

# Understanding Loss

KAISER PERMANENTE • SAN FRANCISCO • HEALTH EDUCATION



## Understanding Loss

This 4-week series intends to educate participants on grief reactions and learn coping skills for processing their losses. Participants learn to engage in valued living, which in turn, increases quality of life. This class allows the participants to:

- Process their grief
- Gain tools to continue to resolve grief on their own
- Have a safe space to share their feelings
- Accept changes caused by grief
- Find a way to honor the loved one's memory.

*This class is led by Integrated Behavioral Health Psychologist,  
Jenna Moschetto, PhD*

**Date:** Series start on Monday 11/08/2021

**Time:** 3:00-4:30pm

**Fee:** No fee

**Please contact your provider to register for this class or** contact Sarah Kohansal via email: [Rokhsareh.kohansal@kp.org](mailto:Rokhsareh.kohansal@kp.org)  
You may call Integrated Behavioral Health at (628) 242-6058 for questions/concerns.

## Your Online Tools A Shortcut to a better life!

### 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

### 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)

Visit Behavioral Health Education Website

<https://tinyurl.com/2fuc9r2u>

KPSF Health Education Website:  
[Kp.org/sanfrancisco/healthed](http://Kp.org/sanfrancisco/healthed)



### 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](mailto:SFHealthEd@kp.org)

[kp.org/sanfrancisco/healthed](http://kp.org/sanfrancisco/healthed)