

Upcoming Talkspace Go Classes | **December**

DEC 1 | PARENTING CLASS

Getting Kids to Talk

Host: Bisma Anwar

Time: 7:00 PM ET

Zoom Link: <https://talkspace.zoom.us/j/87242032160>

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 1 | COUPLES CLASS

How to Repair Your Relationship

Host: Sophia Loubeau-Griggs

Time: 7:30 PM ET

Zoom Link: <https://talkspace.zoom.us/j/82574421295>

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.

DEC 2 | INDIVIDUALS CLASS

Role Reversals Recovery

Host: Natasha Oliver

Time: 8:00 PM ET

Zoom Link: <https://talkspace.zoom.us/j/89181297474>

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 4 | INDIVIDUALS CLASS

Identifying White Privilege

Host: Megan Jung

Time: 8:30 PM ET

Zoom Link: <https://talkspace.zoom.us/j/82320638314>

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 8 | COUPLES CLASS

Managing Family Conflict During the Holidays

Host: Megan Jung

Time: 7:30 PM ET

Zoom Link: <https://talkspace.zoom.us/j/81891189798>

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 8 | PARENTING CLASS

How to Thrive as a Parent

Host: Don C Weir

Time: 8:30 PM ET

Zoom Link: <https://talkspace.zoom.us/j/81473937018>

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

Healing Toxic Conflict

Host: Kali Fagnant

Time: 8:00 PM ET

Zoom Link: <https://talkspace.zoom.us/j/89194888935>

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

DEC 11 | INDIVIDUALS CLASS

Understanding Your Attachment Style

Host: Bisma Anwar

Time: 7:00 PM ET

Zoom Link: <https://talkspace.zoom.us/j/85017927070>

All of us are born into set systems of relationships and we internalize ways of relating to others based on our early experiences.

DEC 15 | INDIVIDUALS CLASS

Tracking Your Triggers

Host: Kali Fagnant

Time: 8:30 PM ET

Zoom Link: <https://talkspace.zoom.us/j/81578424540>

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.

DEC 16 | INDIVIDUALS CLASS

Managing Your Focus and Attention

Host: Natasha Oliver

Time: 8:00 PM ET

Zoom Link: <https://talkspace.zoom.us/j/86561242071>

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.

DEC 17 | COUPLES CLASS

Breaking the Demand-Withdraw Cycle

Host: Kali Fagnant

Time: 8:00 PM EST

Zoom Link: <https://talkspace.zoom.us/j/89373983851>

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 18 | PARENTING CLASS

Coping with Parenting Guilt

Host: Megan Jung

Time: 8:30 PM ET

Zoom Link: <https://talkspace.zoom.us/j/85833818265>

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 22 | INDIVIDUALS CLASS

Supporting Diversity in Gender Identities

Host: Lyn Martin

Time: 8:00 PM ET

Zoom Link: <https://talkspace.zoom.us/j/86243516292>

This class is a space for us to explore how we learned about gender, what norms and expectations we carry with us, and where we want more than binary definitions.

DEC 23 | INDIVIDUALS CLASS

How Your Past Impacts Your Present

Host: Megan Jung

Time: 8:00 PM ET

Zoom Link: <https://talkspace.zoom.us/j/83507673726>

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 29 | COUPLES CLASS

Rebuilding Trust

Host: Delphine Gervais

Time: 8:30 PM ET

Zoom Link: <https://talkspace.zoom.us/j/88272133018>

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 30 | PARENTING CLASS

Early Warning Signs of Mental Illness in Youth

Host: Delphine Gervais

Time: 8:30 PM ET

Zoom Link: <https://talkspace.zoom.us/j/84346742843>

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.