



ONLINE LEARNING PROGRAMS

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

- Sep 1** **Tiene Que Existir una Mejor Manera! / There Must Be a Better Way Than This! (Spanish only)**
FCA CRC | Mié., Sep. 1 | 1 p.m. a 2 p.m. | [Inscripción](#) o Llamar (415) 434-3388, est. 323
- Resources for Aging Well**
Inland CRC | Wed., Sep. 1 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call (800) 675-6694
- Sep 2** **Driving & Dementia**
Inland CRC | Thu., Sep. 2 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call (800) 675-6694
- Sep 3** **Wills, Living Trusts, POA 101 (Legal Docs 101)***
LA CRC | Fri., Sep. 3 | 10 a.m. to 11 a.m. | [Registration](#) or Call (800) 540-4442
**Testamentos, fideicomiso active, Documentos legales 101 (subtitulado en Español)*
- Sep 7** **Joyful Moments Series – Physical Domain**
Del Oro CRC | Tue., Sep. 7 | 2 p.m. to 3 p.m. | [Registration](#) or Call (916) 728-9333
- Suicide Prevention**
Inland CRC | Tue., Sep. 7 | 6 p.m. to 7:30 p.m. | [Registration](#) or Call (800) 675-6694
- Sep 10** **Scams Targeting Older Adults***
LA CRC | Fri., Sep. 10 | 10 a.m. to 11 a.m. | [Registration](#) or Call (800) 540-4442
**Estafas dirigidas a adultos mayores (subtitulado en Español)*
- Sep 11** **Caregivers Count! Self-Care**
FCA CRC | Sat., Sep. 11 | 10 a.m. to 12 p.m. | [Registration](#) or Call (415) 434-3388
- Caregiving in Context: Focus on the African American Community**
Del Oro CRC | Sat., Sep. 11 | 10 a.m. to 1 p.m. | [Registration](#) or Call (916) 728-9333
- Sep 14** **Let's Get Away, Together – Art Around the World – Asian Art and the Breath of Life**
FCA CRC | Tue., Sep. 14 | 1 p.m. to 2 p.m. | [Registration](#) or Call (415) 434-3388
- Ask The Elder Law Attorney -Esther Wang, Elder & Disability Law Firm**
Inland CRC | Tue., Sep. 14 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call (800) 675-6694
- Joyful Moments Series – Emotional Domain**
Del Oro CRC | Tue., Sep. 14 | 2 p.m. to 3 p.m. | [Registration](#) or Call (916) 728-9333
- Sep 16** **Medicare Open Enrollment**
Inland CRC | Thu., Sep. 16 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call (800) 675-6694
- Sep 17** **Medi-Cal and In Home Supportive Services (IHSS)***
LA CRC | Fri., Sep. 17 | 10 a.m. to 11 a.m. | [Registration](#) or Call (800) 540-4442
**Medi-Cal y Servicios de apoyo en el hogar (IHSS) (subtitulado en Español)*

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- Sep 18** **Anticipatory Grief**
Del Mar CRC | Sat., Sep. 18 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call (800) 624-8304
- Caregivers Count! Caring for Someone with Mental Health Need**
FCA CRC | Sat., Sep. 18 | 10 a.m. to 12 p.m. | [Registration](#) or Call (415) 434-3388
- Sep 20** **Hispanic Heritage & Caregiving**
Inland CRC | Mon., Sep. 20 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call (800) 675-6694
- Sep 21** **Let's Get Away, Together – Let's travel to Indonesia!**
FCA CRC | Tue., Sep. 21 | 1 p.m. to 2 p.m. | [Registration](#) or Call (415) 434-3388
- Is It Normal Aging or Dementia?**
Inland CRC | Tue., Sep. 21 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call (800) 675-6694
- Joyful Moments Series – Creative Domain**
Del Oro CRC | Tue., Sep. 21 | 2 p.m. to 3 p.m. | [Registration](#) or Call (916) 728-9333
- Sep 22** **Creando un Haiku/ Creating a Haiku (Spanish Only)**
Inland CRC | Mié., Sep. 22 | 2 p.m. a 4 p.m. | [Inscripción](#) o Llamar (800) 675-6694
- Sep 24** **Estate Planning & Trust Administration***
LA CRC | Fri., Sep. 24 | 10 a.m. to 11 a.m. | [Registration](#) or Call (800) 540-4442
**Planificación patrimonial y administración (subtitulado en Español)*
- Cuerpo y Cerebro Sano es Vida Sana / Healthy Body and Brain is Healthy Life (Spanish only)**
Inland CRC | Vie., Sep. 24 | 11 a.m. a 12:30 p.m. | [Inscripción](#) o Llamar (800) 675-6694
- Sep 25** **Who Will Care if I am Not There?**
Del Mar CRC | Sat., Sep. 25 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call (800) 624-8304
- Caregivers Count! Take Charge - Advance Care Planning Tips**
FCA CRC | Sat., Sep. 25 | 10 a.m. to 12 p.m. | [Registration](#) or Call (415) 434-3388
- Sep 27** **New Alzheimer's Treatments**
Inland CRC | Mon., Sep. 27 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call (800) 675-6694
- Sep 28** **Healthy Boundaries for Caregivers**
Inland CRC | Tus., Sep. 28 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call (800) 675-6694
- Let's Get Away, Together – Summer in Ireland: Ttraditional Irish Music, and Summer Festivals!**
FCA CRC | Tue., Sep. 28 | 1 p.m. to 2 p.m. | [Registration](#) or Call (415) 434-3388
- Joyful Moments Series – Intellectual Domain**
Del Oro CRC | Tue., Sep. 28 | 2 p.m. to 3 p.m. | [Registration](#) or Call (916) 728-9333
- Sep 29** **Técnicas para Llevar un Diario / Techniques for Keeping a Journal (Spanish Only)**
Inland CRC | Mié., Sep. 29 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar (800) 675-6694
- Sep 30** **How "Aging Network" Can Help Caregivers & Older Adults**
Inland CRC | Thu., Sep. 30 | 10 a.m. to 11:30 a.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.