar CRC | Jue., Oct. 14 | 4 p.m. a 5:30 p.m. | [Inscripción](#) o Llamar (800) 624-8304
- Nutrición Para Cuidadores / Nutrition for Caregivers (Spanish Only)**
Valley CRC | Jue., Oct. 14 | 1:30 p.m. a 3 p.m. | [Inscripción](#) o Llamar (559) 224-9154

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- Oct 15** **Serie con Independence at Home — Higiene del sueño / Series with Independence at Home — Sleep Hygiene (Spanish Only)**
[Inland CRC](#) | Vie., Oct. 15 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar (800) 675-6694
- Oct 19** **Series con Vision y Compromiso — Depresion / Series with Vision and Commitment — Depression (Spanish Only)**
[Inland CRC](#) | Mar., Oct. 19 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar (800) 675-6694
- Oct 20** **Caregiver Accounts: A Conversation with Kate Washington**
[Del Oro CRC](#) | Wed., Oct. 20 | 6:30 p.m. to 7:30 p.m. | [Registration](#) or Call (916) 728-9333
- Oct 21** **Breaking Through Dementia Care Challenges**
[Del Mar CRC](#) | Thu., Oct. 21 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call (800) 624-8304
- Medicare / Medi-Cal**
[Inland CRC](#) | Thu., Oct. 21 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call (800) 675-6694
- Oct 22** **Serie con Independence at Home — Señas de Advertencia que un Adulto Mayor Necesita Ayuda / Series with Independence at Home — Warning Signs an Older Adult Needs Help (Spanish Only)**
[Inland CRC](#) | Vie., Oct. 22 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar (800) 675-6694
- Oct 25** **Change & Transition in the Caregiver Role**
[Inland CRC](#) | Mon., Oct. 25 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call (800) 675-6694
- Oct 26** **Discover Your Reality**
[Inland CRC](#) | Tue., Oct. 26 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call (800) 675-6694
- Serie de visión y compromiso — Trastornos bipolares / Vision and Commitment Series — Bipolar Disorders (Spanish Only)**
[Inland CRC](#) | Mar., Oct. 26 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar (800) 675-6694
- Conflict Resolution**
[Inland CRC](#) | Tue., Oct. 26 | 6 p.m. to 7:30 p.m. | [Registration](#) or Call (800) 675-6694
- Oct 27** **Serie con Parkview — Gestion del Tiempo / Series with Parkview — Time Management (Spanish Only)**
[Inland CRC](#) | Mié., Oct. 27 | 10 a.m. a 11:30 a.m. | [Inscripción](#) o Llamar (800) 675-6694
- Oct 28** **Critical Documents**
[Inland CRC](#) | Thu., Oct. 28 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call (800) 675-6694
- Oct 29** **Serie con Independence at Home — Los Cuidadores También son Personas / Series with Independence at Home — Caregivers Are People Too (Spanish Only)**
[Inland CRC](#) | Vie., Oct. 29 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar (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.