Preregistration is required.
[Providers please use book now or online booking via eConsult: San Francisco-Health Education]

**Recommended Introductory Class**

Consider enrolling in Pathways to learn the next best step for you:

**Pathways to Emotional Wellness**
Overview for Stress, Depression and Anxiety
No class fee for members; $20 nonmembers
**Dates/times:** 6:30 – 9:00 p.m. 1\(^{st}\) Wednesday of each month at French Campus

**Pathways to Emotional Wellness**
Overview for Stress, Depression and Anxiety
No class fee for members; $20 nonmembers
**Dates/times:** 6:30 – 9:00 p.m. 1\(^{st}\) Wednesday of each month at French Campus

**Class Series and Skills Training**

**Managing Anger Series**
$91 for members; $176 for nonmembers
**Dates/times:** 6:30 – 8:30 p.m.
6 Weekly Sessions
Call Health Education Department for dates

**Understanding Anxiety Series**
No class fee for members. $110 nonmembers
**Dates/times:** 6:30 – 8:30 p.m.
6 Weekly Sessions
Call Health Education Department for dates

**Improving Your Sleep Series**
No class fee for members; $90 for nonmembers
**Dates/times:** 6:30 – 8:30 p.m.
5 Weekly Sessions
Call Health Education Department for dates

**Couples Communication Series**
$115 per couple for members; $225 per couple for nonmembers
**Dates/times:** 6:30 – 8:30 p.m.
6 Weekly Sessions
Call Health Education Department for dates

**Managing Depression Series**
No class fee for members; $110 for nonmembers.
**Dates/times:** 6:30 – 8:30 pm
6 Weekly Sessions
Call Health Education Department for date

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A session is defined as the number of classes a participant should attend to get the most value from the educational experience. The number of sessions does not imply a limit to the number of classes a Kaiser Permanente member may attend.
Stress Management and Mindfulness

Managing Your Stress
No class fee for members; $110 for nonmembers
Dates/times: 6:30 – 8:30 p.m.
6 Weekly Sessions
Jan. 7– Feb. 11; Mar 5 - Apr 9; May 6 - Jun.10; Jul. 10 – Aug 14; Sep 10 – Oct 22; Oct 31 – Dec 12

Mindfulness-Based Stress Reduction
$135 for members; $280 for nonmembers
Dates/times: 6:30 – 9:00 p.m.
9 Weekly Session and a Saturday retreat
Jan 17 – Mar 14; Mar 21- May 16; Apr 23 – Jun 18; Jun 20 – Aug 15; Aug 20 – Oct 15; Oct 3 – Dec 5

Daylong Mindfulness Based Stress Management Retreat
$40 for members; $90 for nonmembers
Dates/times: 10:30 a.m. – 4:30 p.m.
One Session; Mar. 23; Jul. 20; Oct.12

Assertiveness Skills Training

Assertiveness Training
$55 for members; $110 for nonmembers
Dates/times: 6:30 – 8:30 p.m.
5 Weekly Sessions: Tuesdays
Feb 12—Mar 12; Sep 3 – Oct 1

For Children

Martial Play – Social Skills and Conflict Resolution
$60 for members; $100 for nonmembers
Dates/times: 9:30 – 11:00 a.m.
Apr 13 – Jun 8; Sep 28 – Nov16

Your Health Online

kp.org/classes – class listings, descriptions
kp.org/mydoctor –
  - Select and communicate with your doctor
  - View mental health resources
  - Watch a video on anger, anxiety, or depression
kp.org/mindbody – learn about the mind body connection, how your thoughts can affect your health and tools to help
kp.org/healthylifestyles – personalized assessments and action plans for total health
  - Manage depression
  - Manage insomnia
  - Quit smoking
  - Reduce stress
kp.org/listen – listen and download health podcasts on stress, relaxation, sleep, pain, anger, forgiveness, panic and anxiety, grief, headaches, and more

Stay Connected on your smart device:
kp.org/sanfrancisco/cad
DOWNLOAD our KP Preventative Care App to stay on top of your health anywhere, anytime!

Visit the Health Education Center
Call (415) 833-3450 to register for programs
2241 Geary Blvd, SF, CA 94115 or
1600 Owens St., SF, CA 94158
Hours: Monday - Friday 9 a.m. – 5 p.m.
SFHealthEd@kp.org
kp.org/sanfrancisco/healthed