

Upcoming Talkspace Go Classes

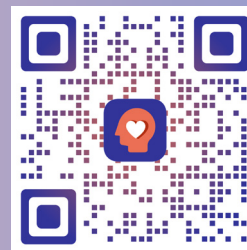
Check out August's excellent schedule of online classes available to individuals, couples, and parents through Talkspace Go.

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



AUG 4 | COUPLES CLASS

Understanding Your Triggers

Host: Natasha Oliver

Time: 8:00 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.

AUG 5 | PARENTING CLASS

Managing Device Use with Kids

Host: Don Weir

Time: 8:30 PM ET

It is impossible to escape the reality that we live in a world of screens. In this class, your host will equip you with the strategies to teach your kid how to use devices in positive ways, how to practice self control, and how to set limits and boundaries for screen use.

AUG 6 | INDIVIDUALS CLASS

Finding Your Sense of Belonging

Host: Megan Jung

Time: 8:00 PM ET

Everyone wants to belong somewhere. In this class, your host will help you explore your experiences of belonging and the impact of those.

AUG 7 | INDIVIDUALS CLASS

Being a Supportive Manager

Host: Tina Taylor

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.

AUG 11 | COUPLES CLASS

How to Repair Your Relationship

Host: Lyn Martin

Time: 7:00 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.

AUG 12 | INDIVIDUALS CLASS

Grieving Well

Host: Megan Jung

Time: 8:00 PM ET

Loss and suffering are inevitable parts of life. In this class, your host will guide you through practical ways to create space and time for grief and healing.

AUG 12 | PARENTING CLASS

Talking with Kids about Race

Host: Bisma Anwar

Time: 8:00 PM ET

Race is the physical characteristics of a person that you can see such as their facial features, hair color, hair texture, skin color, and eye color. In this class, your host will teach you how to start and continue conversations with your kid about race that celebrate differences and shine light on biases and stereotypes.

AUG 13 | COUPLES CLASS

Breaking the Demand-Withdraw Cycle

Host: Megan Jung

Time: 8:00 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.

AUG 14 | INDIVIDUALS CLASS

Cultivating Work-Life Balance

Host: Zach Carson**Time:** 9:00 PM ET

Work-life balance is not a destination but a journey. In this class, your host will equip you with the skills to notice levels of balance in your life and to make changes when needed.

AUG 18 | INDIVIDUALS CLASS

Trauma101

Host: Megan Jung**Time:** 8:00 PM ET

Trauma can come in many forms and in big and small sizes. In this class, your host will help you understand the basics of trauma responses and teach you how to support yourself and others in healing from traumas.

AUG 19 | COUPLES CLASS

Connected Communication

Host: Delphine Gervais**Time:** 9:00 PM ET

Does it feel like your relationship takes a back seat when life gets busy? This is common. With the right tools, you and your partner can learn how to communicate and stay connected in every stage of life.

AUG 20 | INDIVIDUALS CLASS

Navigating Conflict at Work

Host: Megan Jung**Time:** 8:00 PM ET

While it can feel overwhelming, awkward, and painful to navigate conflicts with colleagues, addressing conflict directly actually opens the door for greater productivity in your workplace. In this class, your host will help you think clearly about work conflicts, prepare for addressing them, and plan for how to compromise, repair, and brainstorm with colleagues.

AUG 21 | PARENTING CLASS

Recreating Your Identity After Kids

Host: Megan Jung**Time:** 6:30 PM ET

Having a baby is one of the hardest and most glorious life experiences you can have. And yet, having a baby forever changes everything including your identity. In this class, your host will guide you through the process of recreating your identity after kids by helping you identify your losses, roles, and emerging values and vision.

AUG 25 | PARENTING CLASS

Teaching Children Not to Whine

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

Whining is one of the most irritating noises in the world. In this class, your host will help you explore what your child is feeling and needing from you when they whine.

AUG 25 | INDIVIDUALS CLASS

Repairing Your Body Image

Host: Kali Fagnant**Time:** 8:00 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.

AUG 26 | INDIVIDUALS CLASS

Setting Healthy Work Boundaries

Host: Natasha Oliver**Time:** 8:00 PM ET

Boundaries are the limits and rules that define your different relationships. In this class, your host will equip you with practical ways to build healthy boundaries within and around work so that you can thrive in your profession.



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

AUG 27 | COUPLES CLASS

Coping with Anxiety Together

Host: Zach Carson

Time: 9:00 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.

AUG 28 | INDIVIDUALS CLASS

Learning to Rest, Relax, and Play

Host: Bisma Anwar

Time: 8:00 PM ET

Many people are successful, high-functioning people in the workplace and feel lost when it comes to free time. In this class, your host will guide you as you explore which activities are calming and which ones are energizing.