

OAKLAND BEHAVIORAL HEALTH EDUCATION

510-752-7868

JULY-OCTOBER 2019

Please refer to the "Mind & Body Health" handout for class descriptions and fees. All classes are held at 3900 Broadway, Oakland. REGISTRATION REQUIRED for all classes. Schedule subject to change without notice.

Descriptions, fees, and this schedule can also be found on kp.org/oakland. Click Departments, then Behavioral Health Education.

Coping with Adult Attention Problems—6 wks

Tue	8/27/19	6:40 PM-8:30 PM	Bldg A, Rm 213	Van Deventer
Tue	10/8/19	7-9 PM	Bldg B, Rm 116	Tennison

Aging with Grit and Grace—6 wks

Fri	7/26/19	1:30 PM-3:30 PM	Bldg A, Rm 213	Renaud
Wed	10/30/19 SKIPS 11/27	2-4 PM	Bldg A, Rm 213	Ku

Anger Overview—1 session—REQUIRED CLASS for 8-wk series

Mon	7/29/19	6:30 PM-7:30 PM	Bldg B, Rm 218	Renaud
Wed	8/28/19	7-8 PM	Bldg B, Rm 116	Tennison
Wed	9/18/19	6:40 PM-7:40 PM	Bldg A, Rm 213	Fullerton
Thu	10/3/19	6:40 PM-7:40 PM	Bldg A, Rm 112	Van Deventer
Wed	10/30/19	7-8 PM	Bldg A, Rm 212	Renaud

Managing Anger—8 wks

Mon	8/5/19 SKIPS 9/2	6:30 PM-8:30 PM	Bldg B, Rm 218	Renaud
Wed	9/4/19	7-9 PM	Bldg B, Rm 116	Tennison
Wed	9/25/19	6:40 PM-8:30 PM	Bldg A, Rm 213	Fullerton
Thu	10/10/19 SKIPS 11/28	6:40 PM-8:30 PM	Bldg A, Rm 112	Van Deventer
Wed	11/6/19 7 WKS	7-9 PM	Bldg A, Rm 212	Renaud

Understanding Your Anxiety—6 wks

Thu	7/25/19 5 WKS	4:30 PM-6:30 PM	Bldg A, Rm 112	Van Deventer
Thu	8/1/19 5 WKS	6:45 PM-8:45 PM	Bldg A, Rm 213	Renaud
Tue	8/13/19 SKIPS 8/27	6:40 PM-8:30 PM	Bldg B, Rm 215	Fullerton
Thu	8/15/19	4:45 PM-6:45 PM	Bldg B, Rm 218	Tennison
Wed	8/21/19	4:45 PM-6:45 PM	Bldg B, Rm 116	Tennison
Tue	8/27/19	7-9 PM	Bldg B, Rm 116	Tennison
Wed	9/4/19	2-4 PM	Bldg A, Rm 213	Ku
Wed	9/11/19	4:30 PM-6:30 PM	Bldg A, Rm 213	Ku
Mon	9/16/19	4-6 PM	Bldg B, Rm 115	Renaud
Thu	9/26/19	4:45 PM-6:45 PM	Bldg B, Rm 218	Tennison
Wed	10/2/19	4:45 PM-6:45 PM	Bldg B, Rm 116	Tennison
Mon	10/7/19 SKIPS 10/14	7-9 PM	Bldg A, Rm 213	Tennison
Mon	10/14/19	6:30 PM-8:30 PM	Bldg B, Rm 218	Renaud
Thu	10/24/19 5 WKS	6:40 PM-8:30 PM	Bldg B, Rm 116	Fullerton
Wed	10/30/19 SKIPS 11/27	4:30 PM-6:30 PM	Bldg A, Rm 213	Ku

Couples Communication—6 wks

Wed	7/31/19	7-9 PM	Bldg B, Rm 218	Shragai
Mon	8/19/19 SKIPS 9/2	7-9 PM	Bldg A, Rm 213	Tennison
Wed	9/11/19 SKIPS 10/9	7-9 PM	Bldg B, Rm 218	Shragai
Thu	10/10/19	7-9 PM	Bldg B, Rm 218	Tennison
Tue	10/15/19	6:40 PM-8:30 PM	Bldg A, Rm 213	Van Deventer

Managing Depression—6 wks

Thu	8/1/19	4:15 PM-6:15 PM	Bldg A, Rm 213	Renaud
Wed	8/7/19 5 WKS	4:30 PM-6:30 PM	Bldg A, Rm 212	Renaud
Tue	8/13/19 5 WKS	6:15 PM-8:15 PM	Bldg B, Rm 218	Baker
Tue	8/27/19	4:30 PM-6:30 PM	Bldg A, Rm 213	Van Deventer
Thu	8/29/19	7-9 PM	Bldg B, Rm 218	Tennison
Fri	9/6/19 5 WKS	1:30 PM-3:30 PM	Bldg A, Rm 213	Renaud
Mon	9/16/19	6:15 PM-8:15 PM	Bldg B, Rm 315	Yarock
Tue	9/24/19 5 WKS	6:40 PM-8:30 PM	Bldg B, Rm 218	Baker
Mon	9/30/19 SKIPS 10/14	4:45 PM-6:45 PM	Bldg A, Rm 213	Tennison
Thu	10/3/19	6:45 PM-8:45 PM	Bldg A, Rm 213	Renaud
Tue	10/15/19	4:30 PM-6:30 PM	Bldg A, Rm 213	Van Deventer
Mon	10/21/19	2:30 PM-4:30 PM	Bldg A, Rm 213	Tennison
Tue	10/29/19	6:40 PM-8:30 PM	Bldg B, Rm 215	Fullerton

Managing Your Stress—6 wks

Thu	7/25/19 5 WKS	7-9 PM	Bldg A, Rm 112	Van Deventer
Tue	8/13/19	6-8 PM	Bldg B, Rm 217	Renaud
Mon	8/26/19	2:30 PM-4:30 PM	Bldg A, Rm 213	Tennison
Thu	9/5/19	6:40 PM-8:30 PM	Bldg B, Rm 116	Fullerton
Tue	9/24/19	6-8 PM	Bldg B, Rm 217	Renaud
Thu	10/3/19	4:30 PM-6:30 PM	Bldg A, Rm 112	Van Deventer
Wed	10/30/19	7-9 PM	Bldg B, Rm 116	Tennison

Mind-Body Medicine for JOB STRESS—4 wks

Wed	8/14/19	7-9 PM	Bldg A, Rm 212	Renaud
Thu	9/5/19	6:40 PM-8:30 PM	Bldg A, Rm 112	Van Deventer
Wed	10/2/19	7-9 PM	Bldg A, Rm 212	Renaud
Wed	10/23/19	6:15 PM-8:15 PM	Bldg A, Rm 112	Chambers

Mindfulness-Based Stress Reduction Overview—1 session

Tue	7/30/19	5:30 PM-7 PM	Bldg A, Rm 212	Ku
Fri	8/16/19	4 PM-5:30 PM	Bldg A, Rm 212	Renaud
Thu	9/19/19	6:30 PM-8 PM	Bldg A, Rm 212	Johnson
Wed	9/25/19	4 PM-5:30 PM	Bldg A, Rm 212	Renaud
Tue	10/8/19	5:30 PM-7 PM	Bldg A, Rm 212	Ku
Fri	10/18/19	4 PM-5:30 PM	Bldg A, Rm 212	Renaud

Mindfulness-Based Stress Reduction—8 wks + daylong

Tue	8/6/19	5:30 PM-8 PM	Bldg A, Rm 212	Ku
Fri	8/23/19	4 PM-6:30 PM	Bldg A, Rm 212	Renaud
Thu	9/26/19 SKIPS 10/31	6:30 PM-9 PM	Bldg A, Rm 212	Johnson
Wed	10/2/19	4 PM-6:30 PM	Bldg A, Rm 212	Renaud
Tue	10/15/19 SKIPS 11/26	5:30 PM-8 PM	Bldg A, Rm 212	Ku
Fri	10/25/19	4 PM-6:30 PM	Bldg A, Rm 212	Renaud

Pathways to Emotional Wellness—1 session

Wed	8/7/19	7-9 PM	Bldg A, Rm 212	Renaud
Mon	9/9/19	4-6 PM	Bldg B, Rm 115	Renaud
Tue	10/8/19	6:40 PM-8:30 PM	Bldg A, Rm 213	Van Deventer
Thu	10/31/19	4:15 PM-6:15 PM	Bldg A, Rm 213	Renaud

Buena Salud Emocional (Spanish Pathways)—1 session

Tue	8/6/19	6-8 PM	Bldg B, Rm 217	Renaud
Thu	9/5/19	6:45 PM-8:45 PM	Bldg A, Rm 213	Renaud
Tue	9/24/19	3:30 PM-5:30 PM	Bldg B, Rm 217	Renaud
Mon	10/7/19	6:30 PM-8:30 PM	Bldg B, Rm 115	Renaud

Improving Your Sleep—4 wks

Mon	8/5/19	6:15 PM-8:15 PM	Bldg B, Rm 215	Baker
Mon	8/26/19 SKIPS 9/2	4:45 PM-6:45 PM	Bldg A, Rm 213	Tennison
Thu	9/5/19	4:30 PM-6:30 PM	Bldg A, Rm 112	Van Deventer
Mon	9/23/19	6:30 PM-8:30 PM	Bldg B, Rm 215	Baker
Fri	10/11/19	1:30 PM-3:30 PM	Bldg B, Rm 218	Renaud