

Managing Depression Series

KAISER PERMANENTE • SAN FRANCISCO • HEALTH EDUCATION



Managing Depression Series

Many people experience times of depression with feelings of sadness, hopelessness, and emptiness.

If this is you, there is hope and help...

In this six-session class you will learn to:

- Identify patterns of thinking that affect your feelings and moods
- Challenge negative thinking
- Start-up pleasant activities again
- Communicate assertively to others
- Practice daily care of yourself

Dates & times:

Six weekly sessions.

Please call Health Education Department for dates/times.

Fees:

No Fee for Kaiser Permanente members

Nonmembers: In-person \$110, online \$40

To register for this class, please contact
Health Education Department 415-833-3450
or email: SFHealthEd@kp.org

Sessions means the number of classes that a participant could attend to obtain the most value from the educational experience. The number of sessions does not imply a limit to the number of educational classes a Kaiser Health Plan Member may attend.

Program costs listed may be subject to change and may depend on your health plan coverage. Please refer to your member Evidence of Coverage (EOC) to confirm services covered under your plan. © 2011 Kaiser Permanente

Your Online Tools

A Shortcut to a better life

My Doctor Online kp.org/mydoctor

- Choose and email your doctor
- Get online programs, videos, and recommended information from your doctor

Podcasts- kp.org/listen

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

Interactive Program

kp.org/healthylifestyles

- OVERCOMING DEPRESSION a personalized assessment and tailored program for your needs



Visit the Health Education Center

2241 Geary Blvd, SF, CA 94115 or

1600 Owens St., SF, CA 94158

Call (415) 833-3450

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

SFHealthEd@kp.org

kp.org/sanfrancisco/healthed