

# Behavioral Health

## Classes and Resources

KAISER PERMANENTE • HEALTH EDUCATION DEPARTMENT • EAST BAY SERVICE AREA



### Emotional Health Classes

#### Pathways to Emotional Wellness (1 session)

This two-hour class looks at the relationship of stress, depression, anxiety, and insomnia and outlines Kaiser resources that can help you. You will also form an action plan for next steps. **Fee:** No fee.

#### Understanding Anxiety Series (6 sessions)

Come and learn to identify what triggers your anxiety as well as ways to help manage and reduce your symptoms. We'll help you explore your thoughts and learn a mindful approach, instead of avoiding your fears. You'll also learn techniques to relax.

**Fee:** No fee for members; \$120 nonmembers

#### Managing Depression Series (6 sessions)

Depression is common and treatable. In this series, you will learn ways to manage your symptoms. We will help you learn to challenge negative thoughts and add more pleasant activities to your life and approach life with mindfulness.

**Fee:** No fee for members; \$120 nonmembers

#### Managing Your Stress (6 sessions)

Learn to recognize the sources of stress in your life, manage stress related symptoms and illnesses, develop healthy lifestyle habits, take better care of yourself and enjoy your life more.

**Fee:** No fee for members; \$120 nonmembers

#### Improving Your Sleep Series (4 sessions)

Want to fall asleep quicker, sleep more soundly, and awaken feeling more refreshed? Learn how nighttime habits and thinking patterns affect your sleep and how to change them.

**Fee:** No fee for members; \$120 nonmembers

### Health Education Centers

Health Education Centers are open to members and the community. We carry a variety of health information and products to support your health.

To register for classes, visit or call:

#### Oakland Behavioral Health

3900 Broadway, Building A  
Oakland, CA 94611  
510-752-7868

#### Pinole Health Education Center

1301 Pinole Valley Road  
Pinole, CA 94564  
510-243-4020

#### Richmond Health Education Center

901 Nevin Ave  
Bldg. 1, 1<sup>st</sup> Floor  
Richmond, CA 94801  
510-307-2210

For class dates and times:

[Kp.org/eastbay/healtheducation](https://kp.org/eastbay/healtheducation)



### Aging with Grit and Grace (6 sessions)

As with every stage of life, aging brings special challenges and rewards. Join other seniors to build resilience, meaning, joy, and connection. This class will cover a variety of practices known to lift mood and enhance your capacity to weather difficult times.

**Fee:** \$60 members, \$120 nonmembers. Oakland only.

### Couples Communication (6 sessions)

Learn more effective ways to discuss difficult topics, reduce defensiveness and understand each other's perspectives.

**Fee:** \$85 for members; \$150 nonmembers. Oakland only.

### Managing Anger (8 sessions)

Does anger cause problems with family, friends, and colleagues? Learn to identify your anger triggers, develop communication skills, and practice healthier ways to respond. *Note: This series does not satisfy the court-ordered treatment required for domestic violence.* **Fee:** \$80 members; \$160 nonmembers.

### Mind-Body Medicine for Job Stress (4 sessions)

Job stress is normal, as work is a large part of life and financial security. This class provides tools to help manage and reduce stress while helping you focus on areas where you can make choices and have control. Members only. **Fee:** No fee. Oakland only.

### Mindfulness-Based Stress Reduction (8 sessions)

Meditation can be helpful for dealing with stress, chronic pain, hypertension, depression, difficulty sleeping, and other issues. Learn mindfulness meditation and meditative movement to create more calm in your life. **Fee:** \$110 members; \$190 nonmembers. Oakland and Pinole only.

## Salud mental y afectiva

### Caminos hacia una buena salud emocional (Una sola clase)

En esta clase le ayudaremos a identificar sus fuentes de estrés a enfrenar mejor la ansiedad y reduzca los síntomas de depresión. También se explorarán varios recursos que le ayudarán a darlos siguientes pasos en su camino hacia el bienestar emocional. *Abierta a la comunidad. Sin costo.* Inscripción: Llame al 510-752-7868 (Oakland) o 510-307-2210 (Richmond).

### Meditación para su salud (4 sesiones)

La práctica regular de la meditación puede tener un efecto positivo sobre su salud física y afectiva. La meditación le puede ayudar a combatir problemas como el dolor físico, el insomnio, la ansiedad y la depresión, entre otros. *Abierta a la comunidad. Sin costo.* Inscripción: Llame al 510-307-2210 (Richmond).

## Wellness Coach

Ready to lose weight, eat healthier, lower stress, move more, or quit smoking? Talk with a wellness coach over the phone to build your motivation and create a customized plan to make lifestyle changes. Call 1-866-251-4514 or go to [kp.org/healthcoach](https://kp.org/healthcoach) to schedule your telephone appointment. Free to members.

## Your Health Online

### [kp.org/mydoctor](https://kp.org/mydoctor) – My Doctor Online

- Email your doctor.
- Watch a video, listen to a podcast, or sign up for an online program on stress, anxiety, depression, and insomnia, by clicking on the "Tools and Classes" link or use the search box at the top of the page.
- Research a condition on the Health Encyclopedia.
- Look up information in the Drug Encyclopedia or Natural Medicine Database.

### [kp.org/español](https://kp.org/español)

- Para obtener información en Español.

### [kp.org/mydoctor/stayinghealthy](https://kp.org/mydoctor/stayinghealthy)

- Find information on strategies for stress management, sleep, healthy eating and more.

### [kp.org/depression](https://kp.org/depression)

- Tools to deal with depression.



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