

# September Schedule of Gatherings

Participate in structured, small-group discussions facilitated by Lyra's mental health experts on timely, thought-provoking topics. Find support by engaging with and learning from other members like you.

## The Juggling Act: Embracing Parental Flexibility

Sept. 1 | 12 - 1 p.m. PST

Working a job is hard enough. Being a parent on top of that adds another whole layer of exhaustion. Life as a working parent involves juggling more roles and wearing more hats than many of us ever expected. It can leave us drained, stressed, and running on empty when it comes to our mental health. Join this Gathering with other working parents to discuss the impact of juggling multiple roles and identities in your day-to-day life. We will also share helpful strategies parents can use to care for themselves along the journey.

This Gathering is intended for working parents.

## "Who are my People?" Embracing Complex Identities

Sept. 6 | 9 - 10 a.m. PST

Did you know someone who identifies as a Black transgender woman is more likely to experience abuse or assault than women in other racial groups? While you may not be surprised, we should all think about why. Discussions of power, privilege, and prejudice are incomplete if we don't think about each of the unique and important identities one person can hold. Join this Gathering to discuss the unique experiences and perceptions that occur when one marginalized social identity intersects with another. This time will also be used to learn from each other about ways to increase visibility and validation of the ways intersectionality impacts our lives.

This Gathering is intended for people who identify with more than one marginalized social identity (e.g. race, sexuality, gender, disability, religion/spirituality, age, etc.)

## Parenting Youth in Mental Distress

Sept. 7 | 9 – 10 a.m. PST

Sept. 13 | 12 – 1 p.m. PST

Parenting can be one of the most joyous—yet challenging—experiences. We work hard to help our children thrive while also being responsible for their well-being on a daily basis. When we factor in mental health stressors created by social crises and other life circumstances, many parents might feel unprepared. Seeing your children struggle can leave you feeling worried, overwhelmed, and wondering what you can do and how you can help.

In anticipation of Suicide Prevention Week, this Gathering will offer a space for parents to talk about the unique challenges they're facing with supporting their children and teens who are in mental distress. We will also discuss helpful parenting strategies and tips for promoting parental self-care.

## September 11th, 2001: A Discussion of Remembrance and Reflection

Sept. 11 | 9 – 10 a.m. PST

More than 20 years have passed since one of the most impactful events in American history. And yet, the memories, impacts, and cultural shift all can make it feel like the 9/11 terrorist attacks just happened yesterday. This date marks a time that so many people will never forget and others try to intentionally remember.

This Gathering is intended for anyone who wants to talk with other Americans to remember and reflect on what 9/11 means to you and how it has impacted your past, present and future. We will also talk about ways to care for yourself during what can be a difficult time of year.

## Championing Mental Health in the Workplace

Sept. 14 | 12 – 1 p.m. PST

Sept. 15 | 9 – 10 a.m. PST

Over the past few years, many employers have increased their efforts to address mental illness and its impact at work. While this is a big step toward improving workplace mental health, there is still a lot more that needs to be done. We should never stop considering how to reduce shame and stigma at work, especially around mental health diagnoses and the unique needs they may pose for individuals. Join this Gathering in honor of Suicide Prevention Week to either voice or listen to ways that co-workers can advocate for mental health at work and support each other on the journey toward a healthier self.

This Gathering is intended for anyone open to discussing mental health in the workplace.

## Taking Up Space: Embracing Authenticity

Sept. 19 | 12 – 1 p.m. PST

“Just be yourself.”

Many of us have likely heard the phrase or told it to someone else. Maybe both? But, what does it actually look like to bring our authentic selves into a room? Renowned author and professor Dr. Brené Brown defines authenticity as the courage to embrace imperfection and vulnerability. In other words, we're our most authentic selves when we're able to be kind to and accept our strengths and struggles.

Join this Gathering to discuss barriers to and strategies for embracing authenticity. We will also share ways to maintain self-care and boundaries to help you take up space and maintain your wellness.

## Latin\* Experiences in America

Sept. 20 | 9 – 10 a.m. PST

Sept. 25 | 12 – 1 p.m. PST

Latin\* people are one of the largest and most diverse communities of color in the United States. With roots spanning across more than 30 Latin American countries and Caribbean nations, the Latin\* community is a tapestry of cultural diversity. While this group is not all the same, many Latin\* people in the US may share similar experiences, such as navigating between two or more cultures, balancing family and individual expectations, and certain overarching values. These cultural factors often influence our career paths and how we relate to our colleagues. Join this Gathering to discuss relevant issues within the Latin\* community and how to increase safety and inclusion in the workplace.

This Gathering is intended for people who identify as Latin\*, or of Latin descent.

*\*\*The term “Latin\*” encompasses a wide range of gender identities among people of Latin American descent—including, but not limited to, Latinx, Latine, Latina, and Latino.*

## Embracing Bisexual Identity

Sept. 21 | 12 - 1 p.m. PST

Bisexual people make up more than half of the LGBTQIA+ community. From Frida Kahlo to Frank Ocean, bisexual people are everywhere. They represent vibrance and expansiveness. Yet, their identities and experiences are often questioned, invalidated, or erased by people outside—and sometimes within—the LGBTQIA+ community. Join this Gathering to talk about the unique joys and challenges of identifying as bisexual. We will also discuss ways to promote self-care and empowerment.

This Gathering is intended for people who identify as bisexual.

## Generational Shifts in Health and Wealth

Sept. 28 | 9 - 10 a.m. PST

You did it. You landed the job. You took the first step toward therapy. You've made a big change. But then you realize...you're the first in your family to do it. While you feel a sense of accomplishment and pride, you also feel uncertainty and doubt. Why? Because as exciting as it is to be first, not having a guide for how to navigate shifts in your health and wealth can be confusing and stressful. This Gathering is intended to be a safe space to process what it's like to be the first in your family to pursue a new level of financial, mental, or physical well-being. Join us to share your helpful self-care strategies and learn some additional ones as well.

**Sign up for an upcoming [Gathering](#) in Lyra Learn, a new eLearning platform from Lyra, your mental health benefit.**