Registration is required. Please call Health Education Department at (415) 833-3450 to register. Providers please use “Book Now” or online booking via eConsult: San Francisco-Health Education.

### Behavioral Education Classes

<table>
<thead>
<tr>
<th>Class</th>
<th>Members: No fee, Non-members: $20</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pathways to Emotional Wellness (Recommended)</strong></td>
<td>Daily life can bring many stressors and affect your wellness. In this single session introductory class, we will help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and the symptoms of depression. Time: 6:00-8:30 p.m. 1st &amp; 3rd Wednesday of Month.</td>
</tr>
<tr>
<td><strong>Managing Your Depression</strong></td>
<td>Depression is common, real, and treatable. In this 6-session series, you will learn about depression as well as ways to manage your symptoms. We will help you learn to challenge negative thoughts and add more pleasant activities to your life.</td>
</tr>
<tr>
<td><strong>Understanding Your Anxiety</strong></td>
<td>In this 6-session series, you will learn to identify what triggers anxiety for you and ways to manage your symptoms. We will help you explore your thoughts and learn to approach instead of avoiding what you fear.</td>
</tr>
<tr>
<td><strong>Managing Your Stress</strong></td>
<td>In this 6-session series, you will learn to recognize the sources of stress in your life, manage related symptoms and illnesses, develop healthy habits, and take better care of yourself.</td>
</tr>
<tr>
<td><strong>Improving Your Sleep</strong></td>
<td>In this 5-session class learn how nighttime habits and thinking patterns affect your sleep and how to change them.</td>
</tr>
<tr>
<td><strong>Managing Anger</strong></td>
<td>In this 6-session series learn to identify anger triggers, develop communication skills, and practice ways to respond.</td>
</tr>
<tr>
<td><strong>Couples Communication</strong></td>
<td>The heart of a healthy relationship is good communication. Learn ways to bring up difficult topics, reduce defensiveness, and understand each other's perspective. 6-session series.</td>
</tr>
<tr>
<td><strong>Mindfulness-Based Stress Reduction</strong></td>
<td>This 9-session class teaches mindfulness meditation techniques and gentle yoga to increase mind-body awareness and improve ability to cope with stress, pain, and illness. Class includes a Saturday retreat.</td>
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<tr>
<td><strong>Daylong Mindfulness-Based Stress Reduction (Single Session)</strong></td>
<td>Members: $40, Non-members: $90</td>
</tr>
<tr>
<td><strong>Assertiveness Training</strong></td>
<td>This 5-session series will help you learn practical skills to develop self-confidence, improve communication skills, and resolve conflicts.</td>
</tr>
</tbody>
</table>

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. Classes are held at Kaiser Permanente French (4141 Geary Blvd.) and Mission Bay (1600 Owens St.) campuses in San Francisco.
For individualized telephone wellness coaching call 1-866-251-4514
Stress Management, Insomnia, and other health topics

Get the motivation and guidance you need to take an active role in your health with our wellness coaches. Topics include trying to get more active, eat better, manage your weight, quit tobacco, or handle stress, your personal coach can help you create—and stick with—a plan for reaching your goals. You and your coach talk one-on-one by phone at a time that’s convenient for you. No Fee; KP members only.

Your Health Online

kp.org/classes: class listings, descriptions
kp.org/mydoctor: Select and communicate with your doctor, view mental health resources, and watch a video on anger, anxiety, or depression
kp.org/mindbody: learn about the mind body connection, how your thoughts can affect your health
kpdoc.org/stress – tools and resources to help manage stress
kp.org/depression – tools and resources to help manage depression
kpdoc.org/sleep – tools and resources to get healthy sleep
kpdoc.org/anxiety – tools and resources to help manage anxiety
kp.org/healthylifestyles: personalized assessments and action plans for total health
kp.org/listen: listen and download health podcasts on stress, relaxation, sleep, pain, anger, forgiveness, panic and anxiety, grief, headaches, and more.
findyourwords.org – depression help and support
kpdoc.org/videovisits – prepare for and join a video visit with your doctor
kpdoc.org/mobile – get health reminders/information on the go with the My Doctor Online App
kpdoc.org/espanol – resources in Spanish

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