

NOV 14 | COUPLES CLASS

How to Reconcile After Conflict

Host: Delphine Gervais

Time: 8:30 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.

NOV 18 | INDIVIDUALS CLASS

How to Cope with Failure

Host: Tina Taylor

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.

NOV 19 | PARENTING CLASS

Addressing Disrespectful Behavior

Host: Meaghan Rice

Time: 7:00 PM ET

If you've ever been yelled at, called names, or had your child throw something at you then you know how challenging disrespectful behavior can be. In this class, your host will help you reframe disrespectful behavior so that you can stay calm and uncover what your child needs from you at these moments.

NOV 20 | INDIVIDUALS CLASS

Identifying Narcissistic Behaviors

Host: Jake Hart

Time: 9:00 PM ET

It can feel confusing and disorienting to make sense of interactions with someone who is a narcissist. In this class, your host will help you make sense of your experiences with a narcissist and empower you to take steps to set healthy boundaries with that person.

NOV 21 | COUPLES CLASS

Identifying Your Conflict Cycle

Host: Sophia Loubeau-Griggs

Time: 7:30 PM ET

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

NOV 25 | INDIVIDUALS CLASS

Building a Stronger Sense of Self

Host: Bisma Anwar

Time: 7:00 PM ET

We all long to be the best and most alive version of ourselves. How do we get there? In this class, your host will guide you through exploring your inner world of emotions, thoughts, and experiences to help you build a stronger sense of self.

NOV 26 | COUPLES CLASS

Practicing Compromise Together

Host: Aline-Vanya Guillaume

Time: 6:00 PM ET

Compromise is essential to managing conflict in relationships. Learn to reach healthy compromise and develop healthy conflict habits with your partner.

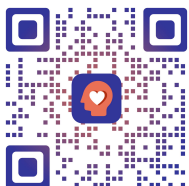
NOV 26 | PARENTING CLASS

Advocating for Your Kid

Host: Don C Weir

Time: 8:30 PM ET

Advocating is being the voice for someone who cannot protect their own interests. In this class, your host will empower you to channel your voice as a powerful instrument for your child's well-being.



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NOV 27 | COUPLES CLASS

Healthy Communication

Host: Meaghan Rice

Time: 7:00 PM ET

To communicate well with your partner, you and your partner need to practice sharing, receiving, listening, and asking. In this class, your host will equip you with healthy communication skills.

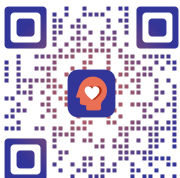
NOV 27 | INDIVIDUALS CLASS

Loving Someone with ASD

Host: Lyn Martin

Time: 8:00 PM ET

Knowing that a loved one has a diagnosis of autism brings clarity. In this class, your host will guide you through ways that you clear up communication signals with someone with ASD and build a stronger connection.



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