



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 May

Topic: Identifying Stress
Stephanie Wallace, Optum Health Educator
When: Wednesday, May 5, 2021
Time: 10:00-11:30 AM
Registration: [Click Here](#)

Topic: Panel Discussion - Planning for Change...Before the Crisis
When: Wednesday, May 19, 2021
Time: 1:00-2:30 PM
Registration: [Click Here](#)

Topic: Ask The Elder Law Attorney
Esther Wang, Elder & Disability Law Firm
When: Tuesday, May 11, 2021
Time: 1:00-2:30 PM
Registration: [Click Here](#)

Topic: Talking About The Blues
When: Monday, May 24, 2021
Time: 12:30-2:00 PM
Registration: [Click Here](#)

Topic: Nutrition Bingo
Independence at Home-Maira Martin
When: Wednesday, May 12, 2021
Time: 11:00 AM-12:30 PM
Registration: [Click Here](#)

Topic: 10 Warning Signs of Alzheimer's
When: Tuesday, May 25, 2021
Time: 10:00-11:30 AM
Registration: [Click Here](#)

Topic: Is It Normal Aging or Dementia
When: Monday, May 17, 2021
Time: 1:00-2:30 PM
Registration: [Click Here](#)

Topic: Mental Health 101
When: Thursday, May 27, 2021
Time: 10:00-11:30 AM
Registration: [Click Here](#)

Connect with us:



www.inlandcaregivers.org
(800)675-6694
(909)514-1404



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