

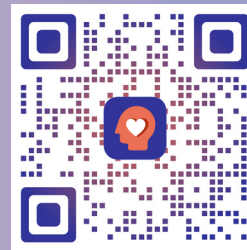
Upcoming Talkspace Go Classes

Check out July'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

JUL 1 | PARENTING CLASS

Parenting to Your Kid's Personality

Host: Bisma Anwar

Time: 8:00 PM ET

Personality is shaped by a variety of factors, including genetics, environment, and experiences. In this class, your host will help you better understand your child's personality, how it differs from your own, and develop adaptive strategies for reducing clashes.

JUL 2 | INDIVIDUALS CLASS

Addressing Microaggressions

Host: Bisma Anwar

Time: 8:00 PM ET

Microaggressions are common and often go unaddressed in the workplace. In this class, your host will help you learn how to identify instances of indirect, subtle, or unintentional discrimination that might be happening around you.

JUL 3 | INDIVIDUALS CLASS

Managing Your Social Anxiety

Host: Megan Jung

Time: 7:00 PM ET

Social anxiety is more than just shyness, It is intense fear, anxiety, and worry thoughts about how other people view you. In this class, your host will guide you through practical ways to calm your body using mindfulness, breathing, and grounding techniques.

JUL 3 | COUPLES CLASS

Overcoming Resentment

Host: Delphine Gervais

Time: 9:00 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.

JUL 7 | COUPLES CLASS

Practicing Direct & Kind Communication

Host: Megan Jung

Time: 7:00 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.

JUL 8 | INDIVIDUALS CLASS

Job Search Preparedness

Host: Tina Taylor

Time: 8:00 PM ET

For most people, job searching can produce high levels of stress. In this class, the host will walk you through steps you can take to prepare yourself so that you can do your job search more effectively and experience success.

JUL 8 | PARENTING CLASS

Being a Good Enough Parent

Host: Bisma Anwar

Time: 8:00 PM ET

Most parents need to be reminded that their child needs their presence more than perfection. In this class, your host will guide you through re-examining your expectations for your child and for yourself.

JUL 9 | COUPLES CLASS

Breaking Your Negative Cycle

Host: Tina Taylor

Time: 7:00 PM ET

Many couples struggle with recurring, negative conflict patterns. In this class, you and your partner will learn how to break free of toxic conflict cycles and create space for more appreciation and intimacy together.



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

JUL 10 | INDIVIDUALS CLASS

What to Do When Nothing Feels Good

Host: Natasha Oliver

Time: 8:00 PM ET

Depression can cause loss of pleasure and interest in daily activities. This is common, and it is treatable. In this class, your host will help you make sense of these emotions and guide you as you unpack how they relate to unmet needs.

JUL 14 | INDIVIDUALS CLASS

Creating Personal and Career Goals

Host: Tina Taylor

Time: 8:00 PM ET

Many of us have the common experience of setting goals and failing to achieve them. In this class, your host will guide you through setting SMART goals so that you can make progress on your way to becoming fully yourself.

JUL 15 | INDIVIDUALS CLASS

Intro to Your Attachment Blueprint

Host: Lyn Martin

Time: 8:00 PM ET

From birth, you have internalized your experiences and learned how to navigate emotions, needs, and boundaries. In this class, you'll explore your attachment blueprint and what experiences inform how you make sense of yourself, others, and the world around you.

JUL 16 | INDIVIDUALS CLASS

Helping Your Kids with Change

Host: Don Weir

Time: 8:30 PM ET

Whether it's a move, new school, new baby, or difficult loss, change can feel disruptive and trigger big emotions and behaviors. In this class, your host will help you develop skills for preparing and guiding your child through times of transition.

JUL 17 | COUPLES CLASS

Prioritizing Your Emotional Connection

Host: Megan Jung

Time: 9:00 PM ET

Most couples find that after a few years together, they fall into patterns of disconnection. In this class, you'll work together to establish rituals and rhythms in your relationship that create deeper connection.

JUL 21 | INDIVIDUALS CLASS

Racial Trauma and Mental Health

Host: Sophia Loubeau-Griggs

Time: 7:00 PM ET

Studies on the effects of racial trauma show that anxiety, depression, and even post-traumatic stress disorder are common results. In this class, your host will help you unpack what racial trauma is, identify the consequences of it, and equip you with tools for healthy coping and advocacy as part of your healing process.

JUL 21 | PARENTING CLASS

Parenting Together

Host: Lyn Martin

Time: 7:00 PM ET

Co-parenting isn't easy and doesn't come with a roadmap. In this class, you'll learn how to approach co-parenting that centers on your child first and foremost.

JUL 22 | PARENTING CLASS

Parenting a Medically Complex

Host: Bisma Anwar

Time: 8:00 PM ET

Parenting a medically complicated kid is hard. In this class, your host will guide you as you learn to protect the health of your relationships and well-being while also caring for your child.



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JUL 23 | COUPLES CLASS

Practicing Compromise Together

Host: Megan Jung

Time: 8:00 PM ET

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

JUL 24 | INDIVIDUALS CLASS

Empathy Building

Host: Sophia Loubeau-Griggs

Time: 7:00 PM ET

Empathy is the ability to feel what another person is feeling. In this class, learn how to increase empathy toward both yourself and others.

JUL 28 | COUPLES CLASS

Healing Broken Trust

Host: Megan Jung

Time: 8:00 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.

JUL 29 | PARENTING CLASS

How to Help Your Kid Grieve

Host: Don Weir

Time: 8:30 PM ET

Children experience grief differently than adults. In this class, your host will help you better understand your child's grief and support their healing.

JUL 29 | INDIVIDUALS CLASS

Identifying Verbal Abuse

Host: Natasha Oliver

Time: 8:00 PM ET

Most people assume that if they are being verbally abused that they will know about it. In this class, your host will help you spot verbal abuse and plan for how to respond to it.

JUL 30 | COUPLES CLASS

Choosing Forgiveness Together

Host: Zach Carson

Time: 9:00 PM ET

Do you have a difficult time forgiving yourself or your partner? If so, you're not alone. In this class, your host will outline the forgiveness process and guide you and your partner as you address wounds that are blocking connection and navigate forgiveness together.

JUL 31 | INDIVIDUALS CLASS

Intro to Attachment

Host: Megan Jung

Time: 8:00 PM ET

Your ability to do this for your child depends on how much you've made sense of your own childhood experiences. In this class, your host will lead you through reflections to help you connect with your own experiences and decide how you want to engage with your own child.