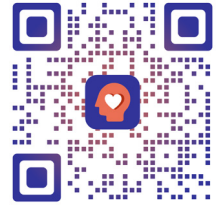


Upcoming Talkspace Go Classes

Check out January'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.)



JAN 2 | 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.

JAN 2 | COUPLES CLASS

Setting Emotional Boundaries Together

Host: Zach Carson
Time: 9:00 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.

JAN 6 | INDIVIDUALS CLASS

Taming Worrying Thoughts

Host: Zach Carson
Time: 9:00 PM ET

Everyone experiences worry at some point or another and this can feel overwhelming. In this class, you'll gain the tools to reframe worry and take back control of your thoughts.

JAN 7 | INDIVIDUALS CLASS

Identifying Your Conflict Cycle

Host: Aline-Vanya Guillaume
Time: 12:00 PM ET

When you experience conflict in your relationship, does it feel like you are stuck in a deja vu cycle? In this class, you will learn how to identify your conflict cycles and create new patterns of relating to each other.

JAN 8 | INDIVIDUALS CLASS

Strengthening Positive Self-Talk

Host: Natasha Oliver
Time: 8:00 PM ET

Do you struggle with negative self-talk? In this class, your host will help you become aware of your negative self-talk so that you can understand it, challenge it, and replace it with positive self-talk.

JAN 9 | PARENTING CLASS

Emotionally Intelligent Parenting

Host: Bisma Anwar
Time: 7:00 PM ET

Parenting is emotionally charged. In this class, you and your partner will explore how to stay emotionally safe, calm, and grounded while you help your little ones find calm and safety.

JAN 9 | COUPLES CLASS

Making Long Distance Work

Host: Kali Fagnant
Time: 8:00 PM ET

Striving for connection when you and your partner are apart? In this class, you'll practice connection exercises to align your goals and plan for the future together.

JAN 13 | INDIVIDUALS CLASS

Making Mindfulness Easy

Host: Jake Hart
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.



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JAN 14 | INDIVIDUALS CLASS

Racial Trauma and Mental Health

Host: Aline-Vanya Guillaume

Time: 12:00 PM ET

Studies on the effects of racial trauma show that anxiety, depression, and even post-traumatic stress disorder are common results. In this class, your host will help you unpack what racial trauma is, identify the consequences of it, and equip you with tools for healthy coping and advocacy as part of your healing process.

JAN 15 | COUPLES CLASS

Communication Styles

Host: Sophia Loubeau-Griggs

Time: 7:30 PM ET

Do you know your communication style? In this class, your host will help you discover your communication style and gain better tools for connection.

JAN 16 | PARENTING CLASS

Teaching Children Not to Whine

Host: Don C 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.

JAN 20 | COUPLES CLASS

Prioritizing Your Emotional Connection

Host: Meaghan Rice

Time: 7:00 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.

JAN 21 | INDIVIDUALS CLASS

Setting Healthy Work Boundaries

Host: Tina Taylor

Time: 9:00 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.

JAN 22 | INDIVIDUALS CLASS

Managing Your Focus and Attention

Host: Megan Jung

Time: 9:00 PM ET

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

JAN 22 | COUPLES CLASS

Choosing Forgiveness Together

Host: Zach Carson

Time: 9:00 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.

JAN 23 | PARENTING CLASS

Calming Yourself as a Parent

Host: Renee Manneh

Time: 7:00 PM ET

Parenting is one of the hardest roles you will have in life. In this class, your host will teach you how to emotionally care for yourself and stay in control of your emotions when your child is feeling big things.



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JAN 27 | INDIVIDUALS CLASS

Cultivating Healthy Adult Friendships

Host: Aline-Vanya Guillaume

Time: 12:00 PM ET

Creating and maintaining adult friendships is not always easy. In this class, you'll learn how to create healthy friendships with the people most important to you.

JAN 28 | PARENTING CLASS

Setting Siblings Up for Connection

Host: Meaghan Rice

Time: 7:00 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.

JAN 29 | INDIVIDUALS CLASS

Interrupting Rumination

Host: Aline-Vanya Guillaume

Time: 6:00 PM ET

Rumination is the experience of feeling like you can't get something out of your mind. In this class, your host will guide you through practical strategies for managing your rumination triggers, positively influencing your thought patterns, and grounding yourself in the present moment.

JAN 30 | COUPLES CLASS

Balancing Work, Life, & Family

Host: Megan Jung

Time: 9:00 PM ET

Is the stress of the juggle starting to overwhelm you? You're not alone! This class offers you tools for setting boundaries, addressing your needs, and building the healthy life you've dreamed of.