

Upcoming Talkspace Go Classes | October

OCT 2 | COUPLES CLASS

Engaging Emotions Together

Host: Megan Jung

Time: 8:00 PM ET

Zoom Link: <https://talkspace.zoom.us/j/83420569539>

Many adults tend to live in their heads and have a difficult time accessing their hearts. In this class, you'll both learn practical ways to connect with your inner world and share your experiences with each other.

OCT 6 | INDIVIDUALS CLASS

Addressing Burnout

Host: Delphine Gervais

Time: 8:30 PM ET

Zoom Link: <https://talkspace.zoom.us/j/88189731367>

Feeling burnt-out or worn down? Join this class to be guided through mindfulness practices, identify the cause of your burnout, and implement practical steps to reduce burnout symptoms.

OCT 6 | COUPLES CLASS

Fighting Fair

Host: Natasha Oliver

Time: 8:00 PM ET

Zoom Link: <https://talkspace.zoom.us/j/82835204617>

Conflict is inevitable in all relationships. In this class, your host will help you and your partner learn what it looks like to work through challenging topics while maintaining a sense of value and worth.

OCT 7 | PARENTING CLASS

Getting Kids to Listen

Host: Kali Fagnant

Time: 8:00 PM ET

Zoom Link: <https://talkspace.zoom.us/j/89813212832>

Feeling unheard and disrespected is one of the hardest parenting triggers. In this class, your host will teach you practical ways to get your child to listen to you.

OCT 8 | PARENTING CLASS

Making Long Distance Work

Host: Delphine Gervais

Time: 8:30 PM EST

Zoom Link: <https://talkspace.zoom.us/j/83367568978>

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.

OCT 9 | PARENTING CLASS

Calming Kid Anxiety

Host: Don Weir

Time: 8:30 PM ET

Zoom Link: <https://talkspace.zoom.us/j/84987823878>

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.

OCT 14 | INDIVIDUALS CLASS

Exploring Emotions and Physical Health

Host: Delphine Gervais

Time: 8:30 PM ET

Zoom Link: <https://talkspace.zoom.us/j/84796739315>

Emotions are felt, stored, and held in your physical body. In this class, your host will help you understand the connection between your emotions, thoughts, and physical body.

OCT 14 | INDIVIDUALS CLASS

Making Peace with Your Body and Food

Host: Bisma Anwar

Time: 7:00 PM ET

Zoom Link: <https://talkspace.zoom.us/j/83523260056>

So many of us have a painful relationship with our bodies and food. In this class, your host will help you move beyond a daily fight with your body and food.

OCT 15 | INDIVIDUALS CLASS

Understanding Your Attachment Style

Host: Tina Taylor

Time: 8:30 PM ET

Zoom Link: <https://talkspace.zoom.us/j/81618001044>

All of us are born into set systems of relationships and we internalize ways of relating to others based on our early experiences. In this class, your host will help you explore your attachment style, how it impacts your relationships, and provide practical ways to create more meaningful relationships.

OCT 16 | INDIVIDUALS CLASS

Addressing Feelings of Guilt

Host: Megan Jung

Time: 8:00 PM ET

Zoom Link: <https://talkspace.zoom.us/j/82428411053>

In this class, your host will help you make sense of your feelings of guilt and equip you to pay attention to these feelings and act accordingly. You'll walk away feeling more equipped to respond to feelings of guilt in healthy ways.

OCT 20 | INDIVIDUALS CLASS

Coping with Loneliness

Host: Zach Carson

Time: 9:00 PM ET

Zoom Link: <https://talkspace.zoom.us/j/86983821977>

A certain degree of loneliness is normal for everyone. In this class, your host will support you in exploring what's connected to these feelings and will help you create a plan for building community and increasing your self-care.

OCT 21 | PARENTING CLASS

Loving Your Strong-Willed Child

Host: Don Weir

Time: 8:30 PM ET

Zoom Link: <https://talkspace.zoom.us/j/89172501887>

There are many factors that influence the development of your child's personality and character over time. In this class, your host will walk you through exercises designed to help you support your strong-willed child in ways that nurture their assertiveness and strong voice while getting them to listen.

OCT 21 | INDIVIDUALS CLASS

Building Intuitive Eating Skills

Host: Sophia Loubeau-Griggs

Time: 7:30 PM ET

Zoom Link: <https://talkspace.zoom.us/j/82185181053>

Intuitive eating is an approach to food and physical health that was developed in response to the dieting culture. In this class, your host will unpack the tenets of intuitive eating.

OCT 22 | PARENTING CLASS

Parenting Together

Host: Megan Jung

Time: 8:00 PM ET

Zoom Link: <https://talkspace.zoom.us/j/88989710037>

Co-parenting isn't easy and doesn't come with a roadmap. In this class, you'll learn how to approach co-parenting that centers on your child first and foremost.

OCT 23 | INDIVIDUALS CLASS

Unpacking the Cause of Your Depression

Host: Megan Jung

Time: 6:00 PM ET

Zoom Link: <https://talkspace.zoom.us/j/81945427945>

The sobering and hopeful news is that depression often lifts and feels manageable when you can figure out the cause. In this class, your host will start you on a journey to better understand the cause of your depression and to empower you to move toward hope again.

OCT 27 | INDIVIDUALS CLASS

Tracking Your Triggers

Host: Bisma Anwar

Time: 8:00 PM ET

Zoom Link: <https://talkspace.zoom.us/j/81949166117>

In this class, your host will equip you to track your triggers and make sense of the related thoughts, feelings, and sensations that come with them. Over time, this simple act of tracking will give you back control of yourself and reduce your anxiety.

OCT 27 | PARENTING CLASS

Helping Teens with Perfectionism

Host: Tina Taylor

Time: 7:00 PM ET

Zoom Link: <https://talkspace.zoom.us/j/81449316099>

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.

OCT 28 | COUPLES CLASS

Creating Safety in Communication

Host: Natasha Oliver

Time: 8:00 PM ET

Zoom Link: <https://talkspace.zoom.us/j/87405855896>

Communication is hard. It takes continual practice and effort to communicate effectively. In this class, your host will guide you and your partner by identifying the blocks and barriers you use in communication.

OCT 29 | COUPLES CLASS

Healing from Grief

Host: Kali Fagnant

Time: 8:00 PM ET

Zoom Link: <https://talkspace.zoom.us/j/86371264807>

Grief and loss are a part of life, but that doesn't make it any easier. In this class, you'll practice vulnerability and kindness by sharing your grief and learning to comfort each other.

OCT 30 | COUPLES CLASS

Communication Styles

Host: Sophia Loubeau-Griggs

Time: 7:30 PM ET

Zoom Link: <https://talkspace.zoom.us/j/88487968791>

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