



STAYING HEALTHY MIND, BODY, SPIRIT

2020 HEALTH EDUCATION DEPARTMENT • KAISER PERMANENTE • SAN FRANCISCO

Registration is required. Please call Health Education Department at **(415) 833-3450** to register. Providers please use “Book Now” or online booking via eConsult: San Francisco-Health Education.

Behavioral Education Classes

Pathways to Emotional Wellness (Recommended)	Members: No fee, Non-members: \$20
Daily life can bring many stressors and affect your wellness. In this single session introductory class, we will help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and the symptoms of depression. Time: 6:00-8:30 p.m. 1 st & 3 rd Wednesday of Month.	
Managing Your Depression	Members: No fee, Non-members: \$110
Depression is common, real, and treatable. In this 6-session 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.	
Understanding Your Anxiety	Members: No fee, Non-members: \$110
In this 6-session series, you will learn to identify what triggers anxiety for you and ways to manage your symptoms. We will help you explore your thoughts and learn to approach instead of avoiding what you fear.	
Managing Your Stress	Members: No fee, Non-members: \$110
In this 6-session series, you will learn to recognize the sources of stress in your life, manage related symptoms and illnesses, develop healthy habits, and take better care of yourself.	
Improving Your Sleep	Members: No fee, Non-members: \$90
In this 5-session class learn how nighttime habits and thinking patterns affect your sleep and how to change them.	
Managing Anger	Members: \$91, Non-members: \$176
In this 6-session series learn to identify anger triggers, develop communication skills, and practice ways to respond.	
Couples Communication	Members: \$115, Non-members: \$225
The heart of a healthy relationship is good communication. Learn ways to bring up difficult topics, reduce defensiveness, and understand each other's perspective. 6-session series.	
Mindfulness-Based Stress Reduction	Members: \$135, Non-members: \$280
This 9-session class teaches mindfulness meditation techniques and gentle yoga to increase mind-body awareness and improve ability to cope with stress, pain, and illness. Class includes a Saturday retreat.	
Daylong Mindfulness-Based Stress reduction (Single Session)	Members: \$40, Non-members: \$90
Assertiveness Training	Members: \$55, Non-members: \$110
This 5-session series will help you learn practical skills to develop self- confidence, improve communication skills, and resolve conflicts.	

A session is defined as the number of classes a participant should attend to get the most value from the educational experience. The number of sessions does not imply a limit to the number of classes a Kaiser Permanente member may attend. Classes are held at Kaiser Permanente French (4141 Geary Blvd.) and Mission Bay (1600 Owens St.) campuses in San Francisco.



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For individualized telephone wellness coaching call 1-866-251-4514
Stress Management, Insomnia, and other health topics

Get the motivation and guidance you need to take an active role in your health with our wellness coaches. Topics include trying to get more active, eat better, manage your weight, quit tobacco, or handle stress, your personal coach can help you create—and stick with—a plan for reaching your goals. You and your coach talk one-on-one by phone at a time that's convenient for you. No Fee; KP members only.

Your Health Online

kp.org/classes: class listings, descriptions

kp.org/mydoctor: Select and communicate with your doctor, view mental health resources, and watch a video on anger, anxiety, or depression

kp.org/mindbody: learn about the mind body connection, how your thoughts can affect your health

kpdoc.org/stress – tools and resources to help manage stress

kp.org/depression – tools and resources to help manage depression

kpdoc.org/sleep – tools and resources to get healthy sleep

kpdoc.org/anxiety – tools and resources to help manage anxiety

kp.org/healthylifestyles: personalized assessments and action plans for total health

kp.org/listen: listen and download health podcasts on stress, relaxation, sleep, pain, anger, forgiveness, panic and anxiety, grief, headaches, and more.

findyourwords.org – depression help and support

kpdoc.org/videovisits – prepare for and join a video visit with your doctor

kpdoc.org/mobile – get health reminders/information on the go with the My Doctor Online App

kpdoc.org/espanol – resources in Spanish

Stay Connected on your smart device: kp.org/sanfrancisco/cad

DOWNLOAD our KP Preventative Care App to stay on top of your health anywhere, anytime!

Visit the Health Education Center
Call (415) 833-3450 to register for programs

2241 Geary Blvd, SF, CA 94115 or

1600 Owens St., SF, CA 94158

Hours: Monday - Friday

9 a.m. – 5 p.m.

SFHealthEd@kp.org

kp.org/sanfrancisco/healthed