

# Mercy Medical Group

## Behavioral Health Department

### Classes

The Behavioral Health Department offers a variety of classes at different MMG locations to support your health. Classes are repeated at different times throughout the year. Call Behavioral Health at 916-924-6400 for more information about any of the following classes:

#### **Learn More, Live Better. CBT for Chronic Illness**

##### **Cognitive Behavioral Therapy (CBT)**

Benefit from this six-session program designed to provide tools for managing chronic illness. Class is a combination of lecture and discussion. Each session is 1 ½ hours.

Midtown – 3000 Q Street, Sacramento

#### **The Mindful Way Out of Depression**

Join “an innovative eight-session program that has been clinically proven to bolster recovery from depression and prevent relapse.” These techniques are also helpful for those suffering from anxiety, or having difficulty coping with stress. Each session is 1 ½ hours.

Expo Care Center – 1792 Tribute Road, Suite 350, Sacramento

#### **Mindfully Manage Depression, Anxiety and Stress**

If anxiety, depression or stress is stopping you from having the kind of life you want, there is a solution. In this eight-session group, you will learn mindfulness techniques that are clinically proven to help manage emotions effectively. Each session is 2 hours.

Mercy San Juan – 6555 Coyle Avenue, Suite 140, Carmichael

#### **Emotional Brain Training (EBT) Basics**

Do you get stuck in depression, stress or anxiety? Sign up for this seven-session training where you will learn seven core skills that will transform your response to stress. Each session is 1 ½ hours. South Area – 6615 Valley Hi Drive, Sacramento

#### **Rewire Your Brain from Stress to Joy!**

This is a five-session program providing an ongoing community of support to learn and practice the tools you learned in EBT Basics Training. Each session is an hour.

South Area – 6615 Valley Hi Drive, Sacramento

#### **Managing Pain, Before It Manages You**

This is a six-session program designed to help you find ways to reduce your pain and learn coping skills to reclaim your life back. You will learn skills to empower you to become an active participant in managing your pain. Each session is 1 1/2 hours.

Folsom – 1730 Prairie City Road, Conference Room 2A, Folsom.

**Contact the Behavioral Health Department at 916-924-6400 to enroll or for more information.** Cost will be covered by most insurance together with patient co-pay as long as you have a mental health diagnosis which you may receive from an MMG provider. If your doctor has not diagnosed you, request an assessment by a clinician in the Behavioral Health Department to see if you meet criteria for depression, anxiety or other related conditions. You may also choose to pay privately for groups and classes. Take advantage of this opportunity to learn new skills that boost the power of the mind to support improved health.