

Upcoming Talkspace Go Classes

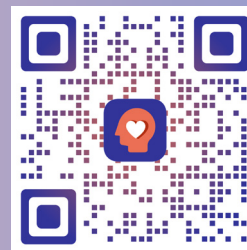
Check out September's excellent schedule of online classes available to individuals, couples, and parents through Talkspace Go.

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



SEP 2 | INDIVIDUALS CLASS

Healing Mother Daughter Wounds

Host: Lyn Martin

Time: 7:00 PM ET

Many adult women have never felt the blessing of their mother's approval or acceptance. In this class, your host will walk alongside you as you process both your negative feelings of anger and resentment, as well as the areas where you can forgive your mom for what happened.

SEP 2 | PARENTING CLASS

Setting Siblings Up for Connection

Host: Don C Weir

Time: 8:30 PM ET

For siblings, conflict is inevitable. In this class, your host will walk you through how to teach your children to engage in healthy conflict, to repair with each other, and to problem solve together.

SEP 3 | INDIVIDUALS CLASS

Contemplating Recovery

Host: Megan Jung

Time: 8:00 PM ET

Are you aware that you are struggling with addiction? In this class, your host will help you weigh the benefits of recovery, create personal goals that fit your values, and identify possible barriers to recovery.

SEP 8 | COUPLES CLASS

Healing Toxic Conflict

Host: Megan Jung

Time: 8:00 PM ET

Description: Do your conflicts escalate and end poorly? In this class, you'll address unhealthy patterns and work toward healthy resolution.

SEP 8 | INDIVIDUALS CLASS

Taking Ownership of Your Career

Host: Tina Taylor

Time: 8:00 PM ET

Are you taking ownership of your career? If you're not, then you're leaving your career vulnerable and at risk of monotony and stagnation. In this class, your host will guide you through five steps to get you started in taking ownership of your career so that you can build a satisfying career for yourself.

SEP 9 | INDIVIDUALS CLASS

Maintaining Emotional Boundaries

Host: Natasha Oliver

Time: 8:00 PM ET

Boundaries are healthy and good for your relationships, but they can be hard to set. In this class, your host will help you explore your needs and identify the boundaries you need to edit or create.

SEP 10 | COUPLES CLASS

Setting Emotional Boundaries Together

Host: Megan Jung

Time: 8:00 PM ET

Boundaries are necessary for a healthy relationship. In this class, you'll identify and share your values, needs, and expectations so that you both feel respected and understood.

SEP 11 | PARENTING CLASS

Keeping Your Kids Safe

Host: Bisma Anwar

Time: 8:00 PM ET

In this class, your host will help you identify areas that you need to increase safety and boundaries for your kid. You'll also walk away with practical tips for navigating conversations around body safety, device use, and play dates.

SEP 15 | INDIVIDUALS CLASS

Exploring Your Relationship with Alcohol

Host: Megan Jung**Time:** 6:30 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.

SEP 16 | PARENTING CLASS

Handling Tantrums Like a Pro

Host: Don C Weir**Time:** 8:30 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.

SEP 17 | COUPLES CLASS

Choosing Forgiveness Together

Host: Sophia Loubeau-Griggs**Time:** 7:00 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.

SEP 18 | INDIVIDUALS CLASS

Practicing Healthy Repair with Others

Host: Tina Taylor**Time:** 8:00 PM ET

When intimacy increases in any relationship, disagreements, and hurts follow. In this class, your host will equip you with the skills to practice healthy repairs with those you love.

SEP 22 | PARENTING CLASS

Navigating Single Parenting

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

Solo parenting is both challenging and rewarding. In this class, your host will support your parenting journey, help you develop your solo-parenting toolkit, and explore what it takes to confidently navigate the challenges.

SEP 23 | COUPLES CLASS

Increasing Emotional Safety Together

Host: Kali Fagnant**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.

SEP 24 | INDIVIDUALS CLASS

Building Your Sobriety Toolkit

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

Accepting that you need help takes a lot of courage. In this class, your host will help you begin to identify your triggers and warning signs, create sobriety goals, plan for healthy habits, and think about next steps.

SEP 24 | COUPLES CLASS

Breaking Your Negative Cycle

Host: Megan Jung**Time:** 9:00 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

SEP 25 | INDIVIDUALS CLASS

Increasing Emotional Awareness

Host: Sophia Loubeau-Criggs

Time: 7:00 PM ET

Everyone can grow in their emotional awareness at any time. In this class, you'll learn tools for greater awareness and a better understanding of how emotions impact you.

SEP 29 | PARENTING CLASS

Loving Your Strong-Willed Child

Host: Don Weir

Time: 8:30 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.

SEP 30 | INDIVIDUALS CLASS

Controlling Your Anger

Host: Zach Carson

Time: 9:00 PM ET

Anger is one of the hardest emotions to feel and know how to respond to. In this class, your host will help you explore your anger and listen to what your anger is telling you. Your host will guide you in listening to and examining your anger so that you stay in control of your responses.