

BEHAVIORAL HEALTH EDUCATION

510-752-7868 (NEW number!)

SEPTEMBER – NOVEMBER 2010

Please refer to the "Mind & Body Health" brochure for class descriptions and fees. All classes are held at 3900 Broadway, Oakland. This schedule is subject to change without notice.

Introduction to Adult Attention Problems—1 session

Thur 9/16, 10/21, 11/18 3:00 PM-5:00 PM Bldg A, Rm D Bell

Coping with Adult Attention Problems—4 wks

Wed 10/20/10 5:00 PM-7:00 PM Bldg A, Rm C Bell

Managing Anger: Overview—1 session

Mon 9/20/10 5:00 PM-6:00 PM Bldg A, Rm A Parker
Thur 10/7/10 7:00 PM-8:00 PM Bldg B, Rm 3 Fullerton
Mon 11/29/10 5:00 PM-6:00 PM Bldg A, Rm A Parker

Managing Anger—8 wks

Mon 9/13/10 6:40 PM-8:30 PM Bldg B, Library Masotti
Mon 9/27/10 5:00 PM-7:00 PM Bldg A, Rm A Parker
Thur 10/14/10 7:00 PM-9:00 PM Bldg B, Rm 3 Fullerton
Mon 12/6/10 5:00 PM-7:00 PM Bldg A, Rm A Parker

Understanding Your Anxiety: Overview—1 session

2nd & 4th Tuesdays 7:00 PM-9:00 PM Bldg A, Rm D Van Deventer
3rd Wednesdays 12:30 PM-2:30 PM Bldg B, Stone Rm Kirson-Trilling

Understanding Your Anxiety—8 wks

Fri 9/17/10 4:00 PM-6:00 PM Bldg A, Rm C Van Deventer
Tue 10/12/10 5:00 PM-7:00 PM Bldg A, Rm C Van Deventer
Wed 10/20/10 10:00 AM-12:00 PM Bldg A, Rm C McCabe
Mon 11/8/10 6:40 PM-8:30 PM Bldg B, Library Masotti

Couples Communication Skills—6 wks

Wed 9/15/10 7:00 PM-9:00 PM Bldg A, Rm C Shragai
Wed 10/13/10 7:00 PM-9:00 PM Bldg B, Stone Rm Plaves
Wed 11/10/10 7:00 PM-9:00 PM Bldg A, Rm C Shragai

Couples Communication Skills (Same Sex)—6 wks

Mon 9/27/10 7:10 PM-9:00 PM Bldg A, Rm D Lesko

Managing Depression: Overview—1 session

1st & 3rd Tuesdays 7:00 PM-9:00 PM Bldg A, Rm D Van Deventer
2nd & 4th Wednesdays 12:30 PM-2:30 PM Bldg B, Stone Rm Kirson-Trilling

Managing Depression—6 WKS (SHORTENED FROM 8 WKS)

Wed 9/8/10 10:00 AM-12:00 PM Bldg A, Rm C McCabe
Mon 9/13/10 4:40 PM-6:30 PM Bldg B, Stone Rm Chaumette
Fri 9/17/10 2:00 PM-4:00 PM Bldg A, Rm C Van Deventer
Wed 9/22/10 7:00 PM-9:00 PM Bldg B, Rm 1 Alvarado
Mon 9/27/10 7:00 PM-9:00 PM Bldg A, Rm A Parker
Wed 10/6/10 7:10 PM-9:00 PM Bldg A, Rm A Fullerton
Wed 10/13/10 10:30 AM-12:30 PM Bldg A, Rm A Kirson-Trilling
Wed 10/20/10 4:30 PM-6:30 PM Bldg B, Stone Rm Schoen
Mon 10/25/10 7:00 PM-9:00 PM Bldg B, Stone Rm Chaumette
Thu 11/4/10 5:10 PM-7:00 PM Bldg A, Rm C Elden
Fri 11/5/10 2:00 PM-4:00 PM Bldg A, Rm C Van Deventer
Wed 11/10/10 7:00 PM-9:00 PM Bldg B, Rm 1 Alvarado
Mon 11/15/10 7:00 PM-9:00 PM Bldg A, Rm A Parker

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.

NEW: Managing Depression in Spanish—6 wks

Wed	10/6/10	7:10 PM-9:00 PM	Bldg A, Rm D	Renaud
Wed	12/1/10	7:10 PM-9:00 PM	Bldg A, Rm D	Renaud

NEW: Yoga for Depression—6 wks

Tue	10/19/10	9:00 AM-11:00 AM	Bldg A, Rm B	Lamb
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Los Nervios (Anxiety/Depression Overview in Spanish)—1 session

Thur	9/16/10	3:30 PM-5:30 PM	Bldg B, Stone Rm	Lan
Thur	10/21/10	3:30 PM-5:30 PM	Bldg B, Stone Rm	Lan

Meditacion Para Su Salud (Mind-Body Medicine in Spanish)—4 wks

Thur	9/23/10	3:30 PM-5:30 PM	Bldg B, Stone Rm	Lan
Thur	10/28/10	3:30 PM-5:30 PM	Bldg B, Stone Rm	Lan

Mind-Body Medicine for Stress—8 wks

Tue	9/14/10	6:40 PM-8:30 PM	Bldg B, Rm 1	Appelbaum
Thur	10/28/10 (7 wks)	3:00 PM-5:00 PM	Bldg A, Rm C	Elden
Mon	11/1/10	4:40 PM-6:30 PM	Bldg B, Stone Rm	Chaumette

Mindfulness-Based Stress Reduction: Overview—1 session

Tue	9/28/10	6:45 PM-8:15 PM	Bldg A, Rm B	Cullen
Thur	10/14/10	6:30 PM-8:00 PM	Bldg A, Rm B	Johnson
Tue	11/30/10	6:30 PM-8:00 PM	Bldg A, Rm B	Ku

Mindfulness-Based Stress Reduction—8 wks + all-day retreat

Tue	10/5/10	6:45 PM-9:15 PM	Bldg A, Rm B	Cullen
Thur	10/21/10	6:30 PM-9:00 PM	Bldg A, Rm B	Johnson
Tue	12/7/10	6:30 PM-9:00 PM	Bldg A, Rm B	Ku

Overcoming Overeating—8 wks

Mon	9/20/10	6:30 PM-8:30 PM	Bldg A, Rm C	McCabe
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Pathways to Stress Reduction—1 session—alternating schedule

1 st Wednesdays	<i>in Sept, Nov</i>	12:30 PM-2:30 PM	Bldg B, Stone Rm	Kirson-Trilling
2 nd Mondays	<i>in Oct, Dec</i>	5:30 PM-7:30 PM	Bldg B, Rm 2	Appelbaum

Introduction to Pilates—8 wks

Thur	9/16/10	7:10 PM-8:10 PM	Bldg B, Stone Rm	Adams
Thur	10/14/10	5:15 PM-6:15 PM	Bldg A, Rm B	Adams
Thur	11/11/10	7:10 PM-8:10 PM	Bldg B, Stone Rm	Adams

Qigong for Health II—8 wks

Mon	10/25/10	7:00 PM-9:00 PM	Bldg A, Rm B	Dey
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Gentle Qigong—8 wks

Fri	8/27/10	10:00 AM-12:00 PM	Bldg A, Rm B	Eaton
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Gentle Qigong II—8 wks

Fri	10/22/10	10:00 AM-12:00 PM	Bldg A, Rm B	Eaton
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Sleep Better: Mastering Insomnia—3-wks

Tue	9/21/10	5:00 PM-7:00 PM	Bldg A, Rm C	Van Deventer
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Yoga for Health—8 wks

Fri	9/17/10 (BEGINNERS)	12:30 PM-1:30 PM	Bldg A, Rm B	Safadirazieli
Fri	9/17/10 (ADV BEGIN.)	1:45 PM-2:45 PM	Bldg A, Rm B	Safadirazieli
Tue	10/12/10	12:30 PM-1:30 PM	Bldg A, Rm B	Salvator

Gentle Yoga—8 wks

Tue	9/7/10 (FREE DEMO)	11:15 AM-12:15 PM	Bldg A, Rm B	Salvator
Tue	9/14/10	11:15 AM-12:15 PM	Bldg A, Rm B	Salvator