

Education & Training

*Workshops that give you practical
tools and real answers.*

To learn more about education and training
options, please call our office at 714.446.5030.

OUR SERVICES ARE FREE TO FAMILY CAREGIVERS.

We offer classes, workshops, and conferences that address the health, legal, and emotional challenges of caregiving. Most caregivers feel like they do not have the information and training they need to care for their loved one. This leaves caregivers feeling unprepared, anxious, and overwhelmed. Our classes are designed to help you feel more confident and understanding of what both you and the person you care for are going through.

What to Expect:

- A welcoming environment where questions are encouraged
- Tools to manage stress, prevent burnout, and prioritize your own well-being
- Classes that address the emotional challenges of caregiving, the practical day-to-day needs, and long-term care planning and legal concerns
- In-person, virtual, and on-demand options in English, Spanish, and Vietnamese

Sample Topics:

- Powerful Tools for Caregivers
- Legal & Financial Planning
- Caregiver Body Mechanics
- Coping with Emotions of Caregiving
- Long-Term Care Options

“I took [a] Zoom class [and] in-person class. I had learned a great deal of things... how to take care of myself, how to handle difficult situations, how to adapt myself to take care of my wife, and many, many things.”

- CRC OC Caregiver



See our upcoming events calendar:
caregiveroc.org/educational-classes