



# Inland Caregiver Resource Center

**Our Mission: Helping families and the community cope with and manage the challenges of caregiving.**



## Educational workshops (via phone and internet)

ICRC is offering Virtual Educational Workshops to family caregivers. To register, click on the registration link below or call **(800) 675-6694**.  
**\* Registration is required for attendance. Phone option also available.**

### Educational Workshops for October:

**Topic: Self Care**

When: Thursday, October 8, 2020

Time: 1:00-2:30 PM

Registration: [Click here](#)

**Topic: Making Decisions About Driving**

When: Wednesday, October 21, 2020

Time: 6:00 - 7:30 pm

Registration: [Click here](#)

**Topic: Heart Health**

When: Wednesday, October 14, 2020

Time: 10:00-11:30 AM

Registration: [Click here](#)

**Topic: Caregiving Decision Paradigm**

When: Monday, October 26, 2020

Time: 9:30-11:00 AM

Registration: [Click here](#)

**Topic: Pain Management**

When: Friday, October 16, 2020

Time: 1:30- 3:00 PM

Registration: [Click here](#)

**Topic: The Dementias**

When: Wednesday, October 28, 2020

Time: 10:00 - 12:00 PM

Registration: [Click here](#)

**Topic: Communication and Dementia**

When: Monday, October 19, 2020

Time: 6:00-7:30 PM

Registration: [Click here](#)

**Topic: Organizing Your Day**

When: Thursday, October 29, 2020

Time: 3:00-4:30 PM

Registration: [Click here](#)

Connect with us:



[www.inlandcaregivers.org](http://www.inlandcaregivers.org)

**(800)675-6694**

**(909)514-1404**