

Pathways to Emotional Wellness

Your thoughts and emotions can affect your physical well-being. In this class, we'll help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and lessen depression.

Also explore a variety of other resources to help you take your next steps on the path to emotional wellness. Open to the community.

Available in Spanish in Oakland and Richmond.

- Single session | No fee. This is a covered benefit for Kaiser Permanente members.

Aging with Grit and Grace

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.

- 6 wkly 2-hr sessions | \$60 mbrs, \$120 public

Coping with Adult Attention Problems

Improve your ability to slow down, relax, and manage your time. Become more mindful about decision making and problem solving. Discover ways to help reduce impulsive behaviors and improve your relationships. Designed for adults with a diagnosis of ADHD or other attention difficulties.

- 6 wkly 2-hr sessions | \$60 mbrs, \$120 public

Managing Anger: Overview

When is anger a problem? Anger is a warning signal that something needs our attention. It is what we do in response to angry feelings that can be helpful or hurtful. Learn about the cycle of anger and about the skills you'll master in our Managing Anger Series. This overview is required for participation in the Oakland series and is held one week prior to the start of the series. This class does **NOT** meet the requirements of court-ordered anger management programs.

- 1 session | Open to the community; no fee

Managing Anger Series

When anger causes problems with family, friends, or colleagues, we can help. Learn to identify anger triggers, develop communication skills, and practice new ways to respond. Note: This series does not satisfy the court-ordered treatment required for domestic violence.

Prerequisite for Oakland only: Managing Anger Overview.

- 8 weekly 2-hr sessions | \$80 mbrs; \$160 public

Understanding Anxiety Series

In this series, you'll learn to identify what triggers anxiety for you as well as ways to help manage your symptoms. We'll help you explore your thoughts and learn to approach instead of avoid what you fear. You'll also learn techniques to relax, reduce your response to triggers, and approach your anxiety with mindfulness. Open to the community.

- 6 wkly 2-hr sessions
- No fee. This is a covered benefit for Kaiser Permanente members; \$120 public.

Couples Communication Series

The heart of a healthy relationship is good communication. Learn ways to bring up difficult topics, reduce defensiveness, and understand each other's perspective. This series is specifically designed for couples in committed relationships. Classes specifically for LGBTQ couples are available in Oakland. Only one member of a couple needs to be a Kaiser Permanente member for the member rate.

- 6 wkly 2-hr sessions | \$120 mbrs, \$185 public

Communicate with Confidence

Communicating effectively can be exhilarating. Join us and learn to express yourself directly, without threat or apology. You'll learn ways to resolve conflicts and practice new communication skills that you can apply in your day-to-day life.

- 6 wkly 2-hr sessions | \$60 mbrs, \$120 public

Managing Depression Series

Depression is common, real, and treatable. In this series, you will learn about depression as well as ways to manage your symptoms. We will help you learn to challenge negative thoughts and add more pleasant activities to your life. You'll also learn techniques to relax and approach your life with mindfulness. Open to the community.

- 6 wkly 2-hr sessions
- No fee. This is a covered benefit for Kaiser Permanente members; \$120 public.

Mind-Body Medicine for Job Stress

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.

- 4 wkly 2-hr sessions
- No fee. Open to Kaiser Permanente members only.

Managing Your Stress

Enjoy life more. Emotions, thoughts, and behaviors can affect your health. Learn to recognize the sources of stress in your life, manage stress-related symptoms and illnesses, develop healthy lifestyle habits, and take better care of yourself.

- 6 wkly 2-hr sessions
- No fee. This is a covered benefit for Kaiser Permanente members; \$120 public.

Mindfulness-Based Stress Reduction

Meditation can be helpful for dealing with stress, chronic pain, hypertension, depression, difficulty sleeping, and other issues. This class provides instruction on mindfulness meditation, meditative movement, and body-awareness exercises.

A no-cost orientation is offered one week before the class begins, though attendance at the orientation does not guarantee a space in the eight-week program.

- Orientation: no fee
- 8 wkly 2.5-hr sessions and daylong
- \$110 members; \$190 public (price includes daylong)

Improving Your Sleep Series

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. This class does not address medical conditions that interfere with sleep.

- 4 wkly 2-hr sessions
- No class fee for Kaiser Permanente members; \$100 public.

Caminos Hacia una Buena Salud Emocional

La vida diaria le puede estresar y afectar su bienestar. En esta clase le ayudaremos a identificar sus fuentes de estrés y aprender técnicas simples para que se sienta más relajado, enfrente mejor la ansiedad y reduzca los síntomas de depresión. También le daremos un resumen de los recursos disponibles. Abierta a la comunidad.

- Una sola clase de 2 horas
- Gratis



To find the class schedule or print these class descriptions, go to: kp.org/oakland. Click Departments, then Behavioral Health Education.

Pinole Health Education: (510) 243-4020

Richmond Health Education: (510) 307-2210