

Please note: REGISTRATION IS REQUIRED for **all** classes. To register, call Behavioral Health Education at 510-752-7868. All classes are currently held online. Schedule subject to change without notice.

Descriptions, fees, and this schedule can also be found on [kp.org/oakland](http://kp.org/oakland). Click Departments, then Behavioral Health Education.

The dates below are start dates.

### Coping with Adult Attention Problems—6 wks

Mon	9/20/21 7-9 PM	Tennison
Thu	10/14/21 7-9 PM	Tennison
Tue	10/19/21 4:30 PM-6:30 PM	Tennison
Mon	11/8/21 7-9 PM	Tennison
Tue	12/7/21 7-9 PM	Tennison

### Anger Overview—1 wk—REQUIRED

Wed	10/6/21 6:30 PM-7:30 PM	Fullerton
Tue	11/23/21 7-8 PM	Renaud
Wed	12/8/21 6:30 PM-7:30 PM	Fullerton

### Managing Anger—8 wks

Wed	10/13/21 6:30 PM-8:30 PM	Fullerton
Tue	11/30/21 7-9 PM	Renaud
Wed	12/15/21 6:30 PM-8:30 PM	Fullerton

### Understanding Your Anxiety—5 wks

Tue	9/28/21 4-6 PM	Ku
Tue	9/28/21 7-9 PM	Tennison
Wed	9/29/21 4:30 PM-6:30 PM	Renaud
Thu	10/21/21 4:30-6:30 PM	Tennison
Wed	10/27/21 2:30 PM-4:30 PM	Tennison
Mon	11/1/21 4:30 PM-6:30 PM	Renaud
Tue	11/2/21 4-6 PM	Ku
Mon	11/15/21 6:30 PM-8:30 PM	Ku
Wed	12/1/21 2:30 PM-4:30 PM	Tennison
Thu	12/2/21 4:30 PM-6:30 PM	Tennison
Mon	12/6/21 4:30 PM-6:30 PM	Renaud
Tue	12/7/21 4-6 PM	Ku
Tue	12/7/21 4:30 PM-6:30 PM	Renaud
Wed	12/8/21 4-6 PM	Ku
Mon	12/20/21 6:30 PM-8:30 PM	Ku
Wed	12/22/21 4:30 PM-6:30 PM	Renaud
Wed	12/29/21 7-9 PM	Tennison

### BIPOC: Recognizing the Stressors that Harm Us—6 wks

Mon	10/4/21 6:30 PM-8:30 PM	Ku
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### Couples Communication—4 wks

Mon	9/27/21 7-9 PM	Renaud
Wed	10/20/21 7-9 PM	Tennison
Tue	10/26/21 7-9 PM	Renaud
Tue	11/2/21 7-9 PM	Tennison
Mon	11/8/21 7-9 PM	Renaud
Thu	12/2/21 7-9 PM	Tennison
Mon	12/6/21 7-9 PM	Renaud

### Mind-Body Medicine for JOB STRESS—4 wks

Wed	9/22/21 4:45 PM-6:45 PM	Tennison
Wed	11/17/21 7-9 PM	Renaud
Wed	12/1/21 4:45 PM-6:45 PM	Tennison

### Managing Depression—5 wks

Wed	9/29/21 6:30 PM-8:30 PM	Ku
Thu	9/30/21 4:30 PM-6:30 PM	Renaud
Tue	10/5/21 6:30 PM-8:30 PM	Fullerton
Thu	10/21/21 6:30 PM-8:30 PM	Fullerton
Tue	11/2/21 4:30 PM-6:30 PM	Renaud
Wed	11/3/21 4-6 PM	Ku
Wed	11/3/21 6:30 PM-8:30 PM	Ku
Tue	11/9/21 6:30 PM-8:30 PM	Fullerton
Thu	12/2/21 4:30 PM-6:30 PM	Renaud
Tue	12/7/21 4:30 PM-6:30 PM	Tennison
Wed	12/15/21 7-9 PM	Renaud
Mon	12/20/21 4-6 PM	Ku
Mon	12/27/21 7-9 PM	Tennison
Wed	12/29/21 4:45 PM-6:45 PM	Tennison

### Managing Your Stress—5 wks

Wed	9/29/21 4-6 PM	Ku
Mon	10/11/21 4-6 PM	Ku
Mon	11/15/21 4-6 PM	Ku
Wed	12/8/21 6:30 PM-8:30 PM	Ku
Tue	12/14/21 6:30 PM-8:30 PM	Fullerton

### Mindfulness-Based Stress Reduction Overview—1 wk

Thu	11/18/21 7-8 PM	Renaud
Tue	10/19/21 6:30 PM-7:30 PM	Ku
Tue	12/28/21 6:30 PM-7:30 PM	Ku

### Mindfulness-Based Stress Reduction—8 wks + ½ daylong

Thu	12/2/21 7-9 PM	Renaud
Tue	10/26/21 6:30 PM-8:30 PM	Ku
Tue	1/4/22 6:30 PM-8:30 PM	Ku

### Pathways to Emotional Wellness—1 wk

Thu	9/23/21 4 PM-6:30 PM	Renaud
Tue	10/26/21 4 PM-6:30 PM	Renaud
Thu	11/18/21 4 PM-6:30 PM	Renaud
Wed	12/15/21 4 PM-6:30 PM	Renaud

### Buena Salud Emocional (Spanish Pathways)

Mon	10/25/21 4 PM-6:30 PM	Renaud
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### Improving Your Sleep—4 wks

Tue	9/21/21 4:30 PM-6:30 PM	Renaud
Wed	10/20/21 4:45 PM-6:45 PM	Tennison
Wed	11/17/21 4:30 PM-6:30 PM	Renaud
Wed	12/1/21 7-9 PM	Tennison