

# Behavioral Health Education

East Bay (Oakland and Richmond)

510-752-7868

January - March 2024

Registration is **required** for all classes. To register, call Behavioral Health Education at 510-752-7868. All classes are held online. Schedule subject to change without notice.

Descriptions, fees, and this schedule can also be found on [kp.org/oakland](http://kp.org/oakland). Click Departments, then Behavioral Health Education. The dates below are start dates.

## Navigating Adult ADHD—6 wks

Thu 1/25 6-8 PM Ku

## Anger Overview—1 session—REQUIRED

Mon 1/29 6:30-7:30 PM Whitaker

## Growing Through Anger—8 wks

Mon 2/5 SKIPS 2/19 6:30-8:30 PM Whitaker

## Understanding Your Anxiety—5 wks

Thu 1/25 6-8 PM Renaud

Mon 2/26 3:30-5:30 PM Renaud

## Couples Communication—4 wks

Tue 1/16 6-8 PM Renaud

Wed 1/31 6-8 PM Renaud

Tue 2/13 6-8 PM Renaud

Wed 2/28 6-8 PM Renaud

Tue 3/12 6-8 PM Renaud

## Managing Depression—5 wks

Mon 1/22 4 WKS 3:30-5:30 PM Renaud

Thu 2/29 6-8 PM Renaud

## Managing Your Stress—5 wks

Wed 1/10 3:30-5:30 PM Renaud

Wed 2/14 3:30-5:30 PM Renaud

## Pathways to Emotional Wellness—1 session

Mon 1/8 6-8:30 PM Renaud

## Improving Your Sleep—4 wks

Tue 1/9 3:30-5:30 PM Renaud

Mon 1/22 6-8 PM Renaud

Tue 2/6 3:30-5:30 PM Renaud

Mon 2/26 6-8 PM Renaud

Tue 3/5 3:30-5:30 PM Renaud