

## MIND YOUR HEALTH

Most of us face times when challenges – such as stress, health problems, or relationship issues – affect our ability to manage our lives. You can use classes and other tools to help you develop skills and techniques to cope with problems more effectively.



### Alzheimer's/Dementia Caregiver Support Group

*For anyone caring for a loved one with dementia*

Receive support and learn how other caregivers in situations like yours are managing.

This is a drop-in support group for people who are caring for a loved one with dementia at any stage. The small group is led by a facilitator.

Ongoing sessions, 1.5 hours each

No fee

#### Locations:

- Central Interstate Medical Office
- Longview Medical Office
- Mt Scott Medical Office
- Salmon Creek Medical Office
- Kaiser Permanente Westside Medical Center

For more information, please call 1-800-272-3900.

### NEW!

### Autism Spectrum Disorder: Caregiver Orientation

*For Kaiser Permanente members who are parents and caregivers of children recently diagnosed with Autism Spectrum Disorder*

Learn about your child's diagnosis and how to support their development.

This class can help you understand your child's autism diagnosis, as well as how to access supports and services through Kaiser Permanente, the school system, and the community. It is led by a licensed marriage and family therapist and a board-certified behavior analyst.

1 session, 1.5 hours

No fee

To register or for more information, please call 503-528-7635.

### Complementary and Integrative Medicine

*For Kaiser Permanente members with or without chronic health conditions, who are interested in prevention and want to add a holistic dimension to their care*

Discover how integrative medicine (also referred to as "natural medicine") treats the whole you.

Learn about holistic health care and how to take control of your health and create more balance in your life. After attending this session, you will be invited to an individual follow-up appointment for specific recommendations.

1 session, 2 hours

Fee: Office visit co-payment

#### Location:

- Interstate West Medical Office

A referral from your doctor is required for this class. To arrange registration, please call 503-335-2671 or 1-888-813-2100, ext. 162671 (toll free).



## Drop-In Grief Support Groups

### *For people who have lost a loved one*

A support group offers a chance to understand and express the difficult feelings that are part of grief in a safe and confidential environment. Regular participation can increase your base of support, decrease feelings of isolation, and help you develop coping skills.

We are here to share. Talking with others helps to ease the pain, but you are not required to talk unless you want to. These groups are assisted by a Kaiser Permanente bereavement counselor from the Hospice Bereavement Program.

Ongoing groups meet twice a month, 1.5 hours each

No fee

### **Locations:**

- Cascade Park Medical Office, 2nd and 4th Monday of each month, 12:30–2 p.m.
- Interstate Medical Office, 2nd and 4th Wednesday of each month, 4–5:30 p.m.
- Westside Medical Center, 2nd and 4th Tuesday of each month, 4:30–6 p.m.
- Sunnybrook Medical Office, 1st and 3rd Thursday of each month, 4:30–6 p.m.

For more information, please call the Kaiser Permanente Hospice Bereavement Program at 503-499-5307.

## Living After Loss

### *For people who have lost a loved one*

Learn to understand and express the difficult feelings that are often a part of grief.

This bereavement-support class follows a prepared course of topics. You will learn about the grieving process and develop strategies for coping. Participation may increase your base of support and decrease feelings of isolation. The series is led by Kaiser Permanente bereavement counselors from the Hospice Bereavement Program.

8 sessions, 1.5 hours each

No fee

For more information or to register, please call the Kaiser Permanente Hospice Bereavement Program at 503-499-5307.

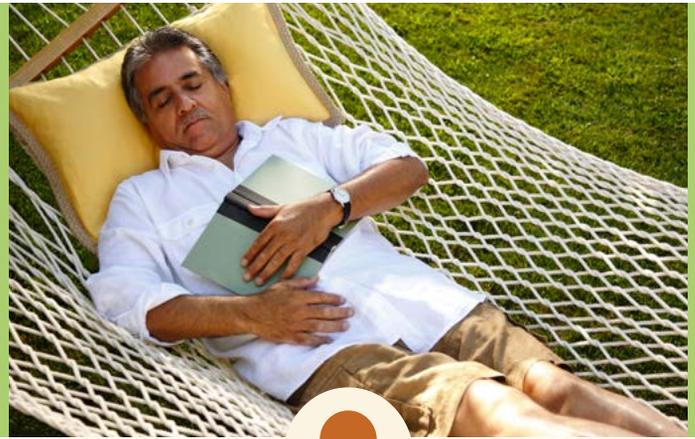
## Mental Health, Addictions, and Wellness Services

### *For Kaiser Permanente members who need emotional support*

Find the right support at the right time.

Emotional issues and life changes affect everyone. Mental Health, Addictions, and Wellness Services offers classes and individual and group services. There also are mental health and addictions clinicians in most primary care medical offices. They can consult with your primary care doctor, as well as provide you with support. All services are designed to help you start feeling better quickly, with more confidence, and ready to manage whatever life sends your way.

For more information, talk with your doctor or call us at 1-855-632-8280 (toll free).



## Want to know more?

- Visit [kp.org/healthengagement/stress](https://kp.org/healthengagement/stress).
- Find free guided imagery programs you can listen to or download at [kp.org/audio](https://kp.org/audio).
- Visit [kp.org/healthengagement/depression](https://kp.org/healthengagement/depression).
- Visit [kp.org/healthengagement/anxiety](https://kp.org/healthengagement/anxiety).
- Check out the free online management programs for Kaiser Permanente members:
  - [kp.org/relax](https://kp.org/relax)
  - [kp.org/carefordepression](https://kp.org/carefordepression)
  - [kp.org/dream](https://kp.org/dream)

## Understanding Alzheimer's and Dementia

*For anyone who has concerns about memory – either for themselves or loved ones*

Get a better understanding of what is normal aging and what is dementia.

This program is co-sponsored by the Alzheimer's Association. You can learn about Alzheimer's and dementia and their impact on the brain and general population. Community resources and the latest Alzheimer's research are reviewed.

1 session, 1 hour

No fee

### Locations:

- Central Interstate Medical Office
- Keizer Station Medical Office
- Orchards Medical Office
- Kaiser Permanente Westside Medical Center

For more information or to register, please call 1-800-272-3900.

## Understanding Hospice Care

*For Kaiser Permanente and community members*

Understand the basics and benefits of hospice and palliative care and learn about volunteer opportunities within Kaiser Permanente Hospice.

This class covers the basics of hospice care and how patients and their loved ones can benefit from hospice services. It also covers how hospice and palliative care teams focus on patients' quality of life. You'll have a chance to reflect on what quality of life means to you and learn how you can volunteer with Kaiser Permanente Hospice.

1 session, 2 hours

No fee

### Locations:

- Orchards Medical Office, Feb. 6, 2019, 2-4 p.m.
- Rockwood Medical Office, May 10, 2019, 10 a.m.-Noon
- Mt. Talbert Medical Office, May 22, 2019, 2:30-4:30 p.m.
- Tanasbourne Medical Office, Sept. 17, 2019, 10 a.m.-Noon

For more information, please call 503-499-5168.