

Diablo Service Area

Behavioral Health Resource Guide



Behavioral Health Education is a cost-effective resource that can help change your life.

Your thoughts, moods, attitudes, and behaviors can influence your health and vitality. Healthy, optimistic thinking has many health benefits, including:

- improving your mood and self-esteem
- decreasing depression, anxiety, and hostility
- lessening pain and other bodily symptoms

Our classes can teach you self-care skills and new behaviors to improve your health.

Please note that Health Education classes do not offer therapy or counseling.

Classes and Programs

Managing Anger

Are feelings of anger affecting your relationships with family, friends, or coworkers? This is an eight-week class designed to teach you basic skills for how to constructively handle anger in relation to others. Learn new ways to communicate more effectively and successfully manage your anger.

Assertiveness

Learn how to overcome overly passive or aggressive behavior. This six-week class is designed to teach you how to communicate needs clearly, handle criticism, say “no” without guilt, express anger constructively, and effectively negotiate differences with others.

Autism and Your Child

Two programs, a single-session and four-session, for parents of children elementary through middle school age recently diagnosed with autism, pervasive developmental disorder, not otherwise specified (PDD-NOS), or Asperger’s disorder. The single-session is an overview of autism and covers navigating the systems of care and education as well as accessing community resources. The four-session class will discuss topics such as: understanding the Autism Spectrum Disorders, visual and behavioral strategies, techniques for managing stress, and working with schools and community resources.

Understanding Anxiety

Get a better understanding of what triggers your own anxiety and fear in this six-session program. Review symptoms, relaxation techniques, and treatments for panic and anxiety. Learn the skills you need to reduce your feelings of anxiety and how to use them in your daily life.

Couples Communication Series

Learn techniques and gain skills to enhance your ability to communicate effectively and resolve conflicts cooperatively. Couples will learn assertive communication and listening skills to increase mutual understanding in this six-week class.

Managing Depression

Depression is common, real, and treatable. However it can be hard to recognize. In both our single-session overview and our more comprehensive six-session course, you’ll learn about depression – its causes, symptoms, and treatment options, including medications. Ask questions, get answers, and find the path to feeling better.

Mindfulness Meditation

This seven-week class teaches mindful meditation techniques and gentle yoga. Daily practice can improve your ability to cope with stress, pain, and illness through deep relaxation and focused awareness.

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Mind-Body Medicine for Stress

A six-session program focused on the mind-body connection and how it impacts health. Learn relaxation techniques as well as life skills to improve health and reduce the physical or psychological symptoms of stress or illness.

Gentle Movement Programs

Feldenkrais®

Learn gentle movement designed to improve mobility, flexibility, balance, comfort, posture, and breathing for anyone experiencing muscle pain, recovering from injuries, or dealing with neurological disorders.

Tai Chi

Calm your mind and body with the gentle, flowing movements of tai chi. Improve strength, flexibility, and balance, which can help prevent falls. This eight-session course includes breathing and meditation instruction.

Yoga

Yoga can be beneficial to virtually anyone, regardless of flexibility or strength. Through this four-week class, you will learn to increase awareness through breath, increase mobility in joints, and build stability in your body. This class is designed for beginners.

Additional Resources:

Health Education Center Resources:

- Tip sheets and pamphlets on a wide variety of health topics
- Health video viewing and rental
- Health information internet access
- Blood pressure screening stations
- Health product sales
- Advance directive forms

Family Violence Resources:

- Family Stress Center
(925) 827-0212
- Tri Valley Haven for Women
1-800-884-8119 or (925) 449-5842
- National Domestic Violence Hotline
1-800-799-7233

Quality Online Health Information at kp.org:

- kp.org/healthylifestyle – Customized online healthy lifestyle programs to support your needs. Choose your program and get started today!
 - Lose weight
 - Quit smoking
 - Reduce stress
 - Manage depression
 - Manage insomnia
- kp.org/listen – Listen to and download health podcasts.
- kp.org/mydoctor – Select and communicate with your physician.
- kp.org/mentalhealth – Information about depression and mental health.
- kp.org/mindbody – Learn about how your thoughts can affect your health.
- kp.org/watch – Watch health videos.

Health Education Center Locations

Antioch Medical Center:	(925) 813-3560	Delta Fair Medical Offices:	(925) 779-5147
Livermore Medical Offices:	(925) 243-2920	Martinez Medical Offices:	(925) 372-1198
Park Shadelands Medical Offices:	(925) 906-2190	Pleasanton Medical Offices:	(925) 847-5172
Walnut Creek Medical Center:	(925) 295-4410		

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.