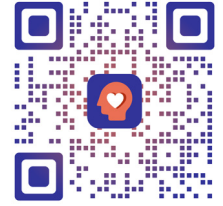


# Upcoming Talkspace Go Classes

Check out February's excellent schedule of online classes available to individuals, couples, and parents through Talkspace Go. Simply register for the classes in advance through the **Talkspace Go app**.

Don't yet have the app?

1. Scan the QR Code to the right to download it for your Apple or Android device.
2. Create an account.
3. **Enter your organization's code: ESIEAP**



## FEB 3 | INDIVIDUALS CLASS

### Building an Inclusive Workplace Culture

**Host:** Tina Taylor

**Time:** 8:00 PM ET

Healthy workplaces are ones where people feel that they have a voice and that they belong. In this class, your host will teach you how to invite collaboration and participation in your workplace through developing clear expectations, effective communication, and productive meetings.

## FEB 4 | COUPLES CLASS

### Practicing Compromise Together

**Host:** Renee Manneh

**Time:** 7:00 PM ET

Compromise is essential to managing conflict in relationships. Learn to reach healthy compromise and develop healthy conflict habits with your partner.

## FEB 5 | PARENTING CLASS

### Nurturing Adolescence

**Host:** Megan Jung

**Time:** 9:00 PM ET

Adolescence can feel overwhelming for you and your kid. In this class, your host will unpack the important brain and body changes of adolescence and guide you in how to support your kid through these changes.

## FEB 6 | COUPLES CLASS

### How to Repair Your Relationship

**Host:** Aline-Vanya Guillaume

**Time:** 12:00 PM ET

When your emotional bond is broken, you need the tools to repair your relationship. In this class, you'll practice exercises designed to help you move forward with increased vulnerability.

## FEB 6 | INDIVIDUALS CLASS

### Addressing Burnout

**Host:** Delphine Gervais

**Time:** 8:30 PM ET

Burnout is caused by prolonged or chronic stress. In this class, your host will guide you through mindfulness practices, identifying the cause, and implementing practical steps to reduce your symptoms of burnout.

## FEB 10 | PARENTING CLASS

### Caring for a Kid with Depression

**Host:** Don C Weir

**Time:** 8:30 PM ET

When your child is struggling with depression, it can feel daunting to know how to support them. In this class, your host will educate and empower you as you learn to understand and care for your child.

## FEB 11 | COUPLES CLASS

### Coping with Anxiety Together

**Host:** Jake Hart

**Time:** 8:00 PM ET

Anxiety is one of the most common struggles for adults today. Learn to manage your anxiety and open up to your partner in this live workshop hosted by a seasoned therapist.

## FEB 11 | INDIVIDUALS CLASS

### What Are My Emotions Telling Me

**Host:** Zach Carson

**Time:** 9:00 PM ET

Most of us accept positive emotions and avoid negative emotions, however, emotions are your body's way of telling you to pay attention to something. In this class, your host will help you explore what your body is telling you and learn how to engage with all your emotions in healthy ways.



TotalCare EAP  
Public Safety EAP  
Educators' EAP  
Higher Ed EAP  
HealthCare EAP  
Union AP

FEB 12 | INDIVIDUALS CLASS

## Coping with Loneliness

**Host:** Lyn Martin

**Time:** 8:00 PM ET

A certain degree of loneliness is normal for everyone. In this class, your host will support you in exploring what's connected to these feelings and will help you create a plan for building community and increasing your self-care.

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FEB 13 | COUPLES CLASS

## A Valentine's Date: A Night of Great Conversations

**Host:** Kali Fagnant

**Time:** 8:00 PM ET

Looking for a creative date night idea? Give this class a try! Your host will guide you through fun conversation-starters and reflection exercises that allow you and your partner to connect in new ways.

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FEB 17 | INDIVIDUALS CLASS

## Celebrating a Multigenerational Workforce

**Host:** Sophia Loubeau-Griggs

**Time:** 7:30 PM ET

Healthy workplaces are spaces where people of all ages feel comfortable, respected, and valued. In this class, your host will guide you through exploring your workplace dynamics and planning for how to increase acceptance, accessibility, and inclusion for employees of all ages.

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FEB 18 | COUPLES CLASS

## Understanding Your Triggers

**Host:** Zach Carson

**Time:** 9:00 PM ET

When your partner pushes your button, it might make you feel overwhelmed or flooded with emotion, which quickly sends the conflict downhill. In this workshop, you'll identify your triggers and learn how to manage them.

FEB 19 | INDIVIDUALS CLASS

## Practicing Emotional Regulation

**Host:** Aline-Vanya Guillaume

**Time:** 12:00 PM ET

Emotional regulation is a learned skill, and anyone can start at any time. In this class, your host will guide you through some practical regulation techniques to try on your own any time you feel overwhelmed.

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FEB 20 | PARENTING CLASS

## Loving Your Strong-Willed Child

**Host:** Bisma Anwar

**Time:** 7:00 PM ET

There are many factors that influence the development of your child's personality and character over time. In this class, your host will walk you through exercises designed to help you support your strong-willed child in ways that nurture their assertiveness and strong voice while getting them to listen.

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FEB 24 | COUPLES CLASS

## Emotional Intelligence in the Workplace

**Host:** Tina Taylor

**Time:** 8:00 PM ET

Emotional intelligence is the ability to notice, engage, and respond to emotions in yourself and others in productive ways. In this class, you'll learn strategies for improving motivation, empathy, and social skills.

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FEB 25 | COUPLES CLASS

## Overcoming Resentment

**Host:** Sophia Loubeau-Griggs

**Time:** 7:30 PM ET

Do you harbor feelings of resentment toward your partner? Move toward healing and greater connection in this class hosted by a seasoned therapist.



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Public Safety EAP  
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### FEB 26 | PARENTING CLASS

## Strengthening Your Blended Family

**Host:** Don C Weir

**Time:** 8:30 PM ET

Blended families are one of the most common family structures today. In this class, your hosts will help you better understand the challenges blended families face and learn to navigate and strengthen relationships in your family.

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### FEB 27 | INDIVIDUALS CLASS

## Being a Supportive Manager

**Host:** Meaghan Rice

**Time:** 7:00 PM ET

As a manager, you have the important responsibility of creating a safe workplace environment where your employees feel supported. In this class, your host will equip you with the practical skills to do all of these things so that you can build healthy relationships with your employees and create a work culture you can feel proud of.

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### FEB 27 | COUPLES CLASS

## Repairing Your Body Image

**Host:** Jake Hart

**Time:** 9:00 PM ET

When positive body image is damaged, your relationship health is directly affected, too. In this workshop, you'll take steps to repair your body image and increase intimacy in your relationship.