

OAKLAND BEHAVIORAL HEALTH EDUCATION

510-752-7868

DECEMBER 2019 – FEBRUARY 2020

Please refer to the “Mind & Body Health” handout for class descriptions and fees. For fee-based classes, please call Behavioral Health Education at 510-752-7868 to register and pay. **REGISTRATION REQUIRED** for **all** classes. All classes are held at 3900 Broadway, Oakland. Schedule subject to change without notice.

Descriptions, fees, and this schedule can also be found on kp.org/oakland. Click Departments, then Behavioral Health Education.

The dates below are start dates.

Coping with Adult Attention Problems—6 wks

Thu	2/6/20	7-9 PM	Bldg B, Rm 218	Tennison
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Aging with Grit and Grace—6 wks

Fri	1/31/20	1:30 PM-3:30 PM	Bldg A, Rm 213	Renaud
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Anger Overview—1 session—REQUIRED CLASS for 8-wk series

Wed	12/4/19	6:40 PM-7:40 PM	Bldg A, Rm 213	Fullerton
Thu	1/2/20	6:45 PM-7:45 PM	Bldg A, Rm 212	Renaud
Wed	1/22/20	7-8 PM	Bldg B, Rm 116	Tennison
Wed	2/26/20	6:40 PM-7:40 PM	Bldg A, Rm 213	Fullerton
Thu	2/27/20	6:40 PM-7:40 PM	Bldg A, Rm 112	Van Deventer

Managing Anger—8 wks

Wed	12/11/19	SKIPS 12/25, 1/1	6:40 PM-8:40 PM	Bldg A, Rm 213	Fullerton
Thu	1/9/20		6:45 PM-8:45 PM	Bldg A, Rm 212	Renaud
Wed	1/29/20		7-9 PM	Bldg B, Rm 116	Tennison
Wed	3/4/20		6:40 PM-8:40 PM	Bldg A, Rm 213	Fullerton
Thu	3/5/20		6:40 PM-8:30 PM	Bldg A, Rm 112	Van Deventer

Understanding Your Anxiety—6 wks

Thu	12/5/19		6:40 PM-8:30 PM	Bldg B, Rm 116	Fullerton
Mon	12/16/19	SKIPS 12/23, 5 WKS	6:45 PM-8:45 PM	Bldg A, Rm 112	Dubuisson-Myllymaki
Fri	12/20/19		1:30 PM-3:30 PM	Bldg A, Rm 213	Renaud
Mon	12/23/19		6:30 PM-8:30 PM	Bldg B, Rm 218	Renaud
Wed	1/8/20		7-9 PM	Bldg A, Rm 212	Renaud
Thu	1/9/20		4:45 PM-6:45 PM	Bldg B, Rm 218	Tennison
Mon	1/13/20	5 WKS	7-9 PM	Bldg A, Rm 213	Tennison
Tue	1/21/20		6:30 PM-8:30 PM	Bldg B, Rm 218	Baker
Tue	1/28/20		6:45 PM-8:45 PM	Bldg A, Rm 213	Van Deventer
Mon	2/3/20	SKIPS 2/17	4-6 PM	Bldg B, Rm 115	Renaud
Wed	2/12/20		4:30 PM-6:30 PM	Bldg A, Rm 213	Ku
Thu	2/13/20		6:40 PM-8:30 PM	Bldg B, Rm 116	Fullerton
Thu	2/20/20		4:45 PM-6:45 PM	Bldg B, Rm 218	Tennison
Mon	2/24/20		7-9 PM	Bldg A, Rm 213	Tennison

Couples Communication—6 wks

Wed	12/4/19	SKIPS 12/25, 1/1	7-9 PM	Bldg B, Rm 218	Shragai
Tue	1/7/20		7-9 PM	Bldg B, Rm 116	Tennison
Thu	1/16/20		6:30 PM-8:30 PM	Bldg A, Rm 112	Van Deventer
Wed	2/5/20		7-9 PM	Bldg B, Rm 218	Shragai
Tue	2/25/20		7-9 PM	Bldg B, Rm 116	Tennison

Managing Depression—6 wks

Mon	12/9/19	6:15 PM-8:15 PM	Bldg B, Rm 315	Yarock
Mon	12/23/19	4-6 PM	Bldg B, Rm 115	Renaud
Tue	1/7/20 5 WKS	6-8 PM	Bldg B, Rm 217	Renaud
Wed	1/8/20	4:45 PM-6:45 PM	Bldg B, Rm 116	Tennison
Tue	1/14/20	4:30 PM-6:30 PM	Bldg A, Rm 213	Van Deventer
Mon	1/20/20 SKIPS 2/17	2:30 PM-4:30 PM	Bldg A, Rm 213	Tennison
Mon	1/27/20 SKIPS 2/17, 5 WKS	6:15 PM-8:15 PM	Bldg B, Rm 315	Yarock
Mon	2/3/20 SKIPS 2/17	6:30 PM-8:30 PM	Bldg B, Rm 218	Renaud
Wed	2/12/20	2-4 PM	Bldg A, Rm 213	Ku
Thu	2/20/20 4 WKS	4:30 PM-6:30 PM	Bldg A, Rm 213	Renaud
Mon	2/24/20	4:45 PM-6:45 PM	Bldg A, Rm 213	Tennison

Managing Your Stress—6 wks

Thu	12/5/19	4:30 PM-6:30 PM	Bldg A, Rm 112	Van Deventer
Mon	1/6/20	4:45 PM-6:45 PM	Bldg A, Rm 213	Tennison
Tue	1/28/20	6:40 PM-8:30 PM	Bldg B, Rm 215	Fullerton
Tue	2/11/20	6-8 PM	Bldg B, Rm 217	Renaud
Thu	2/27/20	4:30 PM-6:30 PM	Bldg A, Rm 112	Van Deventer

Mind-Body Medicine for JOB STRESS—4 wks

Wed	12/11/19 SKIPS 12/25, 1/1	7-9 PM	Bldg B, Rm 116	Tennison
Thu	1/9/20	7-9 PM	Bldg B, Rm 218	Tennison
Mon	1/27/20	6:45 PM-8:45 PM	Bldg A, Rm 112	Dubuisson-Myllymaki
Wed	2/26/20	7-9 PM	Bldg A, Rm 212	Renaud

Mindfulness-Based Stress Reduction Overview—1 session

Fri	12/27/19	4 PM-5:30 PM	Bldg A, Rm 212	Renaud
Tue	1/7/20	5:30 PM-7 PM	Bldg A, Rm 212	Ku
Mon	1/20/20	5:30 PM-7 PM	Bldg A, Rm 212	Ku
Wed	2/12/20	4 PM-5:30 PM	Bldg A, Rm 212	Renaud
Fri	2/28/20	4 PM-5:30 PM	Bldg A, Rm 212	Renaud

Mindfulness-Based Stress Reduction—8 wks + daylong

Wed	12/4/19 SKIPS 12/25, 1/1	4 PM-6:30 PM	Bldg A, Rm 212	Renaud
Fri	1/3/20	4 PM-6:30 PM	Bldg A, Rm 212	Renaud
Tue	1/14/20	5:30 PM-8 PM	Bldg A, Rm 212	Ku
Mon	1/27/20 SKIPS 2/17	5:30 PM-8 PM	Bldg A, Rm 212	Ku
Wed	2/19/20 SKIPS 3/25	4 PM-6:30 PM	Bldg A, Rm 212	Renaud
Fri	3/6/20	4 PM-6:30 PM	Bldg A, Rm 212	Renaud

Pathways to Emotional Wellness—1 session

Thu	12/19/19	6:40 PM-8:30 PM	Bldg A, Rm 112	Van Deventer
Tue	1/7/20	4:30 PM-6:30 PM	Bldg A, Rm 213	Van Deventer
Thu	1/30/20	4:30 PM-6:30 PM	Bldg A, Rm 112	Van Deventer
Thu	2/20/20	4:30 PM-6:30 PM	Bldg A, Rm 112	Van Deventer

Buena Salud Emocional (Spanish Pathways)—1 session

Thu	12/19/19	4:15 PM-6:15 PM	Bldg A, Rm 213	Renaud
Thu	1/16/20	4:30 PM-6:30 PM	Bldg A, Rm 213	Renaud
Wed	2/19/20	7-9 PM	Bldg A, Rm 212	Renaud

Improving Your Sleep—4 wks

Thu	12/12/19	4:45 PM-6:45 PM	Bldg B, Rm 218	Tennison
Mon	1/6/20	6:30 PM-8:30 PM	Bldg B, Rm 215	Baker
Thu	1/23/20	4:30 PM-6:30 PM	Bldg A, Rm 213	Renaud
Mon	2/3/20 SKIPS 2/17	6:30 PM-8:30 PM	Bldg B, Rm 215	Baker
Tue	2/25/20	4:30 PM-6:30 PM	Bldg A, Rm 213	Van Deventer