



Behavioral Health Education

2022 Virtual Spring Schedule

BHE General Information & Member Self-Referral:

(707) 645-2263

Program Series – Classes below have a set start date

<u>Pathways to Emotional Wellness</u>	<u>(1 session)</u>	<u>No fee - Available to members only</u>
Virtual: Days/Times vary with each facility		Bookable Facilities: ROS, OAK, SRO, SFO, SSF
<u>Improving Your Sleep</u>	<u>(4 sessions)</u>	<u>No fee - Available to members only</u>
Virtual: Thursday	6:30pm – 8:00pm	Mar 10-Mar 31; Apr 7-Apr 28; May 12-Jun 2
<u>Managing Your Depression</u>	<u>(4 sessions)</u>	<u>No fee - Available to members only</u>
Virtual: Thursday	6:00pm – 8:00pm	Mar 3-Mar 31 (nc 3/24); Apr 7-Apr 28; May 12-Jun 2
<u>Managing Your Stress</u>	<u>(4 sessions)</u>	<u>No fee - Available to members only</u>
Virtual: Monday	6:00pm – 8:00pm	Feb 28-Mar 28 (nc 3/21); Apr 4-Apr 25; May 2-May 23
<u>Thrive by 5</u> (parenting class)	<u>(4 sessions)</u>	<u>No fee - Available to members only</u>
Virtual: Wednesday	4:00pm – 5:30pm	Mar 2-Mar 23; Apr 20-May 11; Jun 8-Jun 29
<u>Understanding Your Anxiety</u>	<u>(4 sessions)</u>	<u>No fee - Available to members only</u>
Virtual: Monday	6:00pm – 8:00pm	Mar 21-Apr 11; Apr 18-May 9; May 16-Jun 13 (nc 5/30)
Virtual: Tuesday	6:00pm – 8:00pm	Feb 22- Mar 22 (nc 3/1); Apr 5-Apr 26; May 3-May 24
Virtual: Thursday	3:00pm – 5:00pm	Mar 10-Mar31; Apr 14-May 5; May 26-Jun 16

Classes below are drop-in programs and can be started any week

<u>ADHD Class</u>	<u>(2-week curriculum)</u>	<u>No fee: available to members only</u>
Virtual: Every Monday	3:00pm – 4:30pm	Open for booking (nc 2/21, 2/28, 5/30)
<u>Caregiver Stress</u>	<u>(5-week curriculum)</u>	<u>No fee: available to members only</u>
Virtual: Every Tuesday	3:30pm – 5:00pm	Open for booking (nc 3/22)
<u>Couples Communication Skills*</u>	<u>(5-week curriculum)</u>	<u>No fee: one partner must be a member</u>
Virtual: Every Tuesday	6:00pm – 8:00pm	Open for booking (nc 3/22)

**Enrollment is required for all partners who are Kaiser members (no enrollment needed for non-member partners)*

<u>Grief Recovery Skills</u>	<u>(5-week curriculum)</u>	<u>No fee: available to members only</u>
Virtual: Every Wednesday	3:00pm – 4:30pm	Open for booking (nc 3/2)
<u>Job Stress Skills</u>	<u>(5-week curriculum)</u>	<u>No fee: available to members only</u>
Virtual: Every Monday	4:00pm – 5:00pm	Open for booking (nc 3/21, 5/30)
<u>Meditation Practices</u>	<u>(6-week curriculum)</u>	<u>No fee: available to members only</u>
Virtual: Every Wednesday	4:00pm – 5:00pm	Open for booking (nc 3/23)
<u>Yoga for Wellness</u>	<u>(8-week curriculum)</u>	<u>No fee: available to members only</u>
Virtual: Every Friday	9:45am – 11:15am	Open for booking (nc 3/25, 4/15, 4/22, 5/6)



For patient safety, we are not offering in-person classes at this time.

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

