

# East Bay Behavioral Health Education

510-752-7868

**All classes are hosted virtually at this time.  
Please call for start dates and times.  
Self-referrals welcomed!**

## Pathways to Emotional Wellness

Your thoughts and emotions can affect your physical well-being. In this class, we'll help you identify your sources of stress and learn simple techniques to help you relax, deal with anxiety, and lessen depression. Also explore a variety of resources to help you take your next steps on the path to emotional wellness. Also hosted in Spanish. Open to the community!

- Single 2.5 hr session | No fee

## Understanding Anxiety Series

In this series, you'll learn to identify what triggers anxiety for you as well as ways to help manage your symptoms. We'll help you explore your thoughts and learn to approach instead of avoid what you fear. You'll also learn techniques to relax, reduce your response to triggers, and approach your anxiety with mindfulness.

- 5 weekly 2-hr sessions
- Free for KP mbrs, \$100 public

## Managing Depression Series

Depression is common, real, and treatable. In this series, you will learn about depression as well as ways to manage your symptoms. We will help you learn to challenge unhelpful thoughts, add more pleasant activities to your life, and approach your life from a place of mindfulness.

- 5 weekly 2-hr sessions | No fee for KP mbrs, \$100 public

## Improving Your Sleep Series

Want to fall asleep quicker, sleep more soundly, and awaken feeling more refreshed? Learn how nighttime habits and thinking patterns affect your sleep and how to change them. This class does not address medical conditions that interfere with sleep.

- 4 weekly 2-hr sessions | No fee for KP mbrs, \$100 public

## Managing Stress Series

Enjoy life more. Emotions, thoughts, and behaviors can affect your health. Learn to recognize the sources of stress in your life, manage stress-related symptoms and illnesses, develop healthy lifestyle habits, and take better care of yourself.

- 5 weekly 2-hr sessions | No fee for KP mbrs, \$100 public

## Black, Indigenous, and People of Color (BIPOC): Recognizing the Stressors that Harm Us

This 6-week class will provide a place of rest and repose for the self-identified Black, Indigenous, and People of Color community. The curriculum offers culturally responsive resources to support learning and relaxation. Participants will be invited to explore and understand the social determinants of health and well-being, and will be provided tools for managing stress. Open to the community!

- 6 wkly 2-hr sessions | No fee

## Managing Job Stress Series

Job stress is normal, as work is a large part of life and financial security. This class provides tools to help participants navigate stress at work. The class also invites participants to identify action steps within their control to help reduce overall stress.

- 4 weekly 2-hr sessions | No fee (open to KP mbrs only)

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## Mindfulness-Based Stress Reduction Series

Meditation can be helpful for dealing with stress, chronic pain, hypertension, depression, difficulty sleeping, and other issues. This class provides instruction on mindfulness meditation, meditative movement, and body-awareness exercises. *Note: Free 1-hour orientation recommended prior to enrollment; orientations are offered one week prior to the start of the 8-week series.*

- Orientation: no fee
- 8 weekly 2-hr sessions and daylong retreat | \$110 KP mbrs, \$190 public

## Navigating Adult ADHD Series

In this 6-week class participants will gain knowledge about the biology and scope of ADHD symptoms and explore tools, strategies, and resources to support time management, working memory, organization, emotion regulation, and to manage impulsivity and distraction.

- 6 weekly 2-hr sessions | \$60 KP mbrs, \$120 public

## Couples Communication Series

The heart of a healthy relationship is good communication. Learn ways to bring up difficult topics, reduce defensiveness, and understand each other's perspective. This series is specifically designed for couples in committed relationships to attend together.

- 4 weekly 2-hr sessions | No fee for KP mbrs, \$160 public

*\*Only one member of a couple needs to be a Kaiser Permanente member for the member rate.*

## Growing Through Anger Overview

When is anger a problem? Anger is a warning signal that something needs our attention. It is what we do in response to angry feelings that can be helpful or hurtful. This single session class is a REQUIRED orientation to the 8-week Growing Through Anger series. Overview classes are held one week prior to the start of an 8-week series. Please note: This series does not satisfy court-ordered treatment required for domestic violence. Open to the community!

- Single 1 hr session | No fee

## Growing Through Anger Series

When anger causes problems with family, friends, or colleagues, we can help. Learn to identify anger triggers, develop communication skills, and practice new ways to respond. Please note: This series does not satisfy the court-ordered treatment required for domestic violence. Single session Overview required prior to enrollment.

- 8 weekly 2-hr sessions | \$80 KP mbrs, \$160 public

## Caminos Hacia una Buena Salud Emocional

La vida diaria le puede estresar y afectar su bienestar. En esta clase le ayudaremos a identificar sus fuentes de estrés y aprender técnicas simples para que se sienta más relajado, enfrente mejor la ansiedad y reduzca los síntomas de depresión. También le daremos un resumen de los recursos disponibles. Abierta a la comunidad.

- Una sola clase de 2.5 horas | Gratis