



Behavioral Health Education 2020 Virtual Fall Schedule

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

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

Join a BHE class from home, it's easy! Call Health Education to sign up today!

Managing Your Stress

(4 weekly sessions)

Fee: No fee to members / \$40 nonmembers

VIRTUAL: Thur

6 pm - 8 pm

Aug 13 - Sep 3; Sep 10 - Oct 8 (nc 9/24)

Understanding Your Anxiety

(4 weekly sessions)

No fee - Available to members only

VIRTUAL: Mon

6 pm - 8 pm

Aug 10 - 31; Sep 14 - Oct 5; Oct 19 - Nov 9

VIRTUAL: Tue

6 pm - 8 pm

Sep 1 - 29 (nc 9/22); Oct 6 - 27

VIRTUAL: Fri

10 am - 12 pm

Aug 28 - Sep 18; Oct 2 - 23

Managing Depression

(4 weekly sessions)

No fee - Available to members only

VIRTUAL: Wed

6 pm - 8 pm

Aug 12 - Sep 9 (nc 9/2); Sep 16 - Oct 7

Improving Your Sleep

(4 weekly sessions)

No fee - Available to members only

VIRTUAL: Mon

6:30 pm - 8 pm

Aug 24 - Sep 21 (nc 9/7); Oct 5 - 26

Spanish BHE Classes

Manejo de Stres, Ansiedad, y Depression

(3 sesiones semanales)

Sin costo- disponibles para pacientes de Kaiser

Spanish Stress/Anxiety/ Depression

(3 weekly sessions)

No fee - Available to members only

VIRTUAL: Tue

6 pm - 8 pm

Aug 25 - Sep 8; Oct 13 - 27

Mejorando su Sueño

(2 sesiones semanales)

Sin costo- disponibles para pacientes de Kaiser

Improving your sleep

(2 weekly sessions)

No fee - Available to members only

VIRTUAL: Tue

6 pm - 8 pm

Aug 4 - 11; Sep 22 - 29; Nov 10 - 17

For patient safety, we are not offering in-person classes at this time.
Classes are for adults 18+ and are subject to change or cancellation.

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

