

# Children & Teens Emotional Wellness

KAISER PERMANENTE • SAN FRANCISCO • HEALTH EDUCATION



The two single session online classes are designed to introduce our young members to stress management, self-care and mindfulness practices. By providing a safe space, this program can help when stress is having a negative impact on children 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 class, participants will be educated about:

- Stress and skills to reduce emotional/physical symptoms of stress
- Sleep hygiene
- Mindfulness and relaxation skills and practices to cultivate a sense of presence and emotional wellness

**Date & time:** Each class is offered once every other month.

**Fee:** No fee

**Children Emotional Wellness Class (children ages 8-12)**  
**Teens Emotional Wellness Class (teenagers ages 13-18)**

To register for classes, please contact your provider or call Health Education Department 415-833-3450. Health Education Department email address: [SFHealthEd@kp.org](mailto:SFHealthEd@kp.org)

Visit Behavioral Health Education  
<https://tinyurl.com/2fuc9r2u>

To access the class calendar  
scan the QR code



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 am–5 pm  
[SFHealthEd@kp.org](mailto:SFHealthEd@kp.org)

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