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March 2025

Upcoming Talkspace Go Classes

Check out March'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**

MAR 3 I INDIVIDUALS CLASS

Understanding Your Attachment Style

Host: Tina Taylor
Time: 8:00 PM ET

All of us are born into set systems of relationships and we internalize ways of relating to others based on our early experiences. In this class, your host will help you explore your attachment style, how it impacts your relationships, and provide practical ways to create more meaningful relationships.

MAR 4 I COUPLES CLASS

Healing from Grief

Host: Delphine Gervais
Time: 7:00 PM ET

Grief and loss are a part of life, but that doesn't make it any easier. In this class, you'll practice vulnerability and kindness by sharing your grief and learning to comfort each other.

MAR 5 I PARENTING CLASS

Keeping Your Kids Safe

Host: Bisma Anwar
Time: 7:00 PM ET

One of the primary jobs of a parent is to keep their kid emotionally, relationally, and physically safe. In this class, your host will help you identify areas that you need to increase safety and boundaries for your kid.

MAR 6 I COUPLES CLASS

Addressing Feelings of Guilt

Host: Renee Manneh
Time: 7:00 PM ET

In this class, your host will help you make sense of your feelings of guilt and equip you to pay attention to these feelings and act accordingly. You'll walk away feeling more equipped to respond to feelings of guilt in healthy ways.

MAR 6 I COUPLES CLASS

Increasing Emotional Safety Together

Host: Jake Hart
Time: 8:00 PM ET

Emotional safety means both partners feel free to show up openly and vulnerably, even under stress. In this class, discover healthy ways to relate to each other when it matters most.

MAR 10 I COUPLES CLASS

Breaking the Demand-Withdraw Cycle

Host: Aline-Vanya Guillaume
Time: 6:00 PM ET

In conflict, do you or your partner attempt to discuss a problem, while the other avoids the issue or ends the discussion? In this class, you'll learn the dynamics of the demand-withdraw conflict cycle, identify your role in it, and practice exercises designed to help you resolve conflict constructively.

MAR 11 I INDIVIDUALS CLASS

Exploring Emotions and Physical Health

Host: Sophia Loubeau-Griggs
Time: 7:30 PM ET

Emotions are felt, stored, and held in your physical body. In this class, your host will help you understand the connection between your emotions, thoughts, and physical body.

MAR 12 I INDIVIDUALS CLASS

Understanding Unconscious Bias

Host: Lyn Martin
Time: 8:00 PM ET

To understand unconscious bias, you need to boldly define what it is and what it looks like. In this class, your host will help you engage in a candid conversation about unconscious bias and how to acknowledge and change your blindspots.

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MAR 13 I INDIVIDUALS CLASS

Handling Tantrums Like a Pro

Host: Megan Jung
Time: 9:00 PM ET

Tantrums are normal and very common for toddlers and young children.In this class, your host will help you prepare for future tantrums by equipping you with scripts, strategies, and calming techniques for handling them.

MAR 17 I PARENTING CLASS

Healthy Discipline Strategies for Parents

Host: Meaghan Rice
Time: 7:00 PM ET

When choosing your discipline approach, you want to consider your kid's temperament, your family values, and your family goals. In this class, your host will teach you the "Connect and Teach" model for discipline and how you can apply it to your relationship with your child.

MAR 18 I COUPLES CLASS

Practicing Direct and Kind Communication

Host: Jake Hart
Time: 8:00 PM ET

Often, our communication fails because we're sending confusing or indirect messages. In this class, you'll learn how to clear up your communication with each other so that you can send direct and kind messages that bring you closer.

MAR 19 I INDIVIDUALS CLASS

Managing Sleep Issues

Host: Bisma Anwar
Time: 7:00 PM ET

Sleep is critical for your mental, emotional, and physical health. In this class, your host will support you in learning to examine your sleep patterns and planning for how to improve your sleep hygiene.

MAR 19 I COUPLES CLASS

Engaging Emotions Together

Host: Zach Carson
Time: 9:00 PM ET

Many adults tend to live in their heads and have a difficult time accessing their hearts. In this class, you'll both learn practical ways to connect with your inner world and share your experiences with each other.

MAR 20 I INDIVIDUALS CLASS

Navigating Work and Chronic Illness

Host: Kali Fagnant
Time: 8:00 PM ET

Receiving the diagnosis of a chronic illness changes the trajectory of your life. In this class, your host will help you plan for managing work responsibilities, communicating with your colleagues about your chronic illness, and getting the support you need to succeed at work.

MAR 24 I PARENTING CLASS

Supporting Kids Through Divorce

Host: Don C Weir
Time: 8:30 PM ET

Divorce is tough on everyone, including kids. In this class, your host will help you understand your child's experience and gain powerful tools to help them thrive.

MAR 25 I INDIVIDUALS CLASS

Setting Healthy Boundaries

Host: Tina Taylor
Time: 9:00 PM ET

Healthy boundaries are important for caring for ourselves and for connecting with others in healthy ways. In this class, your host will help you identify your values and explore what boundaries you need to create or adjust to living a more connected life.

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MAR 26 I COUPLES CLASS

Healing Broken Trust

Host: Jake Hart
Time: 9:00 PM ET

When trust is broken, the strength of your emotional connection can feel destroyed. In this class, you'll gain the tools to heal broken trust together by addressing your past wounds and setting new expectations.

MAR 27 I COUPLES CLASS

What is My Body Telling Me

Host: Natasha Oliver
Time: 8:00 PM ET

Your body sends you signals throughout the day regarding your basic needs, desires, and limitations. In this class, your host will equip you with practical skills for paying greater attention to your body's cues and responding in supportive ways that make you feel more connected to yourself and others.

MAR 31 I INDIVIDUALS CLASS

Exploring Your Relationship with Alcohol

Host: Aline-Vanya Guillaume
Time: 12:00 PM ET

Have you ever wondered if you're drinking too much? Or wondered why you're drinking more than before? In this class, your host will help you explore your relationship with alcohol from a nonjudgmental stance.