



## December 2024 California Caregiver Resource Center Event Calendar

All events listed are virtual and open to everyone. This is a collaborative effort of the California Caregiver Resource Centers to ensure high-quality education for California family caregivers.

### Conozca las 10 señales del Alzheimer

**Date:** Monday, December 02

**Time:** 10:00 am - 11:30 am

**Hosted By:** Inland Caregiver Resource Center - <https://inlandcaregivers.org/>

**Phone:** (909) 835-6807

**Language:** Spanish

**Register Now**

### How Dementia Can Impact Intimacy

**Date:** Monday, December 02

**Time:** 02:00 pm - 03:30 pm

**Hosted By:** Inland Caregiver Resource Center - <https://inlandcaregivers.org/>

**Phone:** (909) 514-1404

**Language:** English

**Register Now**

### Ask The Financial Planner

**Date:** Tuesday, December 03

**Time:** 10:00 am - 11:30 am

**Hosted By:** Inland Caregiver Resource Center - <https://inlandcaregivers.org/>

**Phone:** (909) 514-1404

**Language:** English

**Register Now**

## **My Father's House: A Journey of Love and Memory and Quiet Triumphs**

**Date:** Tuesday, December 03

**Time:** 01:30 pm - 03:30 pm

**Hosted By:** Redwood Caregiver Resource Center - <http://www.redwoodcrc.org>

**Phone:** (707) 582-2329

**Language:** English

**Register Now**

## **Communicating Effectively (with Alzheimer's Association)**

**Date:** Wednesday, December 04

**Time:** 05:30 pm - 06:30 pm

**Hosted By:** Caregiver Resource Center OC - <http://www.caregiveroc.org>

**Phone:** (800) 543-8312

**Language:** English

**Register Now**

## **A Conversation on Grief and Loss**

**Date:** Wednesday, December 04

**Time:** 01:00 pm - 02:30 pm

**Hosted By:** Del Mar Caregiver Resource Center - <http://www.delmarcaregiver.org>

**Phone:** (800) 624-8304

**Language:** English

**Register Now**

## **Brain Builders – Dr. Majithi**

**Date:** Thursday, December 05

**Time:** 02:00 pm - 03:30 pm

**Hosted By:** Inland Caregiver Resource Center - <https://inlandcaregivers.org/>

**Phone:** (909) 514-1404

**Language:** English

**Register Now**

## Vencer la tristeza navideña: autocuidado para cuidadores

**Date:** Thursday, December 05

**Time:** 02:00 pm - 03:00 pm

**Hosted By:** Los Angeles CRC - <https://losangelescrc.usc.edu/>

**Phone:** (800) 540-4442

**Language:** Spanish

**Register Now**

## Beating the Holiday Blues: Self-Care for the Caregiver

**Date:** Thursday, December 05

**Time:** 12:00 pm - 01:00 pm

**Hosted By:** Los Angeles CRC - <https://losangelescrc.usc.edu/>

**Phone:** (800) 540-4442

**Language:** English

**Register Now**

## You're Not Alone: Managing Feelings of Sadness

**Date:** Tuesday, December 10

**Time:** 10:30 am - 11:30 am

**Hosted By:** Del Oro Caregiver Resource Center - <http://www.deloro.org>

**Phone:** (916) 728-9333

**Language:** English

**Register Now**

## Ask The Elder Law Attorney

**Date:** Tuesday, December 10

**Time:** 01:00 pm - 02:30 pm

**Hosted By:** Inland Caregiver Resource Center - <https://inlandcaregivers.org/>

**Phone:** (909) 514-1404

**Language:** English

**Register Now**

## Beating the Holiday Blues

**Date:** Tuesday, December 10

**Time:** 10:00 am - 11:00 am

**Hosted By:** Caregiver Resource Center OC - <http://www.caregiveroc.org>

**Phone:** (800) 543-8312

**Language:** English

**Register Now**

## Mantén tu cerebro saludable

**Date:** Tuesday, December 10

**Time:** 02:00 pm - 03:30 pm

**Hosted By:** Inland Caregiver Resource Center - <https://inlandcaregivers.org/>

**Phone:** (909) 835-6807

**Language:** Spanish

**Register Now**

## Alzheimer's and the Holidays

**Date:** Wednesday, December 11

**Time:** 10:00 am - 11:30 am

**Hosted By:** Inland Caregiver Resource Center - <https://inlandcaregivers.org/>

**Phone:** (909) 514-1404

**Language:** English

**Register Now**

## Conozca las 10 Señales de Advertencia

**Date:** Wednesday, December 11

**Time:** 05:30 pm - 06:30 pm

**Hosted By:** Caregiver Resource Center OC - <http://www.caregiveroc.org>

**Phone:** (800) 543-8312

**Language:** English

**Register Now**

## Hay que organizarnos!

**Date:** Thursday, December 12

**Time:** 02:00 pm - 03:30 pm

**Hosted By:** Inland Caregiver Resource Center - <https://inlandcaregivers.org/>

**Phone:** (909) 835-6807

**Language:** Spanish

**Register Now**

## Celebrating Caring During the Holidays

**Date:** Thursday, December 12

**Time:** 10:00 am - 11:30 am

**Hosted By:** Inland Caregiver Resource Center - <https://inlandcaregivers.org/>

**Phone:** (909) 514-1404

**Language:** English

**Register Now**

## Livestream – What is the Alzheimer’s Association?

**Date:** Monday, December 16

**Time:** 03:00 pm - 03:30 pm

**Hosted By:** Caregiver Resource Center OC - <http://www.caregiveroc.org>

**Phone:** (800) 543-8312

**Language:** English

**Register Now**

## Caregiver 101

**Date:** Tuesday, December 17

**Time:** 01:30 pm - 03:30 pm

**Hosted By:** Redwood Caregiver Resource Center - <http://www.redwoodcrc.org>

**Phone:** (707) 582-2329

**Language:** English

**Register Now**

## Planning for the Future: What are your options when helping a loved one take care of their finances?

**Date:** Tuesday, December 17

**Time:** 11:30 am - 1:30 pm

**Hosted By:** [Valley Caregiver Resource Center - http://www.valleycrc.org](http://www.valleycrc.org)

**Phone:** (800) 541-8614

**Language:** English

**Register Now**

## Prevención de fraude para los cuidadores familiares

**Date:** Wednesday, December 18

**Time:** 01:00 pm - 02:00 pm

**Hosted By:** [Southern Caregiver Resource Center - http://www.caregivercenter.org](http://www.caregivercenter.org)

**Phone:** (858) 268-4432

**Language:** English

**Register Now**

## Understanding Alzheimer's & Dementia (with Alzheimer's Association)

**Date:** Wednesday, December 18

**Time:** 05:30 pm - 06:30 pm

**Hosted By:** [Caregiver Resource Center OC - http://www.caregiveroc.org](http://www.caregiveroc.org)

**Phone:** (800) 543-8312

**Language:** English

**Register Now**

## A New Year-A New You

**Date:** Thursday, December 19

**Time:** 02:00 pm - 03:30 pm

**Hosted By:** Inland Caregiver Resource Center - <https://inlandcaregivers.org/>

**Phone:** (909) 514-1404

**Language:** English

**Register Now**

## Higiene del sueño

**Date:** Thursday, December 19

**Time:** 1:30 pm - 3:00 pm

**Hosted By:** Inland Caregiver Resource Center - <https://inlandcaregivers.org/>

**Phone:** (909) 835-6807

**Language:** English

**Register Now**

## ¿Es normal el envejecimiento o es demencia?

**Date:** Monday, December 30

**Time:** 10:00 am - 11:30 am

**Hosted By:** Inland Caregiver Resource Center - <https://inlandcaregivers.org/>

**Phone:** (909) 835-6807

**Language:** Spanish

**Register Now**