



# Behavioral Health Education 2020 Winter - Spring Schedule

Vallejo (707) 651-2692  
Napa (707) 258-4490

Vacaville (707) 624-2225  
Fairfield (707) 427-4466

## Managing Your Stress

(4 sessions)

Fee: No fee to members / \$60 nonmembers

VALLEJO:	Wednesdays	6:00 p.m. - 8:00 p.m.	Jan 22 - Feb 12; Feb 26 - Mar 25 (n/c 3/11)
VACAVILLE:	Wednesdays	6:00 p.m. - 8:00 p.m.	Jan 15 - Feb 5; Mar 11 - Apr 1; Apr 22 - May 13
NAPA:	Wednesdays	5:30 p.m. - 7:30 p.m.	Feb 12 - Mar 4; Apr 22 - May 13

## Understanding Your Anxiety

(4 sessions)

No fee - Available to members only

VALLEJO:	Mondays	6:00 p.m. - 8:00 p.m.	Jan 13 - Feb 10 (n/c 1/20); Feb 24 - Mar 23 (n/c 3/9); Mar 30 - Apr 20; May 4 - Jun 1 (nc 5/25); Jun 16 - Jul 6
VACAVILLE:	Thursdays	6:00 p.m. - 8:00 p.m.	Feb 6 - Mar 12 (nc 2/20 or 2/27); Apr 16 - May 7; Jun 25 - Jul 23
VACAVILLE:	Fridays	10:00 a.m. - 12:00 p.m.	Jan 10 - Jan 31; Mar 13 - Apr 3; May 22 - Jun 12
NAPA:	Mondays	4:00 p.m. - 6:00 p.m.	Jan 6 - Feb 3 (nc 1/20); Mar 16 - Apr 6; May 18 - Jun 15 (nc 5/25)

## Managing Depression

(4 sessions)

No fee - Available to members only

VALLEJO:	Tuesdays	6:00 p.m. - 8:00 p.m.	Jan 21 - Feb 11; Feb 25 - Mar 17; Mar 31 - Apr 21; May 5 - 26; Jun 9 - 30
VACAVILLE:	Wednesdays	6:00 p.m. - 8:00 p.m.	Jan 8 - Jan 29; Feb 12 - Mar 11 (nc 2/26); Mar 25 - Apr 15; Apr 29 - May 20; May 27 - Jun 17
NAPA:	Mondays	4:00 p.m. - 6:00 p.m.	Feb 10 - Mar 9 (nc 2/17); Apr 20 - May 11; Jun 29 - Jul 20

## Improving Your Sleep

(4 sessions)

No fee - Available to members only

VALLEJO:	Tuesdays	6:00 p.m. - 8:00 p.m.	Jan 14 - Feb 4; Mar 10 - Mar 31; May 5 - 26
VACAVILLE:	Mondays	6:00 p.m. - 8:00 p.m.	Jan 27 - Feb 10 (3 sessions), Mar 23 - Apr 13
NAPA:	Wednesdays	5:30 p.m. - 7:30 p.m.	Jan 8 - Jan 29; Mar 18 - Apr 8

## Couples Communication

(6 sessions)

Fee/couple: \$120 members / \$185 nonmembers

VALLEJO:	Mondays	6:00 p.m. - 8:00 p.m.	Jan 20 - Mar 2 (nc 2/17); Mar 16 - Apr 20; May 4 - Jun 15 (nc 5/25)
VACAVILLE:	Thurs / Mon	6:00 p.m. - 8:00 p.m.	Thursdays: Jan 9 - Feb 13 Mondays: Mar 16 - Apr 20; Jun 15 - Jul 20
NAPA:	Wednesdays	5:30 p.m. - 7:30 p.m.	May 27 - Jul 1

## Managing Anger (16 hours)

(8 sessions)

Fee: \$80 members / \$120 nonmembers

VALLEJO:	Thursdays	6:00 p.m. - 8:00 p.m.	Jan 23 - Mar 19 (nc 3/12); Apr 9 - May 28
VACAVILLE:	Tuesdays	6:00 p.m. - 8:00 p.m.	Jan 7 - Mar 10 (nc 2/11 or 2/25); Jun 2 - Jul 21
FAIRFIELD:	Tuesdays	6:00 p.m. - 8:00 p.m.	Mar 24 - May 19 (nc 4/7)

## Yoga for Emotional Wellness

(4 sessions)

Fee: \$25 members / \$35 nonmembers

VALLEJO:	Tuesdays	6:00 p.m. - 7:30 p.m.	Jan 21 - Feb 11; Apr 21 - May 12; Jun 30 - Jul 21
VACAVILLE:	Tuesdays	6:00 p.m. - 7:30 p.m.	Mar 3 - Mar 24; May 26 - Jun 16

Classes are for adults 18+ and are subject to change or cancellation.

For online resources visit: [kp.org/napasolano/bhe](http://kp.org/napasolano/bhe) (nc = no class)