

# Parent/Caregiver Online Workshops

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1  <b>EASTER MONDAY</b>	2	3	4	5
8  <b>Cantonese Chat Room (55+ Parents/Caregivers): Wills and Estates (Cantonese)</b>  Guest Speaker: Ernest Woo  6:30pm - 8:00pm  <b>Join Zoom Meeting</b> <a href="https://bit.ly/4955OyI">https://bit.ly/4955OyI</a> Meeting ID: 874 5113 8116 +14388097799	9	10	11	12
15	16	17	18	19  <b>Self-Care Strategies (Mandarin)</b>  Guest Speaker: Renee Xu  7:00pm - 8:30pm  <b>Join Zoom Meeting</b> <a href="https://bit.ly/4alq1S3">https://bit.ly/4alq1S3</a> Meeting ID: 822 5336 9405 +16473744685

22	23	24	25	26
29	30	1	2	3

## Online Workshop

### Descriptions:

#### **Cantonese Chat Room (55+ Parents/Caregivers)**

The group provides a platform for 55+ Cantonese-speaking caregivers to build networks and embrace aging. Offered in Cantonese.

#### ***Topic : Wills and Estates***

Join us to learn about estate planning and preparing a will to transfer your property and money to your loved one.

#### **Self-Care Strategies (Mandarin)**

Join us to learn some tips to for self-care!