



Public Authority for IHSS in Alameda County

Online Training Schedule

The Public Authority for IHSS in Alameda County provides
FREE training to active IHSS Providers and Recipients

[CLICK HERE TO REGISTER FOR CLASSES!](#)

Online Class Offerings for November 2025:

☐ **Senior's Guide to Public Benefits**

November 3 (Monday) 10:00am – 11:30am

Instructors: Meleana (Mei Mei), Legal Advocate, Legal Assistance for Seniors

Explains Public Benefits and eligibility for specific programs serving individuals 65 and older, and for individuals with disabilities

☐ **Beating the Holiday Blues**

November 4 (Tuesday) 2:00pm – 3:00pm

Instructors: Georgina Martinez, Digital Health Promotion Representative with Independence @Home

The holidays are a joyous season for many. For others, it's a time of blues. But it doesn't have to be. Join us to learn some ways that you can beat the holiday blues!

☐ **Venciendo la Melancolía Navideña (Spanish)**

6 de Noviembre (Jueves) 2:00pm – 3:00pm

Instructors: Georgina Martinez, Digital Health Promotion Representative with Independence @Home

Los días festivos son una temporada alegre paramuchos. Para otros, es una época de tristeza. Pero notiene por qué ser así. ¡Únase a nosotros para aprender algunas formas en que puede vencer la tristeszanavideña!

☐ **Cancer 101**

November 17 (Monday) 10:00am – 11:00am

Instructor: Morigan Bruce from Cancer CAREpoint

Are you providing support to someone in your life that has a cancer diagnosis? There can be many moving parts to the caregiver journey, and we'll explore some ways to plan for what comes next and design your "toolbox" for the weeks and months ahead. Whether you are new to this or are embarking on the next phase of treatment with your loved one, this space is for you.

(Continued on next page)

☐ **The Impact of Alzheimer's & Dementia in your Community**

November 18 (Tuesday) 10:00am to 11:00am

Instructor: Vanessa Souza – Alzheimer's Association

Learn about the impact of Alzheimer's disease, local support resources, and ways to get involved in the fight against Alzheimer's and other dementias in this brief, informative session.

☐ **Conversaciones Sobre Demencia (Spanish)**

19 de Noviembre (Miércoles) 2:00pm to 3:00pm

Instructor: Sandra Green, Family Care Specialist, Alzheimer's Association

Hablaremos sobre como tener una conversacion honesta y considerada cuando sospechamos que un ser querido esta mostrando senales de Alzheimer o demencia.

☐ **Ways to Stay Healthy During the Holidays**

November 20 (Thursday) 1:00pm - 2:30pm

Instructor: Care Partners

Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe and healthy and ready to enjoy the holidays! Lots of tips for IHSS Care Provider Self-Care!

[CLICK HERE OR USE THE QR CODE BELOW TO REGISTER FOR CLASSES!](#)



Contact us at (510) 577-3554 or PAtraining@acgov.org for any questions.