Emotional Health Classes

Pathways to Emotional Wellness
This two-hour overview 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
Join this six-session class to learn about the different causes of anxiety and dig deeper to understand what triggers anxiety for you and ways to manage your symptoms.
Fee: No fee for members; $120 nonmembers

Managing Depression Series
Join this six-session class to learn more in depth about depression – how it starts, what resources are available, and what you can do to feel better.
Fee: No fee for members; $120 nonmembers

Mind-Body Medicine for Stress
In this six-session class learn to recognize stress, and develop relaxation skills and healthy lifestyle habits to enjoy life more.
Fee: No fee for members; $120 nonmembers

Couples Communication
Join this eight-session class to learn more effective ways to discuss difficult topics, reduce defensiveness and understand each other’s perspectives.
Fee: $85 for members; $150 nonmembers; Oakland

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 mental 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, 1st Floor -
Richmond, CA 94801 -
510-307-2210 -

Wellness Coach
Talk on the phone with one of Kaiser’s wellness coaches to get the motivation and guidance you need to quit smoking, handle stress better or manage your weight. Call 1-866-251-4515 to schedule your telephone appointment.
Health Education strives to improve the total health of our members - and the communities we serve. We encourage you to be an active partner in - managing medical conditions, preventing disease and promoting health.

Managing Anger
Join this eight-session class to learn to identify your anger triggers, develop communication skills, and practice healthier ways to respond – before your emotions take control. Note: This series does not satisfy the court-ordered treatment required for domestic violence.
**Fee:** $80 members; $160 nonmembers

Mindfulness-Based Stress Reduction
This eight-session class teaches mindfulness meditation and gentle movement to increase mind-body awareness and improve your ability to cope with stress, pain, and illness.
**Fee:** $110 members; $190 nonmembers; Oakland and Pinole

Sleep Better: Mastering Insomnia
This five-session series is designed to improve both the quantity and quality of your sleep. Learn how sleeping behaviors and thinking patterns affect your sleep and how to change both for a good night’s rest.
**Fee:** No fee for members; $100 nonmembers, Oakland and Richmond

Choices
Choices is an ongoing domestic violence support group for women that helps improve your physical and emotional safety, recognize your strengths and improve self care. For more information and to set up a pre-screening interview, please call 307-2924.
**Fee:** No fee for members, Richmond

Movement Classes
Dayan Qigong
Dayan Qigong is one of the most popular forms of qigong and has many benefits including relieving stress and improving balance to prevent falls. Eight sessions.
**Fee:** $80 members; $120 nonmembers, Oakland and Pinole

Exercise for Life
This general exercise class will help you improve your posture, flexibility, stability, and balance. You will learn to identify your strengths and weaknesses and formulate an exercise plan.
Four sessions
**Fee:** $25 members only, Richmond

Yoga for Health
A six-session class to increase strength, flexibility, and balance in your body through gentle stretching movements and deep breathing.
**Fee:** $55 members; $80 nonmembers, Oakland

Your Health Online

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.
- Research a condition on the Health Encyclopedia.
- Look up information in the Drug Encyclopedia or Natural Medicine Database.

kp.org/español
- Para obtener información en Español.

kp.org/mydoctor/stayinghealthy
- Find information on strategies for stress management and more.

kp.org/depression
- Tools to deal with depression.

kp.org/mindbody
- Learn about how your thoughts can affect your health and resources that

Program fees listed are subject to change and may depend on your health plan coverage.