

# Online Youth/Teen Mindfulness & Stress Reduction Programs



KAISER PERMANENTE • SAN FRANCISCO • HEALTH EDUCATION 2021



The two 6-week online class series is designed to introduce our young members to mindfulness practices in the form of mindful listening, breathing, and mindful movement. By providing a safe space, this program can help when stress is having a negative impact on youths and teens who might experience physical or mental unease, or if simply interested in learning ways to adopt and sustain healthy ways of living. During the 6-week online class series, participants will learn:

- Skills & techniques to reduce emotional & physical symptoms of stress
- A variety of meditation, relaxation, and movement practices to cultivate a sense of presence, and thrive

## 2021 Date & time:

Series Dates: Saturday 1/30/21, 4/3/21, 7/3/21, 10/2/21

Teen Series (ages 13-19): Saturday, 10:00a.m.-12:00p.m.

Youth Series (ages 8-13): Saturday, 1:00p.m.-3:00p.m.

## Fees:

\$50 for Kaiser Permanente members

\$100 for nonmembers

To register for this class, please contact your provider or call Health Education Department 415-833-3450.

Health Education Department email address: [SFHealthed@kp.org](mailto:SFHealthed@kp.org)

## Your Online Tools

### My Doctor Online

[kp.org/mydoctor](http://kp.org/mydoctor)

- Choose and email your doctor
- Get online programs, videos, and recommended information from your doctor
- View Insomnia EMMI
- Search Sleep Related articles

### Podcasts- [kp.org/listen](http://kp.org/listen)

- Stress Management
- Sleep
- Panic Attack and Anxiety
- Relaxation and Wellness
- Self Confidence

### Interactive Program

[kp.org/healthylifestyles](http://kp.org/healthylifestyles)

- RELAX a personalized assessment and tailored program for your needs

Calm App: [www.kp.org/selfcareapps](http://www.kp.org/selfcareapps)

myStrength App: [Click here](#)



Call Health Education Center  
at (415) 833-3450

Hours: Monday - Friday 9a.m -5p.m.

Please Visit Our Website for  
More Online Resources  
[kp.org/sanfrancisco/healthed](http://kp.org/sanfrancisco/healthed)