

Talkspace

Upcoming Talkspace Go Classes | August

AUG 1 | INDIVIDUALS CLASS

Managing Sleep Issues

Host: Delphine Gervais

Time: 1:00 PM ET

Zoom Link: <https://us02web.zoom.us/j/86121995974>

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.

AUG 5 | COUPLES CLASS

How to Repair Your Relationship

Host: Jake Hart

Time: 8:00 PM ET

Zoom Link: <https://us02web.zoom.us/j/88600908728>

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 6 | INDIVIDUALS CLASS

Grieving Well

Host: Delphine Gervais

Time: 8:30 PM ET

Zoom Link: <https://us02web.zoom.us/j/81757845388>

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 6 | PARENTING CLASS

Talking with Kids about Race

Host: Don C Weir

Time: 8:30 PM ET

Zoom Link: <https://us06web.zoom.us/j/86142849759>

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 7 | INDIVIDUALS CLASS

Cultivating Work-Life Balance

Host: Kali Fagnant

Time: 8:00 PM ET

Zoom Link: <https://us02web.zoom.us/j/85753106222>

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 8 | COUPLES CLASS

Breaking the Demand-Withdraw Cycle

Host: Renee Manneh

Time: 7:00 PM ET

Zoom Link: <https://us02web.zoom.us/j/81046757114>

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 12 | INDIVIDUALS CLASS

Trauma 101

Host: Sophia Loubeau-Griggs

Time: 7:30 PM ET

Zoom Link: <https://us02web.zoom.us/j/86170008163>

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 13 | COUPLES CLASS

Connected Communication

Host: Meaghan Rice

Time: 7:00 PM ET

Zoom Link: <https://us02web.zoom.us/j/82275808937>

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 14 | INDIVIDUALS CLASS

Navigating Conflict at Work

Host: Tina Taylor

Time: 8:00 PM ET

Zoom Link: <https://us02web.zoom.us/j/83483702493>

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 15 | PARENTING CLASS

Recreating Your Identity After Kids

Host: Megan Jung

Time: 9:00 PM ET

Zoom Link: <https://us06web.zoom.us/j/86812679334>

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 19 | PARENTING CLASS

Teaching Children Not to Whine

Host: Bisma Anwar

Time: 7:00 PM ET

Zoom Link: <https://us06web.zoom.us/j/89429171532>

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 19 | COUPLES CLASS

Repairing Your Body Image

Host: Natasha Oliver

Time: 8:00 PM ET

Zoom Link: <https://us02web.zoom.us/j/81285726436>

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 20 | INDIVIDUALS CLASS

Strategies for Thriving as a Remote Worker

Host: Aline-Vanya Guillaume

Time: 12:00 PM ET

Zoom Link: <https://us02web.zoom.us/j/86231283251>

The number of people working from home has increased exponentially in the last few years, but this transition isn't always smooth or intuitive. In this class, your host will help you assess and improve your current relationship with remote work.

AUG 21 | INDIVIDUALS CLASS

Learning to Rest, Relax, and Play

Host: Sophia Loubeau-Griggs

Time: 7:30 PM ET

Zoom Link: <https://us02web.zoom.us/j/85282065927>

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.

AUG 22 | COUPLES CLASS

Coping with Anxiety Together

Host: Zach Carson

Time: 9:00 PM ET

Zoom Link: <https://us02web.zoom.us/j/83263248738>

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 26 | COUPLES CLASS

How to Reconcile After Conflict

Host: Delphine Gervais

Time: 9:00 PM ET

Zoom Link: <https://us02web.zoom.us/j/86924406638>

Conflict is hard and often painful. In this class, your host will guide you through a format for talking through conflict after it happens.

AUG 27 | PARENTING CLASS

Setting Siblings Up for Connection

Host: Bisma Anwar

Time: 7:00 PM ET

Zoom Link: <https://us06web.zoom.us/j/83182819265>

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.

AUG 27 | INDIVIDUALS CLASS

Identifying Verbal Abuse

Host: Lyn Martin

Time: 8:00 PM ET

Zoom Link: <https://us02web.zoom.us/j/89778752293>

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.

AUG 28 | INDIVIDUALS CLASS

Healing Mother Daughter Wounds

Host: Tina Taylor

Time: 8:00 PM ET

Zoom Link: <https://us02web.zoom.us/j/89176835139>

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.

AUG 29 | COUPLES CLASS

Releasing Resentment Together

Host: Jake Hart

Time: 8:00 PM ET

Zoom Link: <https://us02web.zoom.us/j/88266322531>

Struggling with resentment? In this class, you'll learn how to address feelings of resentment with patience and empathy so that you and your partner can move forward together.