

Wellness Resources



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to register

Self Care Resources

[Couples Communication Webinars](#)

[Mindfulness Live Webinars \(English & Spanish\)](#)

[Work Stress Webinars](#)

[Anxious to Calm Webinars](#)

Videos on Demand

A series of informational videos providing self-care tools to enhance the quality of your daily life.

Visit the [Mental Health & Wellness](#) website to find more information



thrive.kaiserpermanente.org/care-near-you/southern-california/mental-wellness