



Behavioral Health Education Resources

BHE General Information & Member Self-Referral:

(707) 645-2263

Kaiser Permanente Napa-Solano Service Area



ADULT ONLINE CLASSES

Adult AD/HD

(2 sessions, no fee)

Learn what AD/HD is and is not, common challenges, treatment options, and resources for managing areas of difficulty.

Caregiver Stress

(4 sessions, no fee)

Increase resiliency and ways to manage stress brought about by being a caregiver of another adult.

Couples Communication

(4 sessions, no fee)

Build skills with your partner to help reduce relationship conflicts, improve listening, and increase communication.

Emotional Wellness

(1 session, no fee)

This introductory class will help you identify your sources of stress and help you learn simple techniques to relax, deal with anxiety, and lessen depression.

Grief Recovery Skills

(5 sessions, no fee)

Learn to navigate your own unique grief experience by tuning into emotions, creating meaningful daily practices, preparing for special days, and increasing self-compassion.

Happiness & Well-being

(8 sessions, no fee)

Learn tangible, evidence-based skills to increase happiness and well-being, leading to a more meaningful and satisfying life. Topics include gratitude, mindfulness, self-compassion, optimism, connection, forgiveness, self-care, and more.

Improving Your Sleep

(4 sessions, no fee)

Learn about sleep behaviors and thinking patterns that affect the quality and quantity of your sleep.

Job Stress

(4 sessions, no fee)

Learn to manage stress associated with challenges in the work-place such as managing conflict, strengthening communication, self-care, and utilizing social support.

Managing Your Depression

(4 sessions, no fee)

Explore how depression impacts your thinking and behavior and learn techniques to create balance in life.

Managing Your Stress

(4 sessions, no fee)

Helps you recognize the sources of stress in your life, manage stress-related symptoms, and develop a healthier lifestyle.

Thrive by 5

(4 sessions, no fee)

Build positive communication and parenting skills for use with toddlers ages 2-5 years.

Understanding Your Anxiety

(4 sessions, no fee)

Identify what triggers anxiety for you and learn healthy approaches to managing anxiety symptoms.

BHE Class Schedule

Dates and times for our BHE classes can be found online. Go to kp.org/napasolano/bhe and click on our BHE Class Schedule or scan this QR code.

