

# BEHAVIORAL HEALTH EDUCATION

510-752-1075

**OCTOBER – DECEMBER 2009**

*All classes are held at 3900 Broadway, Oakland. This schedule is subject to change without notice.*

## **Introduction to Adult Attention Problems—1 session**

Thur 10/15, 11/19, 12/17 3:00 PM-5:00 PM Bldg A, Rm D Bell

## **Managing Anger: Overview—1 session**

Mon 10/26/09 6:40 PM-7:30 PM Bldg B, Stone Rm Fullerton  
Wed 11/18/09 7:00 PM-8:00 PM Bldg A, Rm A Parker

## **Managing Anger—8 wks**

Mon 11/2/09 6:40 PM-8:30 PM Bldg B, Stone Rm Fullerton  
Wed 12/2/09 7:00 PM-9:00 PM Bldg A, Rm A Parker

## **Understanding Your Anxiety: Overview—1 session**

2<sup>nd</sup> & 4<sup>th</sup> Tuesdays 6:30 PM-8:30 PM Bldg A, Rm D Elden  
3<sup>rd</sup> Wednesdays 12:30 PM-2:30 PM Bldg B, Stone Rm Kirson-Trilling

## **Understanding Your Anxiety—8 wks**

Tue 10/13/09 5:00 PM-7:00 PM Bldg A, Rm C Van Deventer  
Mon 11/2/09 4:40 PM-6:30 PM Bldg B, Stone Rm Masotti  
Tue 12/1/09 7:00 PM-9:00 PM Bldg A, Rm C Van Deventer

## **Couples Communication Skills—6 wks**

Wed 11/11/09 7:00 PM-9:00 PM Bldg A, Rm C Shragai  
Mon 12/7/09 6:40 PM-8:30 PM Bldg B, Stone Rm Masotti

## **Couples Communication Skills (Same Sex)—6 wks**

Mon 11/2/09 7:10 PM-9:00 PM Bldg A, Rm D Lesko

## **Managing Depression: Overview—1 session**

1<sup>st</sup> & 3<sup>rd</sup> Tuesdays 6:30 PM-8:30 PM Bldg A, Rm D Elden  
2<sup>nd</sup> & 4<sup>th</sup> Wednesdays 12:30 PM-2:30 PM Bldg B, Stone Rm Kirson-Trilling

## **Managing Depression—8 wks**

Wed 10/21/09 7:10 PM-9:00 PM Bldg A, Rm A Fullerton  
Wed 10/28/09 10:00 AM-12:00 PM Bldg A, Rm C McCabe  
Wed 10/28/09 4:30 PM-6:30 PM Bldg A, Rm C Schoen  
Wed 11/4/09 10:30 AM-12:30 PM Bldg A, Rm D Kirson-Trilling  
Mon 11/16/09 4:40 PM-6:30 PM Bldg A, Rm A Chaumette  
Mon 11/23/09 (6 wks) 6:30 PM-8:30 PM Bldg A, Rm C McCabe  
Mon 11/30/09 5:00 PM-7:00 PM Bldg A, Rm B Parker  
Mon 12/7/09 7:00 PM-9:00 PM Bldg A, Rm A Chaumette  
Tue 12/8/09 5:00 PM-7:00 PM Bldg A, Rm C Van Deventer

*Special drop-in classes for depression. No registration, no fee—just come.*

*Drop-in dates: Fridays, 12/4, 12/11, and 12/18 @ 4-6p in Bldg A, Rm C*

## **Peripartum Depression: A class for pregnant women and new moms coping with depression**

Every Tuesday 5:00 PM-6:20 PM Please ask your provider for a referral.

**Los Nervios—1 session**

Thur	11/5/09	3:30 PM-5:30 PM	Bldg B, Stone Rm	Lan
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**Meditacion Para Su Salud—4 wks**

Thur	11/12/09	3:30 PM-5:30 PM	Bldg B, Stone Rm	Lan
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**Mind-Body Medicine for Stress—8 wks**

Tue	10/20/09	6:40 PM-8:30 PM	Bldg B, Rm 1	Appelbaum
Tue	11/17/09 (6 wks)	4:30 PM-6:15 PM	Bldg A, Rm D	Elden

Special drop-in classes for stress. No registration, no fee—just come.  
*Drop-in dates: Fridays, 12/4, 12/11, and 12/18 @ 2-4p in Bldg A, Rm C*

**Mindfulness-Based Stress Reduction: Overview—1 session**

Tue	12/1/09	6:30 PM-8:00 PM	Bldg A, Rm B	Ku
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**Mindfulness-Based Stress Reduction—8 wks + all-day retreat**

Thu	10/15/09	6:30 PM-9:00 PM	Bldg A, Rm B	Johnson
Tue	12/8/09	6:30 PM-9:00 PM	Bldg A, Rm B	Ku

**Pathways to Stress Reduction—1 session—NEW alternating schedule**

1 <sup>st</sup> Wednesdays		12:30 PM-2:30 PM	Bldg B, Stone Rm	Kirson-Trilling
<i>in Feb, Apr, Jun, Aug, Oct, Dec</i>				
2 <sup>nd</sup> Thursdays		5:00 PM-7:00 PM	Bldg A, Rm A	Appelbaum
<i>in Jan, Mar, May, Jul, Sept, Nov</i>				

**Introduction to Pilates—8 wks**

Wed	10/14/09 (FREE DEMO)	12:30 PM-1:30 PM	Bldg A, Rm B	Adams
Thur	10/15/09	7:10 PM-8:10 PM	Bldg B, Stone Rm	Adams
Wed	10/21/09	12:30 PM-1:30 PM	Bldg A, Rm B	Adams

**Gentle Pilates—8 wks—NEW CLASS**

Wed	10/14/09 (FREE DEMO)	1:40 PM-2:40 PM	Bldg A, Rm B	Adams
Wed	10/21/09	1:40 PM-2:40 PM	Bldg A, Rm B	Adams

**Qigong for Health II—8 wks**

Mon	10/26/09	7:00 PM-9:00 PM	Bldg A, Rm B	Dey
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**Gentle Qigong II—8 wks**

Fri	10/16/09	10:00 AM-12:00 PM	Bldg A, Rm B	Eaton
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**Sleep Better: Mastering Insomnia—3 wks**

Wed	11/11/09	7:00 PM-9:00 PM	Bldg B, Rm 3	Merrill
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**Tai Chi for Health No longer offered in Oakland. Call Richmond Health Education at 510-307-2210.**

**Yoga for Health—8 wks**

Tue	10/20/09	12:30 PM-1:30 PM	Bldg A, Rm B	Wong
Tue	10/20/09	1:40 PM-2:40 PM	Bldg A, Rm B	Wong
Fri	11/6/09	12:30 PM-1:30 PM	Bldg A, Rm B	Safadirazieli
		(for BEGINNERS)		
Fri	11/6/09	1:45 PM-2:45 PM	Bldg A, Rm B	Safadirazieli
		(for CONTINUING/ADVANCED BEGINNERS)		