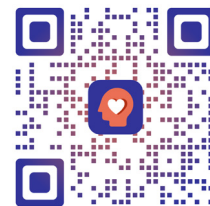


# Upcoming Talkspace Go Classes

Check out April'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**



## APR 1 | PARENTING CLASS

### How to Thrive as a Parent

**Host:** Bisma Anwar

**Time:** 7:00 PM ET

Becoming a parent feels natural, overwhelming, amazing, and awkward. In this class, your host will help you befriend the parts of yourself that feel incapable and reparent yourself in ways that you need.

## APR 2 | INDIVIDUALS CLASS

### Healing from Childhood Wounds

**Host:** Zach Carson

**Time:** 9:00 PM ET

Research shows that it's not your past that defines who you are, but how you make sense of your past. In this class, your host will guide you through how you can move toward healing by connecting with your inner child, practicing self compassion, and responding to your unmet needs.

## APR 7 | INDIVIDUALS CLASS

### Making Mindfulness Easy

**Host:** Tina Taylor

**Time:** 8:00 PM ET

Mindfulness is a trending topic but it can feel overwhelming. In this class, your host will guide you through basic mindfulness exercises that will equip you to connect more deeply with yourself and those around you.

## APR 8 | INDIVIDUALS CLASS

### Black Women and the Superwoman Schema

**Host:** Delphine Gervais

**Time:** 9:00 PM ET

The role of African-American women has evolved at lightning speed in recent years. In this class, your host will guide you in exploring potential root causes and symptoms of stress specific to Black women and their experiences around the superwoman schema.

## APR 9 | COUPLES CLASS

### Managing Stress Together

**Host:** Renee Manneh

**Time:** 7:00 PM ET

Research shows the more effectively each partner copes with stress, the more you can protect the relationship from the negative effects of stress. In this class, we'll break down your soothing strategies so that you can face the stresses of life head on.

## APR 9 | PARENTING CLASS

### Calming Kid Anxiety

**Host:** Don C Weir

**Time:** 8:30 PM ET

Anxiety is common in children and comes in many forms. In this class, your host will help you prepare to connect with your child's anxiety in ways that empowers them to manage their anxious feelings and thoughts.

## APR 10 | COUPLES CLASS

### Aligning Parenting Styles

**Host:** Renee Manneh

**Time:** 7:00 PM ET

Learn how to reduce conflict and get on the same page with your partner so that your kids thrive and your relationship grows stronger in the process.

## APR 14 | PARENTING CLASS

### Talking to Kids about Puberty

**Host:** Megan Jung

**Time:** 8:00 PM ET

Puberty is a normal and unavoidable part of your kid's life. In this class, your host will help you plan for conversations with your kid about puberty.

## APR 15 | INDIVIDUALS CLASS

## Creating Daily Mindfulness Practices

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

Have you ever felt intimidated by the practice of mindfulness? In this class, your host will help demystify mindfulness by guiding you through simple mindfulness exercises and teaching you practical ways to incorporate mindfulness into your daily routine.

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## APR 16 | COUPLES CLASS

## How to Repair Your Relationship

**Host:** Renee Manneh**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.

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## APR 17 | INDIVIDUALS CLASS

## Cultivating Work-Life Balance

**Host:** Lyn Martin**Time:** 12:00 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.

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## APR 22 | INDIVIDUALS CLASS

## How to Cope with Failure

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

Failure is a normal and inevitable part of life. In this class, your host will equip you to rewire your brain so that you support yourself the next time you fail.

## APR 23 | INDIVIDUALS CLASS

## Being a Mindful Coworker

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

Mindfulness in any relationship is staying present with the other person, paying attention to yourself and to them, and withholding judgment. In this class, your host will equip you with practical ways to develop mindfulness at work so that you can regulate your own emotions, respond supportively to your coworkers, and work collaboratively with even the most difficult of your coworkers.

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## APR 24 | PARENTING CLASS

## Helping Teens with Perfectionism

**Host:** Renee Manneh**Time:** 7:00 PM ET

Perfectionism is the unrealistic expectation to be or appear perfect. In this class, your host will equip you to better understand and support your teen in setting realistic expectations for themselves.

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## APR 24 | COUPLES CLASS

## Connected Communication

**Host:** Bisma Anwar**Time:** 7:00 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.

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## APR 28 | INDIVIDUALS CLASS

## Navigating Conflict at Work

**Host:** Natasha Oliver**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.



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

APR 29 | COUPLES CLASS

## Healing Toxic Conflict

**Host:** Sophia Loubeau-Criggs

**Time:** 7:30 PM ET

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

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APR 29 | PARENTING CLASS

## Helping Your Kids with Sensory Needs

**Host:** Kali Fagnant

**Time:** 8:00 PM ET

Does your kid seem more intense, more particular in likes and dislikes, or more sensitive than other kids? In this class, your host will help you learn how to become an expert on your child.

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APR 30 | COUPLES CLASS

## How to Reconcile After Conflict

**Host:** Sophia Loubeau-Criggs

**Time:** 7:30 PM ET

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