Pathways to Emotional Wellness

Daily life can bring many stressors. Along with physical symptoms, stress can cause depression, anxiety, and insomnia. Come learn specific ways to build emotional and physical resilience and about the many Kaiser Permanente resources that can help.

In the single session you will learn:

- What “stress” is and how it affects your body
- General information on depression and anxiety
- Effective treatments and self-care tools for managing your symptoms
- About class and resources within Kaiser Permanente and the community that can help

Dates:
1st Wednesday of each month at French Campus: 6:30 – 9:00 p.m.
3rd Thursday of each month at Mission Bay: 6:00 – 8:30 p.m.

To register for this class, please contact Health Education Department 415-833-3450 or email: SFHealthed@kp.org

Program costs listed may be subject to change and may depend on your health plan coverage. Please refer to your current Evidence of Coverage (EOC) to confirm services covered under your plan, or call Kaiser Permanente Member Services for additional information.