



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

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 member

Virtual: Tuesday

6:00pm – 8:00pm

Apr 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 only

Virtual: Wednesday

6:00pm – 8:30pm

May 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)

Thrive by 5 (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 only

Virtual: Monday

6:00pm – 8:00pm

Apr 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 only

Virtual: Tuesday

3:15pm – 4:45pm

March 12 – Apr 2; May 28-Jun 18

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



We are not offering in-person classes at this time.

For online resources visit: <http://kp.org/napasolano/bhe> (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

Virtual: Every Monday

(2-week curriculum)

3:00pm – 4:30pm

No fee: Available to members only

Open for booking (nc 4/29, 5/13, 5/27)

Caregiver Stress

Virtual: Every Wednesday

(4-week curriculum)

3:15pm – 4:45pm

No fee: Available to members only

Open for booking (nc 6/5)

Grief Recovery Skills

Virtual: Every Wednesday

(6-week curriculum)

3:00pm – 4:30pm

No fee: Available to members only

Open for booking (nc 5/1)

Happiness and Well-being

Virtual: Every Thursday

(8-week curriculum)

4:15pm – 5:45pm

No fee: Available to members only

Open for booking

Job Stress

Virtual: Every Monday

(4-week curriculum)

3:15pm – 4:15pm

No fee: Available to members only

Open for booking (nc 5/27, 6/10)



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