



STAYING HEALTHY MIND, BODY, SPIRIT

January - June 2021 • Health Education Department • Kaiser Permanente • San Francisco

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 Health Education Online Classes

Pathways to Emotional Wellness (Recommended)	Members: No fee, Non-members: \$20
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. 2 nd & 4 th Wednesday of Month.	
Managing Your Depression (6 Sessions)	Members: No fee, Non-members: \$40
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.	
Understanding Your Anxiety (6 Sessions)	Members: No fee, Non-members: \$40
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.	
Managing Your Stress (6 Sessions)	Members: No fee, Non-members: \$40
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.	
Improving Your Sleep (4 Sessions)	Members: No fee, Non-members: \$30
In this 4-session class learn how nighttime habits and thinking patterns affect your sleep and how to change them.	
Oncology Mindfulness & Stress Reduction (6 Sessions)	Members: No fee, Non-members: \$70
In this class participants will learn skills & techniques to reduce emotional & physical symptoms of stress and a variety of meditation, relaxation, and movement practices to help patients better work with symptoms, cultivate a sense of presence, and thrive.	
Managing Anger (6 Sessions)	Members: \$70, Non-members: \$150
In this 6-session series learn to identify anger triggers, develop communication skills, and practice ways to respond.	
Couples Communication (6 Sessions)	Members: \$85, Non-members: \$170
The heart of a healthy relationship is good communication. Learn ways to bring up difficult topics, reduce defensiveness, and understand each other's perspective.	
Mindfulness-Based Stress Reduction (6 Sessions)	Members: \$85, Non-members: \$150
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.	
Assertiveness Training (5 Sessions)	Members: \$55, Non-members: \$110
This 5-session series will help you learn practical skills to develop self- confidence, improve communication skills, and resolve conflicts.	
Youth Mindfulness & Stress Reduction (6 Sessions)	Members: \$50, Non-members: \$100
In this class participants will learn skills & techniques to reduce emotional symptoms of stress and a variety of meditation, relaxation, and mindful practices helping youths to feel empowered, cultivate a sense of presence, and thrive.	
Teen Mindfulness & Stress Reduction (6 Sessions)	Members: \$50, Non-members: \$100
In this class participants will learn skills & techniques to reduce emotional symptoms of stress and a variety of meditation, relaxation, and mindful practices helping teens to feel empowered, cultivate a sense of presence, and thrive.	



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KP Health Education

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Your Health Online

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/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 Website

kp.org/sanfrancisco/healthed

Call (415) 833-3450 to register for programs

Or email us at:

SFHealthEd@kp.org