

Online Couples Café

KAISER PERMANENTE • SAN FRANCISCO • HEALTH EDUCATION



Couples Café

This single session educational class is designed for couples who successfully completed the Couples Communication series and would like to have a follow-up discussion session to continue their progress in practicing their communication skills. In this single-session class, the instructor will:

- Review tools/strategies discussed in the Couples Communication class series
- Support couples in their successful tool implementation
- Troubleshoot challenges that may arise by:
 - clarify the implementation of the tools/strategies
 - assist couples to adjust tools/strategies to complement their lifestyle and unique experiences where applicable

Dates & times: Offered once a month.

Class duration: 25 minutes-2 hours, depending on the number of registrations.

Call Health Education Department for date/time.

Fees: \$20 per couple, for members
\$40 per couple, for nonmembers

To register for this class, please contact Health Education Department 415-833-3450 or email:

SFHealthEd@kp.org

Program costs listed may be subject to change and may depend on your health plan coverage. Please refer to your current Evidence of Coverage [EOC] to confirm services covered under your plan, or call Kaiser Permanente Member Services for additional information.

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

- REDUCING STRESS, is a personalized and tailored program for your emotional 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

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