



STAYING HEALTHY

Behavioral Health Education

Health Education Department • Kaiser Permanente • San Francisco

Registration is required. Please hold your smartphone's camera on a class QR code to access dates/times. Classes marked with * are available for online self-booking. You can self-book for * classes by scanning this QR code: Please Call (415) 833-3450 to register for programs or email us at: sfhealthed@kp.org

Address: 2241 Geary Blvd., San Francisco, CA 94115

Hours: 9:00am-5:00pm Closed 12:30pm-1:30pm

Scan This QR Code to
Register For *Classes



Pathways to Emotional Wellness* Members: No fee, Non-members: \$20

In this single session class, you identify your sources of stress and learn techniques to deal with anxiety & depression.

Improving Your Sleep* (4 Sessions) Members: No fee, Non-members: \$30

In this series learn how nighttime habits and thinking patterns affect sleep and how to change them.



Couples Communication* (4 Sessions) Members: No fee, Non-members: \$80

The heart of a healthy relationship is good communication. Learn ways to reduce defensiveness and understand each other.

Managing Your Stress* (5 Sessions) Members: No fee, Non-members: \$30

In this series, you will learn to recognize the sources of stress in your life and develop healthy habits. Also offering Spanish Managing Your Stress (4 Sessions)

Managing Your Depression (6 Sessions) Members: No fee, Non-members: \$30

In this series, you learn about depression, ways to manage your symptoms and how to challenge negative thoughts.

Understanding Your Anxiety (4 Sessions) Members: No fee, Non-members: \$30

In this series, you learn to identify what triggers anxiety for you and to manage your symptoms and learn to approach fear.



Understanding Loss (4 Sessions)

Members: No fee, Non-members: \$40

This series intends to educate participants on grief reactions and coping skills for processing their losses.



Mindfulness-Based Stress Reduction (6 Sessions + Saturday Retreat)

Members: \$100, Non-members: \$180

This series teaches mindfulness meditation techniques to increase mind-body awareness.



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Children & Teens Emotional Wellness Members: No fee

This program intends to help children and teens with negative impact of stress. The class focuses on stress, sleep and mindfulness.



Family Resilience Workshop (4 Sessions) Members: No fee

This series educates and empowers parents with the tools and strategies to nurture the children in their care.



Pathways to Oncology Mindfulness Members: No fee

In this single session introductory class, cancer patients and survivors will be introduced to mindfulness skills.



Oncology Mindfulness (6 Sessions) Members: No fee

In this series cancer patients/survivors learn techniques to reduce emotional & physical symptoms of stress and practice a variety of meditation activities.



Managing Anger (6 Sessions) Members: \$70, Non-members: \$150

In this series you learn how to identifying anger triggers, develop communication skills, and practice ways to respond.



Assertiveness Training (5 Sessions) Members: \$55, Non-members: \$100

This series will help you learn practical skills to develop self- confidence, improve communication skills, resolve conflicts.

Behavioral Health Education Class Schedule

| Class Title | Day | Date | Time |
|-----------------------------------|-----------|------------|------------------|
| Understanding Your Anxiety Series | Monday | 1/8/2024 | 4:00 - 6:00 p.m. |
| Understanding Your Anxiety Series | Monday | 2/26/2024 | 4:00 - 6:00 p.m. |
| Understanding Your Anxiety Series | Monday | 4/1/2024 | 4:00 - 6:00 p.m. |
| Understanding Your Anxiety Series | Monday | 5/13/2024 | 4:00 - 6:00 p.m. |
| Understanding Your Anxiety Series | Monday | 7/1/2024 | 4:00 - 6:00 p.m. |
| Understanding Your Anxiety Series | Monday | 8/12/2024 | 4:00 - 6:00 p.m. |
| Understanding Your Anxiety Series | Monday | 9/30/2024 | 4:00 - 6:00 p.m. |
| Understanding Your Anxiety Series | Monday | 11/11/2024 | 4:00 - 6:00 p.m. |
| Improving Your Sleep Series | Tuesday | 1/9/2024 | 4:00- 6:00 p.m. |
| Improving Your Sleep Series | Tuesday | 2/6/2024 | 4:00- 6:00 p.m. |
| Improving Your Sleep Series | Tuesday | 3/5/2024 | 4:00- 6:00 p.m. |
| Improving Your Sleep Series | Tuesday | 4/2/2024 | 4:00- 6:00 p.m. |
| Improving Your Sleep Series | Tuesday | 5/7/2024 | 4:00- 6:00 p.m. |
| Improving Your Sleep Series | Tuesday | 6/4/2024 | 4:00- 6:00 p.m. |
| Improving Your Sleep Series | Wednesday | 7/10/2024 | 4:00- 6:00 p.m. |
| Improving Your Sleep Series | Tuesday | 8/6/2024 | 4:00- 6:00 p.m. |
| Improving Your Sleep Series | Tuesday | 9/3/2024 | 4:00- 6:00 p.m. |
| Improving Your Sleep Series | Tuesday | 10/1/2024 | 4:00- 6:00 p.m. |
| Improving Your Sleep Series | Tuesday | 11/5/2024 | 4:00- 6:00 p.m. |
| Couples Communication Series | Tuesday | 1/9/2024 | 6:15- 8:15 p.m. |
| Couples Communication Series | Tuesday | 2/6/2024 | 6:15- 8:15 p.m. |
| Couples Communication Series | Tuesday | 3/5/2024 | 6:15- 8:15 p.m. |
| Couples Communication Series | Tuesday | 4/2/2024 | 6:15- 8:15 p.m. |
| Couples Communication Series | Tuesday | 5/7/2024 | 6:15- 8:15 p.m. |
| Couples Communication Series | Tuesday | 6/4/2024 | 6:15- 8:15 p.m. |
| Couples Communication Series | Wednesday | 7/10/2024 | 6:15- 8:15 p.m. |
| Couples Communication Series | Tuesday | 8/6/2024 | 6:15- 8:15 p.m. |
| Couples Communication Series | Tuesday | 9/3/2024 | 6:15- 8:15 p.m. |
| Couples Communication Series | Tuesday | 10/1/2024 | 6:15- 8:15 p.m. |
| Couples Communication Series | Tuesday | 11/5/2024 | 6:15- 8:15 p.m. |
| Emotional Wellness | Wednesday | 1/10/2024 | 6:00-8:30pm |
| Emotional Wellness | Wednesday | 1/17/2024 | 6:00-8:30pm |
| Emotional Wellness | Wednesday | 2/14/2024 | 6:00-8:30pm |
| Emotional Wellness | Wednesday | 3/13/2024 | 6:00-8:30pm |
| Emotional Wellness | Wednesday | 4/10/2024 | 6:00-8:30pm |
| Emotional Wellness | Wednesday | 5/8/2024 | 6:00-8:30pm |
| Emotional Wellness | Wednesday | 6/12/2024 | 6:00-8:30pm |
| Emotional Wellness | Wednesday | 7/10/2024 | 6:00-8:30pm |
| Emotional Wellness | Wednesday | 8/14/2024 | 6:00-8:30pm |
| Emotional Wellness | Wednesday | 9/11/2024 | 6:00-8:30pm |
| Emotional Wellness | Wednesday | 10/9/2024 | 6:00-8:30pm |
| Emotional Wellness | Wednesday | 11/13/2024 | 6:00-8:30pm |
| Emotional Wellness | Wednesday | 12/11/2024 | 6:00-8:30pm |

Behavioral Health Education Class Schedule

| Class Title | Day | Date | Time |
|---|-----------|------------|------------------|
| Managing Your Depression Series | Thursday | 1/11/2024 | 4:00 - 6:00 p.m. |
| Managing Your Depression Series | Thursday | 2/22/2024 | 4:00 - 6:00 p.m. |
| Managing Your Depression Series | Thursday | 4/4/2024 | 4:00 - 6:00 p.m. |
| Managing Your Depression Series | Thursday | 5/16/2024 | 4:00 - 6:00 p.m. |
| Managing Your Depression Series | Thursday | 8/1/2024 | 4:00 - 6:00 p.m. |
| Managing Your Depression Series | Thursday | 9/12/2024 | 4:00 - 6:00 p.m. |
| Managing Your Depression Series | Thursday | 10/24/2024 | 4:00 - 6:00 p.m. |
| Managing Your Stress Series | Thursday | 1/11/2024 | 6:15 - 8:15 p.m. |
| Managing Your Stress Series | Thursday | 2/22/2024 | 6:15 - 8:15 p.m. |
| Managing Your Stress Series | Wednesday | 3/13/2024 | 6:15 - 8:15 p.m. |
| Managing Your Stress Series | Thursday | 4/4/2024 | 6:15 - 8:15 p.m. |
| Managing Your Stress Series | Thursday | 5/16/2024 | 6:15 - 8:15 p.m. |
| Managing Your Stress Series | Thursday | 8/1/2024 | 6:15 - 8:15 p.m. |
| Managing Your Stress Series | Thursday | 9/12/2024 | 6:15 - 8:15 p.m. |
| Managing Your Stress Series | Thursday | 10/24/2024 | 6:15 - 8:15 p.m. |
| Managing Stress Spanish Series | Tuesday | 1/9/2024 | 3:00-4:30 p.m. |
| Managing Stress Spanish Series | Tuesday | 3/5/2024 | 3:00-4:30 p.m. |
| Managing Stress Spanish Series | Tuesday | 5/7/2024 | 3:00-4:30 p.m. |
| Managing Stress Spanish Series | Tuesday | 7/9/2024 | 3:00-4:30 p.m. |
| Managing Stress Spanish Series | Tuesday | 9/3/2024 | 3:00-4:30 p.m. |
| Managing Stress Spanish Series | Tuesday | 11/5/2024 | 3:00-4:30 p.m. |
| Mindfulness-Based Stress Reduction Series | Tuesday | 2/20/2024 | 6:00-8:00pm |
| Mindfulness-Based Stress Reduction Series | Tuesday | 5/14/2024 | 6:00-8:00pm |
| Mindfulness-Based Stress Reduction Series | Tuesday | 8/6/2024 | 6:00-8:00pm |
| Mindfulness-Based Stress Reduction Series | Wednesday | 9/25/2024 | 6:00-8:00pm |
| Mindfulness-Based Stress Reduction Series | Tuesday | 11/5/2024 | 6:00-8:00pm |
| Oncology Mindfulness Series | Thursday | 3/14/2024 | 1:00-3:00pm |
| Oncology Mindfulness Series | Monday | 4/15/2024 | 6:00-8:00pm |
| Oncology Mindfulness Series | Monday | 7/22/2024 | 6:00-8:00pm |
| Oncology Mindfulness Series | Tuesday | 9/10/2024 | 1:00-3:00pm |
| Oncology Mindfulness Series | Monday | 11/11/2024 | 6:00-8:00pm |
| Pathways to Oncology Mindfulness | Thursday | 1/4/2024 | 4:00-6:00pm |
| Pathways to Oncology Mindfulness | Thursday | 2/1/2024 | 4:00-6:00pm |
| Pathways to Oncology Mindfulness | Thursday | 3/7/2024 | 4:00-6:00pm |
| Pathways to Oncology Mindfulness | Thursday | 4/4/2024 | 4:00-6:00pm |
| Pathways to Oncology Mindfulness | Thursday | 5/2/2024 | 4:00-6:00pm |
| Pathways to Oncology Mindfulness | Thursday | 6/6/2024 | 4:00-6:00pm |
| Pathways to Oncology Mindfulness | Thursday | 7/11/2023 | 4:00-6:00pm |
| Pathways to Oncology Mindfulness | Thursday | 8/1/2024 | 4:00-6:00pm |
| Pathways to Oncology Mindfulness | Thursday | 9/5/2024 | 4:00-6:00pm |
| Pathways to Oncology Mindfulness | Thursday | 10/3/2024 | 4:00-6:00pm |
| Pathways to Oncology Mindfulness | Thursday | 11/7/2024 | 4:00-6:00pm |
| Pathways to Oncology Mindfulness | Thursday | 12/5/2024 | 4:00-6:00pm |

Behavioral Health Education Class Schedule

| Class Title | Day | Date | Time |
|-----------------------------------|-----------|------------|-----------------|
| Children Emotional Wellness | Saturday | 1/20/2024 | 10:30-12:30pm |
| Children Emotional Wellness | Saturday | 3/16/2024 | 10:30-12:30pm |
| Children Emotional Wellness | Saturday | 5/18/2024 | 10:30-12:30pm |
| Children Emotional Wellness | Wednesday | 6/19/2024 | 2:00-4:00pm |
| Children Emotional Wellness | Wednesday | 8/21/2024 | 2:00-4:00pm |
| Children Emotional Wellness | Saturday | 10/19/2024 | 10:30-12:30pm |
| Children Emotional Wellness | Saturday | 11/16/2024 | 10:30-12:30pm |
| Teens Emotional Wellness | Saturday | 1/27/2024 | 10:30-12:30pm |
| Teens Emotional Wellness | Saturday | 3/23/2024 | 10:30-12:30pm |
| Teens Emotional Wellness | Saturday | 5/25/2024 | 10:30-12:30pm |
| Teens Emotional Wellness | Wednesday | 6/26/2024 | 2:00-4:00pm |
| Teens Emotional Wellness | Wednesday | 8/28/2024 | 2:00-4:00pm |
| Teens Emotional Wellness | Saturday | 9/28/2024 | 10:30-12:30pm |
| Teens Emotional Wellness | Saturday | 11/23/2024 | 10:30-12:30pm |
| Managing Anger Series | Monday | 1/8/2024 | 6:15- 8:15 p.m. |
| Managing Anger Series | Monday | 2/26/2024 | 6:15- 8:15 p.m. |
| Managing Anger Series | Monday | 4/1/2024 | 6:15- 8:15 p.m. |
| Managing Anger Series | Monday | 5/13/2024 | 6:15- 8:15 p.m. |
| Managing Anger Series | Monday | 7/1/2024 | 6:15- 8:15 p.m. |
| Managing Anger Series | Monday | 8/12/2024 | 6:15- 8:15 p.m. |
| Managing Anger Series | Monday | 9/30/2024 | 6:15- 8:15 p.m. |
| Managing Anger Series | Monday | 11/11/2024 | 6:15- 8:15 p.m. |
| Understanding Loss Series | Tuesday | 1/9/2024 | 3:00-4:30pm |
| Understanding Loss Series | Tuesday | 2/6/2024 | 3:00-4:30pm |
| Understanding Loss Series | Tuesday | 4/2/2024 | 3:00-4:30pm |
| Understanding Loss Series | Tuesday | 5/7/2024 | 3:00-4:30pm |
| Understanding Loss Series | Tuesday | 6/4/2024 | 3:00-4:30pm |
| Understanding Loss Series | Tuesday | 7/2/2024 | 3:00-4:30pm |
| Understanding Loss Series | Tuesday | 8/6/2024 | 3:00-4:30pm |
| Understanding Loss Series | Tuesday | 9/3/2024 | 3:00-4:30pm |
| Understanding Loss Series | Tuesday | 10/8/2024 | 3:00-4:30pm |
| Assertiveness Training Series | Wednesday | 1/10/2024 | 6:15- 8:15 p.m. |
| Assertiveness Training Series | Wednesday | 3/20/2024 | 6:15- 8:15 p.m. |
| Assertiveness Training Series | Wednesday | 5/8/2024 | 6:15- 8:15 p.m. |
| Assertiveness Training Series | Wednesday | 7/10/2024 | 6:15- 8:15 p.m. |
| Assertiveness Training Series | Wednesday | 9/4/2024 | 6:15- 8:15 p.m. |
| Assertiveness Training Series | Wednesday | 11/6/2024 | 6:15- 8:15 p.m. |
| Family Resilience Workshop Series | Wednesday | 1/10/2024 | 4:00- 6:00 p.m. |
| Family Resilience Workshop Series | Wednesday | 3/20/2024 | 4:00- 6:00 p.m. |
| Family Resilience Workshop Series | Wednesday | 5/8/2024 | 4:00- 6:00 p.m. |
| Family Resilience Workshop Series | Wednesday | 8/7/2024 | 4:00- 6:00 p.m. |
| Family Resilience Workshop Series | Wednesday | 9/4/2024 | 4:00- 6:00 p.m. |
| Family Resilience Workshop Series | Wednesday | 11/6/2024 | 4:00- 6:00 p.m. |