



## March 2025 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.

### Medicare and Medi-Cal Coverage Options (with HICAP)

**Date:** Monday, March 03

**Time:** 03:00 pm - 04:00 pm

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

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

**Language:** English

**Register Now**

### Communicating with Moderately and Severely Confused Older Adults

**Date:** Tuesday, March 04

**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**

## Envejecimiento saludable

**Date:** Tuesday, March 04

**Time:** 01:30 pm - 03:00 pm

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

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

**Language:** Spanish

**Register Now**

## Ask The Financial Planner

**Date:** Tuesday, March 04

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

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

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

**Language:** English

**Register Now**

## Ambiguous Loss & Anticipatory Grief

**Date:** Wednesday, March 05

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

**Hosted By:** Family Caregiver Alliance - <http://www.caregiver.org>

**Phone:** (415) 434-3388

**Language:** English

**Register Now**

## The Empowered Caregiver: Exploring Care & Supportive Services

**Date:** Wednesday, March 05

**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**

## What is Innovage

**Date:** Wednesday, March 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**

## Autografía Guiada Parte 1

**Date:** Tuesday, March 11

**Time:** 01:30 pm - 03:00 pm

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

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

**Language:** Spanish

**Register Now**

## Ask The Elder Law Attorney

**Date:** Tuesday, March 11

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

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

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

**Language:** English

**Register Now**

## Compassionate Communication Between Adult Children & Aging Parents

**Date:** Tuesday, March 11

**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**

## Finding Joy: Navigating Happiness and Depression- Dr. Gomer as a Caregiver

**Date:** Wednesday, March 12

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

**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, March 12

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

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

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

**Language:** Spanish

**Register Now**

## Elder Law Seminar

**Date:** Thursday, March 13

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

**Hosted By:** Valley Caregiver Resource Center - <http://www.valleycrc.org>

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

**Language:** English

**Register Now**

## Como manejar la tristeza

**Date:** Thursday, March 13

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

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

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

**Language:** Spanish

**Register Now**

## Stop The Bleed

**Date:** Thursday, March 13

**Time:** 1:00 pm - 2:30 pm

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

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

**Language:** English

**Register Now**

## Comportamientos de la demencia

**Date:** Friday, March 14

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

**Hosted By:** Valley Caregiver Resource Center - <http://www.valleycrc.org>

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

**Language:** Spanish

**Register Now**

## Navegar y Comprensión de el programa IHSS!

**Date:** Monday, March 17

**Time:** 2:00 pm - 4:00 pm

**Hosted By:** Family Caregiver Alliance - <http://www.caregiver.org>

**Language:** Spanish

**Register Now**

## Senior Fitness Class

**Date:** Tuesday, March 18

**Time:** 12:30 pm - 02:00 pm

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

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

**Language:** English

**Register Now**

## Caregiver 101

**Date:** Tuesday, March 18

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

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

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

**Language:** English

**Register Now**

## Healthy Living for Your Brain & Body

**Date:** Wednesday, March 19

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

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

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

**Language:** English

**Register Now**

## Understanding Huntington's Disease: Caregiving and Support

**Date:** Wednesday, March 19

**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**

## Healthier Living

**Date:** Thursday, March 20

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

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

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

**Language:** English

**Register Now**

## Understanding the Grief of Caregiving: Coping with Change and Loss

**Date:** Thursday, March 20

**Time:** 11:00 am - 12:30 pm

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

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

**Language:** English

**Register Now**

## Comprendiendo la perdida de memoria

**Date:** Thursday, March 20

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

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

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

**Language:** Spanish

**Register Now**

## Medicare & Medicaid: Navigating Changes, Understanding Your Options

**Date:** Tuesday, March 25

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

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

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

**Language:** English

**Register Now**

## Autografía Guiada Parte 2

**Date:** Tuesday, March 25

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

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

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

**Language:** Spanish

**Register Now**

## How to Apply for Benefits

**Date:** Wednesday, March 26

**Time:** 11:00 am - 12:30 pm

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

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

**Language:** English

**Register Now**

## Virtual Legal & Financial Planning Workshop with Daniel York, Elder Law Attorney

**Date:** Wednesday, March 26

**Time:** 01:00 pm - 04:00 pm

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

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

**Language:** English

**Register Now**



## Các Lựa Chọn Chăm Sóc Dài Hạn

**Date:** Wednesday, March 26

**Time:** 04:00 pm - 06:00 pm

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

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

**Language:** Vietnamese

**Register Now**

## Documentos Importantes

**Date:** Monday, March 31

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

**Hosted By:** [Inland Caregiver Resource Center - https://inlandcaregivers.org/](https://inlandcaregivers.org/)

**Phone:** (909) 835-6808

**Language:** Spanish

**Register Now**

## Livestream: FAQs Made Easy for You – CRCOC Staff Answers Frequently Asked Questions

**Date:** Monday, March 31

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

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

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

**Language:** English

**Register Now**