

# BEHAVIORAL HEALTH EDUCATION

510-752-1075

MAY – OCTOBER 2008

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

## Managing Anger: Overview—1 session

Mon	6/2/08	7:00 PM-8:00 PM	Bldg A, Rm A	Chambers
Mon	6/23/08	7:00 PM-8:00 PM	Bldg A, Rm D	Parker
Fri	7/18/08	4:00 PM-5:00 PM	Bldg A, Rm C	Van Deventer
Wed	8/6/08	7:00 PM-8:00 PM	Bldg A, Rm A	Thelen-Steere

## Managing Anger—8 wks

Mon	6/9/08	7:00 PM-9:00 PM	Bldg A, Rm A	Chambers
Mon	6/30/08	7:00 PM-9:00 PM	Bldg A, Rm D	Parker
Fri	7/25/08	4:00 PM-6:00 PM	Bldg A, Rm C	Van Deventer
Wed	8/13/08	7:00 PM-9:00 PM	Bldg A, Rm A	Thelen-Steere

## Understanding Your Anxiety: Overview—1 session

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

## Understanding Your Anxiety—8 wks

Tue	6/10/08	7:00 PM-9:00 PM	Bldg A, Rm C	Van Deventer
Wed	7/9/08	5:00 PM-7:00 PM	Bldg A, Rm C	McCabe
Tue	8/12/08	7:00 PM-9:00 PM	Bldg A, Rm D	Van Deventer

## Couples Communication Skills—6 wks

Wed	6/4/08	6:30 PM-8:30 PM	Bldg B, Stone Rm	Plaves
Mon	6/30/08	7:00 PM-9:00 PM	Bldg A, Rm C	Masotti
Wed	8/20/08	7:00 PM-9:00 PM	Bldg B, Stone Rm	Plaves

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

Mon	10/6/08	7:10 PM-9:00 PM	Bldg A, Rm D	Lesko
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## Managing Depression: Overview—1 session

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

## Managing Depression—8 wks

Wed	5/28/08	4:00 PM-6:00 PM	Bldg B, Rm 1	Manus
Mon	6/2/08	7:00 PM-9:00 PM	Bldg B, Stone Rm	Chaumette
Wed	6/11/08	10:00 AM-12:00 PM	Bldg A, Rm A	Kirson-Trilling
Mon	6/16/08	5:00 PM-7:00 PM	Bldg A, Rm A	Manus
Thu	6/19/08	7:00 PM-9:00 PM	Bldg A, Rm D	Fullerton
Mon	6/30/08	5:00 PM-7:00 PM	Bldg A, Rm B	Masotti
Thu	7/17/08	7:00 PM-9:00 PM	Bldg A, Rm A	Fitts
Fri	7/18/08	2:00 PM-4:00 PM	Bldg A, Rm C	Van Deventer
Thu	7/24/08	5:10 PM-7:00 PM	Bldg A, Rm D	Manus
Wed	7/30/08	11:00 AM-1:00 PM	Bldg A, Rm C	Parker
Tue	8/12/08	5:00 PM-7:00 PM	Bldg A, Rm C	Van Deventer
Wed	8/13/08	10:00 AM-12:00 PM	Bldg A, Rm A	Kirson-Trilling
Thu	8/21/08	6:40 PM-8:30 PM	Bldg B, Rm 3	Chaumette

**Los Nervios (Spanish Anxiety/Depression Overview)—1 session**

Thur	7/24/08	3:30 PM-5:30 PM	Bldg B, Stone Rm	Lan
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**Meditacion Para Su Salud (Spanish Mind-Body Medicine)—4 wks**

Thur	7/31/08	3:30 PM-5:30 PM	Bldg B, Stone Rm	Lan
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**Mind-Body Medicine—8 wks**

Mon	6/16/08	4:40 PM-6:30 PM	Bldg B, Stone Rm	Chaumette
Tue	7/8/08	6:40 PM-8:30 PM	Bldg B, Todd Rm	Appelbaum

**Mindfulness and Relaxation Training: Overview—1 session**

Tue	7/22/08	6:30 PM-8:00 PM	Bldg A, Rm B	Cullen
Thu	8/14/08	6:30 PM-8:00 PM	Bldg A, Rm B	Johnson
Thu	10/16/08	6:30 PM-8:00 PM	Bldg A, Rm B	Johnson

**Mindfulness and Relaxation Training—8 wks + all-day retreat**

Thu	5/22/08	6:30 PM-9:00 PM	Bldg A, Rm B	Ku
Tue	7/29/08	6:30 PM-9:00 PM	Bldg A, Rm B	Cullen
Thu	8/21/08	6:30 PM-9:00 PM	Bldg A, Rm B	Johnson
Thu	10/23/08	6:30 PM-9:00 PM	Bldg A, Rm B	Johnson

**Overcoming Overeating—8 wks**

Wed	9/17/08	5:00 PM-7:00 PM	Bldg A, Rm C	McCabe
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**Pathways to Stress Reduction—1 session**

1 <sup>st</sup> Wednesdays	12:30 PM-2:30 PM	- NEW TIME	Bldg B, Stone Rm	Kirson-Trilling
2 <sup>nd</sup> Thursdays	5:00 PM-7:00 PM		Bldg A, Rm A	Appelbaum

**Pilates Fundamentals—8 wks**

Thu	9/18/08	5:15 PM-6:15 PM	Bldg A, Rm B	Reiley
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**Advanced Qigong for Health—4 wks**

Mon	6/23/08	7:00 PM-9:00 PM	Bldg A, Rm B	Dey
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**Advanced Gentle Qigong—4 wks**

Fri	6/6/08	10:00 AM-12:00 PM	Bldg A, Rm B	Eaton
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**Qigong for Health I—8 wks**

Mon	8/18/08	7:00 PM-9:00 PM	Bldg A, Rm B	Dey
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**Qigong for Health II—8 wks**

Mon	10/20/08	7:00 PM-9:00 PM	Bldg A, Rm B	Dey
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**Gentle Qigong I—8 wks**

Fri	8/22/08	10:00 AM-12:00 PM	Bldg A, Rm B	Eaton
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**Sleep Better—2 wks**

Mon	7/14/08	6:30 PM-8:30 PM	Bldg B, Library	Thelen-Steere
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**Gentle Tai Chi CANCELLED UNTIL FURTHER NOTICE****Yoga for Health—8 wks**

Fri	6/27/08	1:45 PM-2:45 PM	Bldg A, Rm B	Safadirazieli
Tue	7/8/08	12:30 PM-1:30 PM	Bldg A, Rm B	Wong
Tue	7/8/08	1:40 PM-2:40 PM	Bldg A, Rm B	Wong
Tue	9/2/08	12:30 PM-1:30 PM	Bldg A, Rm B	Wong
Tue	9/2/08	1:40 PM-2:40 PM	Bldg A, Rm B	Wong

**Gentle Yoga—8 wks**

Thur	6/5/08	12:00 PM-1:00 PM	Bldg A, Rm B	Marcus
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