

Restore HOPE for Homeless Youth

Build a brighter future for homeless youth through the new Host Homes Program. Formed by Inland Empire Health Plan and community partners, this program connects unsheltered youth ages 18-24 with host families who offer stable housing. It also provides resources and support.

How this affects our community

The presence of homeless youth signals a need for change in our community.

Many of these young people feel hopeless.

Our Host Homes Program provides housing for 3-6 months to offer a fresh start.

What you can do to help

- Contact interested host families and refer them to the program.
- Locate homeless youth 18-24 years old in your community.
- Help community partners ensure youth are settled in their host homes.

For referrals and questions

Call (909) 980-2857, ext. 210, or visit our website at www.InlandSoCalUW.org.



Did you know?

There are hundreds of homeless youth ages 18-24 in the Inland Empire. They become unsheltered for reasons ranging from financial hardship to abuse and neglect. Homeless youth are more likely to suffer poor health, drop out of school, abuse drugs, and become victims of violence, human trafficking or worse.



Reavive la ESPERANZA de los Jóvenes Sin Hogar

Construya un futuro mejor para los jóvenes sin hogar mediante el nuevo Programa de Hogares Temporales (Host Homes). Este programa, creado por Inland Empire Health Plan y socios de la comunidad, conecta a los jóvenes sin hogar de 18 a 24 años de edad con familias anfitrionas que ofrecen alojamiento estable. Además, proporciona recursos y apoyo.

Cuál es la relación con nuestra comunidad

La presencia de jóvenes sin hogar advierte sobre la necesidad de un cambio en nuestra comunidad.

Muchos de estos jóvenes perdieron sus esperanzas.

Nuestro Programa de Hogares Temporales ofrece alojamiento durante 3 a 6 meses para ayudar a que estos jóvenes puedan empezar de nuevo.

Cómo ayudar

- Comuníquese con familias anfitrionas interesadas y refiéralas al programa.
- Localice a jóvenes sin hogar de 18 a 24 años de edad en su comunidad.
- Ayude a los socios de la comunidad a asegurarse de que estos jóvenes se instalen en sus hogares temporales.

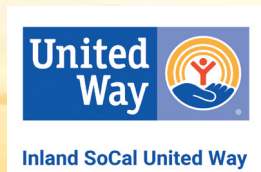
Para hacer referencias y preguntas

Llame al **(909) 980-2857, ext. 210**, o visite nuestro sitio web en **www.InlandSoCalUW.org**.



Sabía usted que...

Hay cientos de jóvenes sin hogar de 18 a 24 años de edad en Inland Empire. Se quedan sin un lugar donde vivir por motivos que van desde dificultades económicas a maltrato y abandono. Los jóvenes sin hogar tienen más probabilidades de tener problemas de salud; dejar la escuela; consumir drogas; ser víctimas de violencia, trata de personas o situaciones peores.



TruEvolution

Free or Reduced Cost Therapy Services

ACCEPTING
NEW CLIENTS
NOW!

PRICING FOR STUDENT THERAPISTS

Call 951-888-1346 ext. #2

Income UNDER
\$47,250/year

Income OVER
\$47,250/year

or

\$0 Intake Session
\$0 Therapy Session

\$25 Intake Session
\$15 Therapy Session

[https://www.truevolution.org/
behavioral-health](https://www.truevolution.org/behavioral-health)

ABRIENDO PUERTAS OPENING DOORS

"DO NOT LEAVE FOR TOMORROW WHAT YOU CAN DO TODAY"

Connect with us and receive tools to help your children develop a healthy lifestyle and prepare them for success in school. We will also explore helpful resources and services in your community. For parents or caretakers of children ages 0-5.



Certificate of completion if you attend 7 sessions or more!

The classes will be conducted through Zoom

**TO REGISTER PLEASE VISIT
[RCHF.ORG/RUSD](https://rCHF.org/RUSD)**

For more information please contact us at (951) 328-4003 or email Carolina Bojorquez at carolina@rchf.org



Abriendo Puertas
Opening Doors



FAMILY RESOURCE CENTER
Riverside Unified School District



SCHEDULE

Tuesdays
6:00pm - 7:30pm

SEP 14 I Am My Child's First Teacher

SEP 21 My Child's Growth and Development

SEP 28 The Power of Words

OCT 5 Healthy Body, Healthy Mind Part One

OCT 12 Healthy Body, Healthy Mind Part Two

OCT 19 My Child, Media and Technology

OCT 26 Count with Me

NOV 02 Let's Get Ready for School

NOV 09 Champions for our Children's Future

NOV 16 YES, WE CAN! Graduation

ABRIENDO PUERTAS

OPENING DOORS

"NO DEJE PARA MAÑANA LO QUE PUEDE HACER HOY"

Conéctese con nosotros y reciba herramientas para ayudar a sus hijos a desarrollar un estilo de vida saludable y prepararlos para alcanzar el éxito en la escuela. También exploraremos recursos y servicios disponibles en su comunidad que le pueden ayudar **Para padres o cuidadores de niños de 0-5 años.**



¡Certificado al finalizar el curso si atiende a 7 sesiones o más!

Las clases serán por medio de la plataforma virtual Zoom

PARA REGISTRARSE VISITE
RCHF.ORG/RUSD

Para más información comuníquese con nosotros al (951) 328-4003 o Carolina Bojorquez via correo electronico carolina@rchf.org



Abriendo Puertas
Opening Doors



FAMILY RESOURCE CENTER
Riverside Unified School District



HORARIO

Los Martes
11:00am - 12:30pm

SEP
14

Soy el Primer
Maestro
de Mi Hijo/a

SEP
21

El Crecimiento y
Desarrollo de
Mi Hijo

SEP
28

El Poder de las
Palabras

OCT
5

Cuerpo Sano,
Mente Sana
Parte Uno

OCT
12

Cuerpo Sano,
Mente Sana
Parte Dos

OCT
19

Mi hijo, los
Medios de
Comunicación y
la Tecnología

OCT
26

Cuenta Conmigo

NOV
02

Preparémonos
para la Escuela

NOV
09

Campeones para
el Futuro de
Nuestros Hijos

NOV
16

¡SÍ SE PUEDE!
Graduación



REACH OUT
Mamás y Bebés



Mom's Wellness Group

For Moms who are pregnant or have children 0-12 months

Join us for virtual discussions where you will:

Learn how to deal with stress in a healthy way

Gain tools to strengthen relationships with your baby

Decrease overwhelming feelings and thoughts

Free Diapers

Complete the program
and receive diapers and
a \$50 Target gift card

Online Options

Join the class virtually by
phone or by video conferencing
at a time that is convenient for you

Enroll Now!

Call Gloria Lopez at 909-982-8641 for more information





REACH OUT
Mamás y Bebés



Clases de Embarazo y Postparto

Para mujeres embarazadas o tienen bebés de 0-12 meses de edad

Únase a nosotros para discusiones virtuales donde:

Aliviar el estrés de manera saludable

Fortalecer su relación con su bebé

Aprender a enfrentar emociones difíciles

Pañales Gratis

Completar el programa y recibir pañales y una tarjeta de regalo de \$50 de Target

En Línea

Unirse a la clase virtualmente por teléfono o por videoconferencia en un momento que es conveniente para usted

¡Inscríbete Ahora!

Llame a Gloria al 909-982-8641 para más información





HOPE COLLABORATIVE DISTRICT 1



You're Invited !

Welcome!

Join the Riverside County Child Abuse Prevention Council in making a difference in the community. The HOPE collaborative meets monthly to discuss how they can spread **awareness** and **prevent** child abuse. This collaborative services the Riverside City/ Lake Elsinore areas, and is made up of volunteers, non-profits, service providers, faith-based organizations, and anyone interested in **supporting families**.



Creating

Create community events, online workshops, and promote family wellness



Supporting

Support one another with opportunities for sponsorships, and collaboration



Networking

Work together to share ideas, resources, and services

When: Third Wednesday of the month at 8:30 AM

Location: Zoom - [Links located online: www.hopecollaborative.org/calendar](http://www.hopecollaborative.org/calendar)

Contact Stephanie.soto@fsaca.org for more information



(951) 686- 3750

Mom's Wellness Program

Mamas y Bebés is a program dedicated to helping moms before and after pregnancy who want to build coping skills to manage and explore the joys and stress of motherhood!

Join us for virtual discussions where you will:

- Learn how to deal with stress in a healthy way
- Gain tools to strengthen your relationship with your baby
- Decrease overwhelming feelings and thoughts

Who is eligible?

- All Moms who are pregnant or have children 0-12 months

Are you feeling sad, overwhelmed, exhausted, or just not feeling like yourself?

Enroll Now with Reach Out at (951) 394-3083 – Stephany Quiroz



REACH OUT
Strengthening Communities

 **MolinaCares**
Building Stronger Communities...One Life at a Time



Families Achieving Success
Mid-County

BUILDING RESILIENCE IN AFRICAN AMERICAN FAMILIES

Africentric Youth & Family Rites of Passage Program (ROP)

African American and
Mixed Race 11-14 Year old
Boys & Girls



BRAAF BOYS PROGRAM



BRAAF GIRLS PROGRAM

Community Connections and Mentorship
History Lessons, Life Skills and Esteem Building
Family Engagement and Parenting Classes
Field Trips and Enrichment Activities

Meals and transportation provided

2021/22 School Year



SCAN ME

ENROLLING NOW!

TINYURL.COM/BRAAFAPP

855-978-FAST (3278) info@fastogether.com



Families Achieving Success
www.fastogether.com



BRAAF stands for Building Resilience in African American Families. BRAAF is an Afrocentric Rites of Passage Program funded by the County of Riverside and overseen by Riverside University Health Systems Prevention and Early Intervention. Families Achieving Success is proud to have been chosen to bring this dynamic enrichment program to Mid-County Riverside (From Perris South through Temecula, Lake Elsinore East through San Jacinto and all cities in between).

BRAAF offers two (2) “Afrocentric Youth & Families Rites of Passage” (ROP) after-school programs. One for boys and one for girls. Middle school age youth (11-13) and their families are encouraged to apply at www.FAStogether.com/BRAAF

Programs run for the entire length of the school year (from September to June). Programs are facilitated in three (3) hour sessions, and include weekly modules of skill and knowledge, history/culture, outings, retreats, mentoring, and enrichment activities.

Girls’ ROP runs on Mondays, Wednesdays and Fridays from 4:00 PM to 7:00 PM, on Saturdays from 9:00 AM to 12:00 PM. Boys ROP runs on Tuesdays, Wednesdays and Thursdays from 4:00 PM to 7:00 PM.

No need to worry, transportation* (pick-up from local schools and return home), healthy snacks and a hot nourishing meal is provided each program day.

*Transportation may not be available in all areas.



Is BRAAF for You?

- Free to families
- Meals and Transportation Provided
- Learn African and African American History
- Build strong family and community bonds
- Life Skills (financial literacy, cooking, health and hygiene, interpersonal relationships)
- Mentoring and Homework help
- Learn leadership and accountability
- Go on enriching field trips
- Brotherhood and Sisterhood bonds
- Develop personal pride
- Strengthen self-esteem
- Learn how to self-advocate
- Parent Support Group
- Family Empowerment Dinners



BRAAF is open to Black and Bi-racial youth between the ages of 11-13.

Families must complete an online application to be considered for acceptance in the BRAAF program.



ENROLL in programs at www.FAStogether.com



Brotherhood and Sisterhood Circles are Mentorship Programming inside local schools. Programs for Elementary through High School

- Greater sense of self, confidence, and self-advocacy.
- Have pride in who we are and where we come from.
 - Teaches Black History and Ancestors.
 - Incorporates Nguzo Saba principles (Principles of Kwanzaa) into daily living.

Go to our website to learn which schools provide Brotherhood and Sisterhood Circle and advocate to get Families Achieving Success in your school!



Open to all youth 13-24

(Income/Residency requirements may apply)

1. Learn to set and progress toward attainable goals for the future. Learn how to make well thought through decisions about the future and predict possible outcomes.
2. Learn to budget, plan and manage money with a cursory understanding of finances, credit, investments, savings, loans, scholarships and grants.
3. Practice applying and interviewing for jobs and college. Learn about entrepreneurship.
4. Learn practical life skills like independent living, car care, meal planning and preparation, civic responsibility, preparing for personal health and wellness, mental health and living with others.

WOMEN'S SUPPORT GROUP

Free to women of all ages.
Building a Sisterhood of loving & supportive women.
Meets via Zoom every 1st Tuesday of the month.

Register for confidential Zoom link at
www.FAStogether.com/womens-support-group

WORKSHOPS:

Check our website for dates, times and locations of upcoming workshops and community activities.

SUICIDE PREVENTION
SELF-CARE AND STRESS REDUCTION
DOMESTIC VIOLENCE
ART THERAPY
GOAL SETTING/VISION BOARDS
FINANCIAL LITERACY
BLACK HISTORY
TEACH THE TEACHER
PARENTING CLASSES


AND MORE!




Donations, Sponsorships and Gifts help us continue to provide programming free of charge to the community.

Your generous donation is Tax Deductible

Send via PayPal, CashApp or mail your donation to
Families Achieving Success
75 W Nuevo Rd #E137
Perris, CA 92571

 **PayPal**
@missionwas

 **Cash App**
\$FAStogether

OUR MISSION

is to empower, educate and motivate parents and their children to become self-sufficient and successful, through life skills education and mental health awareness.

OUR GOAL

is to promote self-sufficiency, stability, mental wellness and resiliency in the entire family.

OUR VISION

is to break the cycle of poverty, homelessness, trauma and abuse.

We provide comprehensive programs for youth, families, and teachers. We offer core life skills and mentoring programs, parenting classes, crisis intervention, counseling, life coaching and art therapy.

Families Achieving Success is fully staffed with safeTALK and ASIST Certified Suicide Prevention Interventionists.



Families Achieving Success
www.fastogether.com

Women Achieving Success dba Families Achieving Success
is a 501(c)(3) Non Profit Organization
Donations are Tax Deductible



FAMILIES ACHIEVING SUCCESS

PROGRAM GUIDE

75 W. Nuevo Road Ste E137, Perris, CA 92571
info@FAStogether.com
(951) 200-4747 | Toll Free: (855) 978-FAST (3278)
Fax (800) 317-1490



THE BLACK FATHERHOOD PROGRAM

Empowering Black Fatherhood

A Relationship with dad can change a child's life. Black Fathers play an important role in a child's healthy development. Connect with other Black Fathers as we learn how to raise Strong Black Children.

Register Today!



Scan the QR code or click the link below

<http://bit.ly/SBXFatherhood>





3775 ELIZABETH STREET, RIVERSIDE, CA



Our new location, now appropriately donned "The Discovery Center" will offer support to Domestic Violence Victims & Survivors, Victims of Crime, Adults & Families experiencing homelessness, and Homeless Youth in English *and* Spanish.

Services Include:

Legal Assistance

Child Care Assistance

Professional Therapy

Housing Relocation Assistance

Emergency Shelter/Transitional Living

Distribution of Food, Water and Showers

STAND BY FOR THE GRAND-OPENING ANNOUNCEMENT!

We look forward to serving Riverside County for another 43 years; virtually and where you need us the most! For more information, contact fwhite@alternativestodv.org.

RESTOAR



Phone: 951-304-5088
Email: restoar@rivcoda.org

RESToring Opportunities After Rehabilitation Webinar Series



FREE Zoom Webinars

9:00 am — 10:15 am

3:30 pm — 4:45 pm

Registration

Every 3rd Tuesday of the month



Scan QR Code or visit

<https://forms.office.com/g/TJ2TfvPbj0>

Every Last Tuesday of the month



Scan QR Code or visit

<https://forms.office.com/g/vLzFXheikw>

Fair Chance Act

Learn how this law **limits** employers' use of your criminal record in their hiring decisions, the required steps of the Fair Chance Act, and how to navigate this process to give yourself the best opportunity to obtain employment.

Court Relief for Criminal Records

See how reductions of charges, expungements and certificates of rehabilitation may be able to help. Learn the criteria & how to apply if eligible.



Community resources at your fingertips

LINKING YOU TO RESOURCES NEEDED

Connect IE is a **FREE** one-stop website that makes it easy to find community resources you need – like food, health care, job training, and more. You can access **Connect IE** on your own using your laptop, desktop computer or smartphone.

How **Connect IE** works

Visit www.ConnectIE.org to find resources in your area. Just enter your city's name in the search bar on the main page and then choose a category. Click on the resource you want, such as housing advice, vision care or health education.

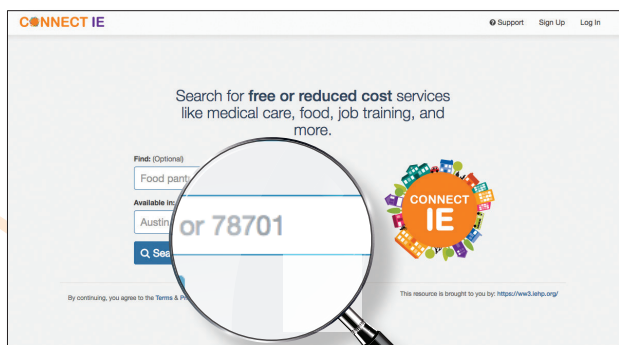
Resources you can find

- Food pantries
- Housing
- Transportation
- Educational resources
- Job training
- And many more!

Ways **Connect IE** helps you

- Search trusted resources in your local community anytime
- Find resources needed to take control of your health
- Use **Connect IE** nearly anywhere

**To learn more, visit
www.ConnectIE.org.**





Recursos para la comunidad al alcance de su mano

LE PONEMOS EN CONTACTO CON LOS RECURSOS QUE NECESITA

Connect IE es un sitio web integral y **GRATUITO** que le permite encontrar fácilmente los recursos de la comunidad que usted necesita, como alimentos, atención médica, capacitación laboral y más. Puede ingresar a **Connect IE** desde su propia computadora de escritorio, computadora portátil o smartphone.

Cómo Funciona **Connect IE**

Visite **www.ConnectIE.org** para encontrar los recursos en su área. Simplemente ingrese el nombre de su ciudad en la barra de búsqueda de la página principal y luego elija una categoría. Haga clic en el recurso que desea, como consejos sobre vivienda, cuidado de la vista o educación para la salud.



Algunos recursos disponibles

- Despensas de alimentos
- Vivienda
- Transporte
- Recursos educativos
- Capacitación laboral
- ¡Y muchos más!

Maneras en que **Connect IE** le puede ayudar

- Encuentre recursos confiables en su comunidad local en cualquier momento
- Busque los recursos que necesita para tomar el control de su salud
- Use **Connect IE** casi en cualquier lugar

Para más información, visite www.ConnectIE.org.





Bienestar de Salud Mental a tu Alcance



Toma mi Mano

Toma mi Mano es un servicio de chat en vivo. Nuestro chat en línea es una plataforma virtual anónima que te permite tener un lugar seguro para expresar tus pensamientos y tus luchas.

Los Especialistas de Apoyo de Pares y nuestro otro personal te recordarán que tienes un valor social y que no estás solo. Entonces, en esos días oscuros en los que parece que no hay salida, en esos momentos de ansiedad en los que piensas que los demás no te entenderán, únete a nosotros en el chat en vivo en TomamiMano.co

Si tienes 16 años o más, aquí, tu puedes asociarte con un Especialista en Apoyo de Pares, que ha superado sus propias dificultades y está aquí para escucharte, a unas pocas teclas de distancia.

Objetivos

- Entorno anónimo y seguro para que las personas compartan de forma segura.
- Incrementar el propósito, la pertenencia y la conexión social de las personas que reciben este servicio.
- Detectar y reconocer los desafíos de salud mental cuanto antes.
- Aumentar el acceso al nivel adecuado de apoyo y atención de tu salud.

- ✓ Chatea en línea con un especialista en apoyo de pares de forma gratuita.
- ✓ Accede desde cualquier lugar. Computadora portátil, teléfono, tableta o quiosco.
- ✓ 1 a 1 apoyo de pares con personas reales. Sin bots.



- ✓ Accede a recursos locales con nuestra guía de recursos en línea.
- ✓ Acceso anónimo a servicios para reducir el estigma.
- ✓ Asóciate con un especialista en apoyo de pares para llegar a nuevas soluciones a un desafío.



¡Visite TomamiMano.co
y recibe apoyo de chat hoy!

ayuda @
la mano.

TU CONEXIÓN AL CUIDADO

Toma

mi

Mano



Chat en Vivo

¡Parece que
estás mucho
mejor!

¿En Verdad? Tomé tu
sugerencia y platiqué con un
compañero de apoyo en
<https://TomamiMano.co>

Lunes a Viernes: 8am-5pm

16 años o más

**ayuda @
la mano™**

TU CONEXIÓN AL CUIDADO

 **Riverside
University
HEALTH SYSTEM**
Behavioral Health

Take

my

Hand



Live Peer Chat

Sure seems like
you're doing
better!

Right?! I took your
suggestion and chatted
with a Peer at
<https://TakemyHand.co>



Mon-Fri 8am-5pm

Age 16 and over

help @ hand™

CONNECTING PEOPLE
WITH CARE

Riverside
University
HEALTH SYSTEM
Behavioral Health

Take

my

Hand

Take My Hand

Take My Hand is a Live Peer Chat Service. Our online chat is an anonymous virtual platform that allows you to have a safe place to express your thoughts and your struggles. Our peers and staff will remind you that you have social value and you are not alone. So, in those dark days when it seems that there is no way out, in those moments of anxiety when you think that others will not understand you, join us in live chat at [TakeMyHand.co](https://www.TakeMyHand.co)

Here, you can partner with a peer support specialist, who has walked through their own struggles and is here to listen to you, just a few keystrokes away.

Objectives

- Anonymous, safe environment for individuals to share safely.
- Increase purpose, belonging and social connectedness of individuals served.
- Detect and acknowledge mental health challenges sooner.
- Increase access to appropriate level of support and care.



Chat online with a peer support specialist for free.



1 on 1 peer support with real people. No bots.



Access to local resources with our online resource guide.



Anonymous access to services to reduce stigma.



Access from anywhere. Laptop, phone, tablet or kiosk.



Partner with a peer to arrive at new solutions to a challenge.



Visit [TakeMyHand.co](https://www.TakeMyHand.co) and receive chat support today!



Inland Caregiver Resource Center

Grupos de Apoyo Virtuales

ICRC ofrece grupos de apoyo virtuales a cuidadores de familia. Ser un cuidador no es fácil y estamos aquí para apoyarles. Llámenos hoy al **(800) 675-6694** para más información.



¡Atención Cuidadores de Familia!

¿Se siente abrumado o que nadie entiende por lo que usted está pasando? Acompáñenos mientras practicamos el distanciamiento social a través de nuestros grupos de apoyo virtuales para cuidadores de familia.

Conéctese con otros cuidadores como usted para compartir inquietudes, información, apoyo y desarrollar nuevas amistades. Oprima el enlace para el grupo(s) que le interese o llame hoy al **(800) 675-6694**.

Fecha: Segundo lunes del mes

Horario: 2:00 - 4:00 pm

Facilitadora: Aida Blanco

[Regístrese Aquí](#)

Fecha: Cuarto lunes del mes

Horario: 2:00 - 4:00 pm

Facilitadora: Patty Rangel

[Regístrese Aquí](#)

Fecha: Cuarto viernes del mes

Horario: 10:00 - 12:00 pm

Facilitadora: Aida Blanco

[Regístrese Aquí](#)

Se requiere registración

Si ocupa ayuda con la aplicación de Zoom llámenos directamente



Conéctese:



www.inlandcaregivers.org

(800)675-6694

(909)514-1404

Los fondos para este servicio han sido provistos por el Departamento de Envejecimiento y Servicios para Adultos del Condado de San Bernardino y por el Programa de Apoyo para el Cuidador Familiar de la Oficina de Envejecimiento del Condado de Riverside a través de un subsidio otorgado por el Departamento de Envejecimiento de California y también con becas del Departamento de Servicios de Cuidado de Salud de California para los Programas de los Centros de Recursos para Cuidadores.

Inland Caregiver Resource Center

Virtual Caregiver Support Groups

ICRC is offering **Virtual Support Groups** to all family caregivers.
Participate online or via telephone. Questions? Call us at **(800) 675-6694**.

When: 1st Monday/monthly
Time: 10:00 - 12:00 pm
Facilitator: Michelle Bland
Registration: [Click here](#)



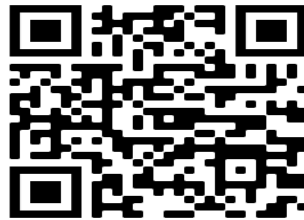
When: 3rd Wednesday/monthly
Placed Care Receiver
Time: 6:00 -8:00 PM
Facilitator: Darlene Merkler
Registration: [Click here](#)

When: 1st Wednesday/monthly
Time: 2:00 - 4:00 pm
Facilitator: Jennifer Lopez
Registration: [Click here](#)

Registration Required
Call for information about

When: 3rd Thursday/monthly
Time: 1:00 - 3:00 pm
Facilitator: Michelle Bland
Registration: [Click here](#)

When: 2nd Wednesday monthly
Men Caregivers
Time: 1:00 -3:00 PM
Facilitator: David Fraser
Registration: [Click Here](#)



When: 3rd Thursday/monthly
Time: 6:00 - 7:30 pm
Facilitator: Darlene Merkler
Registration: [Click here](#)

When: 2nd Thursday/monthly
Parkinson's Disease Specific
Time: 10:00 - 12:00 pm
Facilitator: Jennifer Navarro
Registration: [Click here](#)

When: 3rd Monday/monthly
Time: 3:00 - 4:30 pm
Facilitator: Michelle Bland
Registration: [Click here](#)

When: 4th Wednesday/monthly
Traumatic Brain Injury/Stroke
Time: 10:00 -12:00 PM
Facilitator: Tanya Brown
Registration: [Click Here](#)

When: 2nd Thursday/monthly
Time: 2:00 - 4:00 pm
Facilitator: Jennifer Navarro
Registration: [Click here](#)

When: 3rd Tuesday/monthly
Time: 10:00 - 12:00 pm
Facilitator: Tanya Brown
Registration: [Click here](#)

When: Last Thursday/monthly
Time: 2:30 - 4:30 pm
Facilitator: Darlene Merkler
Registration: [Click here](#)

Contact us:



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

Funding for these services has been provided by the San Bernardino County Department of Aging and Adult Services and the Riverside County Office on Aging Family Caregiver Support Program through grant awards from the California Department of Aging, as well as a grant from the California Department of Health Care Services for the Caregiver Resource Center Programs.



Inland Caregiver Resource Center

Helping families and the community cope with and manage the challenges of aging and 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**.

Educational Workshops for September

Topic: Resources for Aging Well Panel
When: Wednesday, September 1, 2021
Time: 1:00-2:30 PM
Registration: [Click Here](#)

Topic: Driving & Dementia
When: Thursday, September 2, 2021
Time: 10:00-11:30 AM
Registration: [Click Here](#)

Topic: Suicide Prevention
When: Tuesday, September 7, 2021
Time: 6:00-7:30 PM
Registration: [Click Here](#)

Topic: Ask The Elder Law Attorney-Esther Wang
When: Tuesday, September 14, 2021
Time: 1:00-2:30 PM
Registration: [Click Here](#)

Topic: Medicare Open Enrollment
When: Thursday, September 16, 2021
Time: 10:00-11:30 AM
Registration: [Click Here](#)

Topic: Hispanic Heritage & Caregiving
When: Monday, September 20, 2021
Time: 1:00-2:30 PM
Registration: [Click Here](#)

Topic: Is It Normal Aging or Dementia?
When: Tuesday, September 21, 2021
Time: 1:00-2:30 PM
Registration: [Click Here](#)

Topic: New Alzheimer's Treatments
When: Monday, September 27, 2021
Time: 10:00-11:30 AM
Registration: [Click Here](#)

Topic: Healthy Boundaries for Caregivers
When: Tuesday, September 28, 2021
Time: 10:00-11:30 AM
Registration: [Click Here](#)

Topic: How "Aging Network"
Can Help Caregivers & Older Adults
When: Thursday, September 30, 2021
Time: 10:00-11:30 AM
Registration: [Click Here](#)

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



Funding for these services has been provided by the San Bernardino County Department of Aging and Adult Services and the Riverside County Office on Aging Family Caregiver Support Program through grant awards from the California Department of Aging, as well as a grant from the California Department of Health Care Services for the Caregiver Resource Center Programs.



Inland Caregiver Resource Center

Ayudando a familias y comunidades a enfrentar y manejar los retos del envejecimiento y ser cuidador.



Talleres Educativos

(por teléfono e internet)

ICRC ahora ofrece Talleres Educativos virtuales para cuidadores de familias. Ser un cuidador no es fácil y estamos aquí para apoyarlos. Entre el enlace en el navegador para registrarse o llámenos al **(909) 835-6907** pregunte por **Patty**.

Talleres Educativos Virtuales en Español

Tema: ¿Qué es Poder Notarial Medico ?

Cuando: 1 de septiembre del 2021

Horario: 2:30 PM-4:00PM

Facilitadora: Patty Rangel

[Regístrese aquí](#)

Tema: Estafas y Personas Mayores

Cuando: 14 de septiembre del 2021

Horario: 2:00PM -3:30PM

Facilitadora: Eva Zamora

[Regístrese aquí](#)

Tema: Creando un Haiku

Cuando: 22 de septiembre del 2021

Horario: 2:00PM-3:30PM

Facilitadora: Patty Rangel

[Regístrese aquí](#)

Tema: ¿Que es la gratitud?

Cuando: 8 de septiembre del 2021

Horario: 2:00 PM-3:30PM

Facilitadora: Patty Rangel

[Regístrese aquí](#)



Tema: Cuerpo y Cerebro Sano es vida Sana

Cuando: 24 de septiembre del 2021

Horario: 11:00PM-12:30PM

Facilitadora: Patty Rangel

[Regístrese aquí](#)

Tema: Actividades de Estimulación Cognitivas

Cuando: 10 de septiembre del 2021

Horario: 2:00PM-3:30PM

Facilitadora: Patty Rangel

[Regístrese aquí](#)

Tema: Técnicas para Meditación

Cuando: 15 de septiembre del 2021

Horario: 2:00PM-3:30PM

Facilitadora: Patty Rangel

[Regístrese aquí](#)

Tema: Técnicas para llevar un diario

Cuando: 29 de septiembre del 2021

Horario: 2:00PM-3:30PM

Facilitadora: Patty Rangel

[Regístrese aquí](#)

*** Se requiere registración para participar. Entre el enlace en el navegador o llámenos para registrarse.**

Contáctenos por:



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Los fondos para este servicio han sido provistos por el Departamento de Envejecimiento y Servicios para Adultos del Condado de San Bernardino y por el Programa de Apoyo para el Cuidador Familiar de la Oficina de Envejecimiento del Condado de Riverside a través de un subsidio otorgado por el Departamento de Envejecimiento de California y también con becas del Departamento de Servicios de Cuidado de Salud de California para los Programas de los Centros de Recursos para Cuidadores.