



August 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.

***For registration information, please visit
www.caregivercalifornia.org/event***

Livestream: Sun & Summer Safety Tips for Seniors

Date: Monday, August 04

Time: 03:00 pm - 03:30 pm

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

Phone: (800) 543-8312

Language: English

Ask The Financial Planner

Date: Tuesday, August 05

Time: 01:00 pm - 02:30 pm

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

Phone: (909) 514-1404

Language: English

Entendiendo Medicare: Lo que necesita saber

Date: Tuesday, August 05

Time: 10:00 am - 11:30 am

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

Phone: (800) 541-8614

Language: Spanish

A Thousand Tomorrows: Intimacy, Sexuality, and Alzheimer's and Sexuality, Intimacy and Dementia in the Residential Care Setting

Date: Tuesday, August 05

Time: 01:30 pm - 03:30 pm

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

Phone: (707) 582-2329

Language: English

Understanding & Responding to Dementia-Related Behaviors

Date: Wednesday, August 06

Time: 06:00 pm - 07:00 pm

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

Phone: (800) 543-8312

Language: English

Cuando ocurre un desastre: cómo pueden responder los cuidadores familiares en casa

Date: Thursday, August 07

Time: 11:00 am - 12:00 pm

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

Phone: (415) 434-3388

Language: Spanish

Making Sense of Medicare: What You Need to Know

Date: Thursday, August 07

Time: 10:00 am - 11:30 am

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

Phone: (800) 541-8614

Language: English

***For registration information, please visit
www.caregivercalifornia.org/event***

Control del estrés-estilo de vida saludable

Date: Tuesday, August 12

Time: 02:00 pm - 03:30 pm

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

Phone: (600) 675-6694

Language: Spanish

Navigating Emergency Room and Hospital Visits

Date: Tuesday, August 12

Time: 10:30 am - 11:30 am

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

Phone: (916) 728-9333

Language: English

Ask The Elder Law Attorney

Date: Tuesday, August 12

Time: 01:00 pm - 02:30 pm

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

Phone: (909) 514-1404

Language: English

Ask The Financial Planner

Date: Tuesday, August 12

Time: 01:00 pm - 02:30 pm

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

Phone: (909) 514-1404

Language: English

***For registration information, please visit
www.caregivercalifornia.org/event***

Restoring Balance: Meditation and Mindfulness for Caregivers

Date: Tuesday, August 12

Time: 02:00 pm - 03:30 pm

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

Phone: (800) 541-8614

Language: English

Clear, Strong and Respectful: Using Assertive Communication to Set Healthy Boundaries

Date: Tuesday, August 12

Time: 09:00 am - 10:00 am

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

Phone: (800) 543-8312

Language: English

Formas de manejar su salud mental

Date: Tuesday, August 19

Time: 02:00 pm - 03:30 pm

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

Phone: (800) 675-6694

Language: Spanish

Caregiver 101

Date: Tuesday, August 19

Time: 01:30 pm - 03:30 pm

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

Phone: (707) 582-2329

Language: English

*For registration information, please visit
www.caregivercalifornia.org/event*

Happiness Happens

Date: Tuesday, August 19

Time: 11:00 am - 12:30 pm

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

Phone: (909) 514-1404

Language: English

Síndrome de Wernicke-Korsakoff: Lo que las familias necesitan saber

Date: Wednesday, August 20

Time: 01:00 pm - 02:00 pm

Hosted By: Southern Caregiver Resource Center - <http://www.caregivercenter.org>

Phone: (858) 268-4432

Language: Spanish

Effective Communication Strategies

Date: Wednesday, August 20

Time: 05:30 pm - 06:30 pm

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

Phone: (800) 543-8312

Language: English

Empowered Relief

Date: Thursday, August 21

Time: 02:00 pm - 04:00 pm

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

Phone: (909) 514-1404

Language: English

*For registration information, please visit
www.caregivercalifornia.org/event*

Aventuras en casa

Date: Tuesday, August 26

Time: 02:00 pm - 03:30 pm

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

Phone: (800) 675-6694

Language: Spanish

Aislamiento y Apoyo Social

Date: Wednesday, August 27

Time: 02:00 pm - 03:30 pm

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

Phone: (800) 675-6694

Language: Spanish

Community Legal Aid: Medicare for Immigrants

Date: Friday, August 29

Time: 11:00 am - 12:30 pm

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

Phone: (800) 543-8312

Language: English

***For registration information, please visit
www.caregivercalifornia.org/event***