

New Virtual Caregiving Workshops for San Mateo County IHSS Providers!

¡Nuevos Talleres Virtuales Para Proveedores de IHSS del Condado de San Mateo!

全新聖馬刁縣家居護理(IHSS)看護人的免費網上護理課程



COVID-19, Infection Control & Caregiver Safety (English)	When: Saturday, 10/10/20 from 10:00 am - 12:00 pm
COVID-19, Control de Infecciones & Seguridad Para Cuidadores (Español)	Cuando: Sábado, 10/17/20 de 10:00 am - 12:00 pm
冠狀病毒，感染控制和護理人員安全（廣東話）	請到我們網站查詢Zoom視像課程的日期
Caregiving During Challenging Times: COVID-19 Managing Stress & You (English)	When: Thursday, 10/22/20 from 2:00 pm - 3:30 pm
非常時期提供照料：新冠肺炎，壓力管理與您（廣東話）	時間：星期五，2020年10月23日，下午1-2:30
Ser Cuidador Durante Tiempos Difíciles: COVID-19, Como Manejar Estrés y Usted (Español)	Cuando: Viernes, 10/30/20 de 1:00 pm - 2:30 pm
<i>Appy-Hour</i> : Learn and explore how to use online apps to stream music, wellness tools and community resources to support your well-being during these challenging times. Topic change monthly. For adults 55+ older (English)	When: Tuesday, 10/27/20 from 12:00 pm - 1:00 pm

[Register Here](#)

[Registrarse Aquí](#)

[在這裡註冊](#)

To participate in the Zoom Workshops you will need:
Internet Access

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One of the following : Computer / Laptop / Tablet / Smart Phone

For more information call: Stacy Goldsby at (650) 241-5874 or sgoldsby@smcgov.org