

# **Behavioral Health Education**

### 2024 Virtual Spring Schedule

BHE General Information & Member Self-Referral: (707) 645-2263

#### Napa-Solano Service Area Program Series – Classes below have a set start date

Anger Management	(6 sessions)	No fee – Available to members only
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Virtual: Wednesday 6:00pm – 8:00pm May 8-Jun12; Jun 19-Jul 24

Couples Communication Skills\*(4-sessions)No fee: One partner must be a memberVirtual:Tuesday6:00pm - 8:00pmApr 9-Apr 30; May 7-May 28; Jun 4-Jun 25

Virtual: Tuesday 5:30pm – 7:30pm Apr 16-May 7; May 21-Jun 11; Jun 25-Jul 23 (nc 7/9)

\*New! Only register one partner that is a covered member. (Non-member partners are welcome – no fee.)

Emotional Wellness(BHE Entry)(1 session)No fee - Available to members onlyVirtual:Wednesday6:00pm - 8:30pmMay 8; Jun 12; Jul 10; Aug 14

Improving Your Sleep (4 sessions) No fee - Available to members only

Virtual: Thursday 6:30pm – 8:00pm Apr 11-May 9 (nc 5/2); May 16-Jun 6; Jun 13-Jul 18

(nc 7/4 or 7/11)

Managing Your Depression (4 sessions) No fee - Available to members only

Virtual: Thursday 6:00pm – 8:00pm Apr 4-Apr 25; May 9-May 30; Jun 13-Jul 11 (nc 7/4)

Managing Your Stress (4 sessions) No fee - Available to members only

Virtual: Thursday 3:15pm – 4:45pm Apr 18-May 9; May 23-Jun 13; Jun 27-Jul 25 (nc 7/4)

<u>Thrive by 5</u> (parenting class) (4 sessions) No fee - Available to members only

Virtual: Wednesday 4:00pm – 5:30pm April 17- May 8; Jun 12-Jul 3

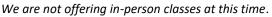
Understanding Your Anxiety(4 sessions)No fee - Available to members onlyVirtual:Monday6:00pm - 8:00pmApr 22-May 20 (nc 5/13); Jun 3-Jun 24

Virtual: Thursday 1:30pm – 3:30pm May 9-May 30; Jun 6-Jun 27

Unlearn Diet Culture(4 sessions)No fee – Available to members onlyVirtual:Tuesday3:15pm – 4:45pmMarch 12 – Apr 2; May 28-Jun 18

\*\*\* View page two for additional BHE drop-in programs \*\*\*





For online resources visit: <a href="http://kp.org/napasolano/bhe">http://kp.org/napasolano/bhe</a> (nc = no class)



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#### Napa-Solano Service Area

Classes below are drop-in programs and can be started any week

Adult AD/HD Class(2-week curriculum)No fee: Available to members onlyVirtual:Every Monday3:00pm – 4:30pmOpen for booking (nc 4/29, 5/13, 5/27)

<u>Caregiver Stress</u> (4-week curriculum) No fee: Available to members only Virtual: Every Wednesday 3:15pm – 4:45pm Open for booking (nc 6/5)

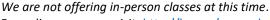
Grief Recovery Skills (6-week curriculum) No fee: Available to members only

Virtual: Every Wednesday 3:00pm – 4:30pm Open for booking (nc 5/1)

Happiness and Well-being(8-week curriculum)No fee: Available to members onlyVirtual:Every Thursday4:15pm - 5:45pmOpen for booking

Job Stress(4-week curriculum)No fee: Available to members onlyVirtual:Every Monday3:15pm - 4:15pmOpen for booking (nc 5/27, 6/10)





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