

***Kaiser
Permanente
Santa Rosa
Emotional Support
Resources***



We invite you to meet with other people who have been diagnosed with or are in treatment for cancer. This is a safe place to share experiences, feelings, get your questions answered, and discover that **YOU ARE NOT ALONE.**

Cancer Support Group (for newly diagnosed and early stage patients)

Facilitator: Oncology Social Worker

When: 2nd and 4th Tuesdays, 1:00 PM - 2:30 PM

Where: 3333 Mendocino Avenue, Suite 105

Contact: (707) 393-3749 for more information

This group is for Kaiser Permanente patients receiving treatment for cancer. Sessions are free and open to Kaiser Permanente members with any cancer diagnosis, as well as their caregivers. This group provides education and support.

**Please call to confirm prior to attending your first group.*

Cancer Support Group (for later stage patients)

Facilitator: Licensed Clinical Social Worker

When: Mondays, 10:30 AM – 12:00 PM

Where: 401 Bicentennial Way

Contact: (707) 393-2454 for more information

This group is for Kaiser Permanente patients receiving treatment for cancer. Sessions are free and open to Kaiser Permanente members with any cancer diagnosis, as well as their caregivers. This group provides education and support.

**Please call to confirm prior to attending your first group*

Behavioral Medicine Services

Short-term behavioral-focused counseling for mild to moderate anxiety and depression, insomnia, stress and grief.

Self-referral at **707-571-3755**. Ask specifically for “Behavioral Medicine Services”.

Services are provided in Adult and Family Medicine Outpatient Offices at:

- *401 Bicentennial Way in Santa Rosa*
- *2240 Mercury Way in Santa Rosa*
- *5900 State Farm Drive in Rohnert Park*

Mental Health and Wellness

Counseling for moderate to severe anxiety and depression

Medication evaluations

Self-referral at **707-571-3778** or talk to your Primary Care Physician (PCP)

Health Education

Website: kp.org/santarosa/classes

Information: 707-393-4167

Classes held: 3333 Mendocino Avenue, Suite 105 in Santa Rosa

Healthy Living Classes

Managing Your Stress (6 sessions)

Understanding Anxiety (6 sessions)

Pathways to Emotional Wellness (1 session)

Mindfulness Based Stress Reduction (9 sessions)

Online Tools

Kp.org/healthylifestyle - for depression, insomnia, chronic pain

Kpdoc.org/podcasts - Health Journeys Guided Imagery