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 in Richmond and Pinole; members only in Oakland. 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.
• Six weekly 2-hour sessions
• $60 members, $120 nonmembers

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 ADD or other attention difficulties.
• Six weekly 2-hour sessions
• $60 members, $120 nonmembers

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.
• Single 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.
• Eight weekly 2-hour sessions
• $80 members; $160 nonmembers

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 in Richmond and Pinole; members only in Oakland.
• Six weekly 2-hour sessions
• No fee. This is a covered benefit for Kaiser Permanente members.

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.
• Six weekly 2-hour sessions
• $85 members (per couple); $150 nonmembers (per couple)

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.
• Six weekly 2-hour sessions
• $60 members, $120 nonmembers
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 in Richmond and Pinole; members only in Oakland. Available in Spanish in Oakland.
• Six weekly 2-hour sessions
• No fee. This is a covered benefit for Kaiser Permanente members.

Befriending your Body, Balancing your Mood and Mind
This class will help you explore the relationship among thought, mood, and body. We will practice reflection, journaling, and movement to increase awareness of your thoughts and sensations. Students must be able to get down to and up from the floor without assistance to take this class. Registration may be limited to a maximum of two times per year. Priority will be given to new registrants.
• Six weekly 1.25-hour sessions
• No fee for members, $75 nonmembers

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.
• Four weekly 2-hour sessions
• No fee. Open to Kaiser Permanente members only.

Mind-Body Health for 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. Available in Spanish (see Meditación Para Su Salud).
• Six weekly 2-hour sessions
• No fee. This is a covered benefit for Kaiser Permanente members; $120 nonmembers.
**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
- Eight weekly 2.5-hour sessions and daylong
- $110 members; $190 nonmembers (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.
- Four weekly 2-hour sessions
- No class fee for Kaiser Permanente members; $100 nonmembers

**CLASES EN ESPAÑOL**

**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.
- Sólo miembros en Oakland. Este es un beneficio cubierto para los miembros.
- Una sola clase de 2 horas
- Gratis
Cómo Controlar la Depresión
La depresión es común, real y tratable, pero puede ser difícil reconocerla. En esta serie se explorarán las causas y los efectos de la depresión. Aprenderá a pensar de manera más positiva, a reducir el estrés y a controlar su estado de ánimo hoy y mucho tiempo después de que termine la plática. Aprenderá técnicas para enfrentar la vida con concientización. Sólo miembros. Este es un beneficio cubierto para los miembros.
• Seis clases de 2 horas
• Gratis

Meditación Para Su Salud
Este programa, de 4 semanas de duración, está diseñado para personas interesadas en aprender a hacer meditación. La práctica regular de la meditación puede tener un efecto positivo sobre su salud física y afectiva. La meditación le puede ayudar a combatir problemas como el dolor físico, el insomnio, la ansiedad y la depresión, entre otros. Abierta a la comunidad.
• Cuatro clases de 2 horas
• Gratis