



## Behavioral/Mental Health Education

Title	Description	Schedule	Fee	Contact
<b>Anger Management</b>	About anger and managing your responses to it. N/A for domestic violence referrals. <b>Indicated for: smoking cessation, diabetes, stroke, heart, physical losses/changes</b>	8 sessions, 2 hours	Members, \$120	972-3340
<b>Anxiety Overview</b>	Reviews anxiety symptoms, treatment, options, self-care techniques. <b>Indicated for: any co-morbid anxiety</b>	1 session, 1.5 hours	Members, no fee	972-3340
<b>Anxiety and Fear Management Skills</b>	In depth study of anxiety and fear; triggers and anxiety-reduction techniques. <b>Indicated for: any co-morbid anxiety</b>	6 sessions, 2 hours	Members, \$80	972-3340
<b>Couples Communication I</b>	Communication skills for committed couples. <b>Indicated for: any health diagnosis that impacts the couples relationship</b>	6 sessions, 2.5 hours	Members, \$125/couple	972-3340
<b>Depression Overview</b>	Review of depression symptoms and mood management skills/techniques. Triage to Adult Psychiatry if indicated on survey. <b>Indicated for: Any mild to moderate, co-morbid depression w/ medical diagnosis</b>	1 session, 1.5 hours	Members, no fee	972-3340
<b>Depression Management Skills</b>	Basic management skills for depression, mild to moderate, including self care tips, relaxation techniques. <b>Indicated for: Any mild to moderate, co-morbid depression w/ medical diagnosis</b>	8 sessions, 2 hours	Members, no fee	972-3340
<b>Insomnia Overview</b>	About sleeping behaviors and how thinking patterns affect sleep, treatment options and resources for managing insomnia. <b>Indicated for: non-medical sleep disorders</b>	1 session, 1.5 hours	No fee	972-3340
<b>Living Well with Fibromyalgia</b>	Social Support Series w/ stress reduction techniques, information sharing, community resources, positive, solution-oriented discussions. Prerequisite: diagnosis of fibromyalgia.	8 sessions, 1.5 hours	Members, \$42	972-3340

<b>Postpartum Stress Overview</b>	One session class about pregnancy myths, childbirth, and nursing that has affects. Offers self-care tips, resources. Informational.	1 session, 2 hours	No fee	972-3340
<b>Postpartum Depression Series</b>	About depression and anxiety in the postpartum period. <b>Indicated for: postpartum depression.</b>	Ongoing weekly series: enroll at any time	No fee	972-3340
<b>Pathways for Stress Reduction: An Overview</b>	Defines healthy / unhealthy stress, affects on the body / mind, self care tips. Informational.	1 session, 1.5 hours	No fee	972-3340
<b>Stress Management: A Mind-Body Medicine Approach</b> <i>Note: special offering for Cancer Survivors</i>	<b>Indicated when: physical or psychological symptoms of stress or illness.</b> Teaches relaxation techniques, body movement practices to improve physical and mental health.	8 sessions, 2.5 hours	No fee	972-3340
<b>Understanding Mental Illness: An Overview for Families</b>	Review of mental illness diagnoses and the resources in community for caregivers. N/A for identified patient. <b>Indicated for: all family/caregivers w/ mental health patient</b>	1 session, 2 hours	No fee	972-3340