

Parenting Programs

KAISER PERMANENTE • FREMONT AND HAYWARD • DEPARTMENTS OF PEDIATRICS AND HEALTH EDUCATION

Raising a child can be as challenging as it is rewarding and exciting. Whether you're a new parent trying to balance work, family, and personal life, or a parent dealing with the challenges of raising a confident teen, we have a program for you.



For more information or to register, please contact Health Education or an Adult School co-sponsor:

Health Education: 784-4531 or 248-3455

Hayward Adult School*: 293-8599

Fremont Adult School*: 797-1090

For Spanish Parenting only: 675-3080

Spanish language classes are listed in italics below.

Parenting Classes

Building a Stronger Family Unit*

Parenting Workshops*

Aprendiendo ser padres positivos (Learning to Be Positive Parents)

Programs for Children's and Teens' Health

ADHD

Healthy Eating, Active Living for Kids & Families: Overview

KP KIDS™
Kids in Dynamic Shape

*KP KIDS™
Niños en forma excelente*

Understanding Your Child's Asthma

Hablemos del asma de su niño(a)



KAISER PERMANENTE®

Visit Our Health Education Centers

We have a wide selection of health resources to help you better understand and take care of your health.

These health resources include:

- Video Tapes and DVDs you can view in our centers
- Reference Books
- Internet Access available for medical searches
- Circulating Book and Video Tape Collection
- Free Pamphlets
- Books, Videos, Audio Tapes, and Specialty Items for sale
- Community Resource Information
- Access to Web sites:
members.kp.org
fremont.kp.org
hayward.kp.org
- Anatomical models and charts
- Health Education Class Registration and Information
- Friendly staff to answer your questions and help you find what you need

Visit KP.ORG

**Register today for a healthier way of life.
It's secure. Convenient. Free.**

- E-mail your doctor
- Schedule routine appointments
- Order prescription refills
- View select lab results

LOCATIONS

Location: **Hayward Health Education Center**
27400 Hesperian Boulevard
2nd Floor of the Main Medical Building
above the Pharmacy

Hours: Monday–Friday, 9 a.m. to 5 p.m.
Wednesday open till 7 p.m.

Phone: (510) 784-4531

Location: **Dr. Spencer Larsen
Pediatric Health Education Desk**
27303 Sleepy Hollow Avenue
1st Floor, Sleepy Hollow Building

Hours: Monday–Friday, 9 a.m. to 5 p.m.

Phone: (510) 784-4344

Location: **Union City Health Education Center**
3553 Whipple Rd.
1st Floor next to the Pharmacy

Hours: Monday–Friday, 9 a.m. to 5 p.m.

Phone: (510) 784-4531

Location: **Fremont Health Education Center**
39400 Paseo Padre Parkway
Niles Building, 1st Floor
Next to the Pharmacy

Hours: Monday–Friday, 9 a.m. to 5 p.m.

Phone: (510) 248-3455