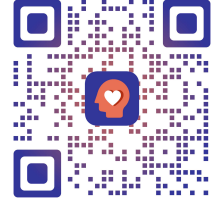


Upcoming Talkspace Go Classes | December

Check out December'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? Scan the QR Code to the right to download it.)



DEC 2 | PARENTING CLASS

Getting Kids to Talk

Host: Kali Fagnant
Time: 8:00 PM ET

It can be frustrating trying to engage your kid in conversation if they tend to be quiet and reserved. In this class, your host will help you better understand your kid's personality and develop practical strategies for engaging them in more meaningful interactions.

DEC 3 | COUPLES CLASS

Prioritizing Your Emotional Connection

Host: Jake Hart
Time: 8:00 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.

DEC 4 | 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.

DEC 5 | INDIVIDUALS CLASS

Identifying White Privilege

Host: Lyn Martin
Time: 8:00 PM ET

Privilege is something many people experience in different areas of life. In this class, your hosts will unpack what white privilege looks like in light of education, not reformation or restitution.

DEC 9 | PARENTING CLASS

How to Thrive as a Parent

Host: Bisma Anwar
Time: 8:00 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.

DEC 9 | COUPLES CLASS

Managing Family Conflict During the Holidays

Host: Zach Carson
Time: 9:00 PM ET

Spending time with family can be restful, but we also know it comes with its own stressors. In this class, you'll identify anxieties, discuss expectations, practice boundary-setting, and make a plan for conflict management.

DEC 11 | INDIVIDUALS CLASS

Interview Preparation

Host: Tina Taylor
Time: 8:00 PM ET

Does the thought of doing a job interview cause you stress? In this class, the host will walk you through the steps you need to take before, during, and after your interview so that you feel prepared and confident when you walk in.

DEC 11 | COUPLES CLASS

Healing Toxic Conflict

Host: Delphine Gervais
Time: 8:30 PM ET

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

DEC 12 | INDIVIDUALS CLASS

Role Reversals Recovery

Host: Megan Jung

Time: 9:00 PM ET

When parents are unable or unwilling to care for their children emotionally, the roles can reverse, leaving the child to parent their parents. In this class, your host will help you identify how this dynamic plays out in your relationship and help you learn to care for yourself in ways that no one did in the past.

DEC 16 | INDIVIDUALS CLASS

Finding Purpose and Passion

Host: Bisma Anwar

Time: 7:00 PM ET

All humans long to live with purpose and passion. In this class, your host will equip you with the framework to develop a growth mindset for yourself and to redefine your life in ways that move you toward personal purpose and passion.

DEC 17 | INDIVIDUALS CLASS

Managing Your Focus and Attention

Host: Zach Carson

Time: 9:00 PM ET

Many people feel overwhelmed, preoccupied, and distracted by their internal world of thoughts. In this workshop, your host will teach you how to pay attention to your thoughts non-judgmentally and how to influence your thoughts positively.

DEC 18 | COUPLES CLASS

Breaking the Demand-Withdraw Cycle

Host: Sophia Loubeau-Griggs

Time: 7:30 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.

DEC 19 | PARENTING CLASS

Coping with Parenting Guilt

Host: Megan Jung

Time: 9:00 PM ET

Most parents worry that they aren't doing things right, haven't done enough, or that they're making decisions that will mess up their kids forever. In this class, your host will help you address your parenting guilt so that you can understand where it's coming from and learn to cope with it.

DEC 23 | INDIVIDUALS CLASS

How Your Past Impacts Your Present

Host: Aline-Vanya Guillaume

Time: 12:00 PM ET

Your past experiences have shaped who you are today, including how you feel, think, behave, and relate to others and the world. In this class, your host will guide you in safe exploration of your history, helping you recognize connections between your past and present, and empowering you to make choices that influence your present-day experiences.

DEC 23 | COUPLES CLASS

Rebuilding Trust

Host: Meaghan Rice

Time: 7:00 PM ET

Broken trust in your relationship can feel devastating. In this class, you'll practice open and honest sharing, work together to increase empathy, listen intently to each other, and identify practical next steps.

DEC 26 | PARENTING CLASS

Early Warning Signs of Mental Illness in Youth

Host: Kali Fagnant

Time: 8:00 PM ET

Mental illness is becoming more and more prevalent among today's youth. In this class, your host will train you to understand the early warning signs and symptoms of mental illness.

DEC 30 | INDIVIDUALS CLASS

Exploring Identity

Host: Aline-Vanya Guillaume

Time: 6:00 PM ET

Identity is more than just how you perceive yourself. In this class, your host will guide you in identity formation through an exploration of your values, gifts and talents, life's purpose, and meaningful roles and relationships.

DEC 30 | COUPLES CLASS

How to Repair Your Relationship

Host: Jake Hart

Time: 8:00 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.