

April 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.

Additional Gatherings may be added to this schedule based on popular demand and timely cultural topics. Please check Lyra Learn for the most up to date Gather schedule.

Arab, Middle Eastern, & North African Experience in America

Apr. 3 | 9 - 10 a.m. PST

It is no secret that since the tragic events of 9/11, people of Middle Eastern descent (both Muslim and non-Muslim identified) have faced an impossible amount of prejudice and discrimination in America. Even though this group has shown an incredible amount of resilience, being strong takes a lot out of anyone.

Join this Gathering to discuss the cultural strengths and daily struggles that come along with an Arab, Middle Eastern, or North African identity. We will talk about what safety and inclusion looks like professionally and ways we can work together to increase it.

This Gathering is intended for people who identify as being of Arab, Middle Eastern, or North African descent.

Working While Grieving

Apr. 5 | 9 - 10 a.m. PST

Apr. 11 | 9 - 10 a.m. PST

Grief is one of the most common human experiences, yet it's one of the least discussed and understood. Grief impacts our ability to be present and fully engaged, especially at work.

Join this Gathering to discuss the ways grief impacts work and share helpful strategies to make room for both.

Safety, Inclusion, and LGBTQIA+ Identity

Apr. 9 | 9 – 10 a.m. PST

Apr. 24 | 12 – 1 p.m. PST

Every employee should feel safe and seen in the workplace. For people in the LGBTQIA+ community, the road to safety and inclusion in the workplace can be filled with disappointment, discrimination, and more.

Join this Gathering to talk about what safety and inclusion has looked like for you, as well as ways to improve these things in the workplace.

This Gathering is intended for members of the LGBTQIA+ community and their allies.

Raising Children with Autism Spectrum Disorder

Apr. 10 | 9 – 10 a.m. PST

Apr. 23 | 12 – 1 p.m. PST

Signing up to be a parent comes with a lot of fine print and unforeseen complications. Raising a child with an Autism Spectrum Disorder (ASD) diagnosis can come with even more, which can lead some to say, “This is not what I expected.” Often, the learning curve in raising a child with ASD can feel steep and never ending, leaving parents feeling drained, overwhelmed, and alone.

Join this Gathering to acknowledge Autism Awareness Day and join a community of parents who understand the struggles and successes of raising a child with ASD. We will also share helpful strategies parents can use to care for themselves along this unique journey.

Maintaining Mental Health During Financial Changes

Apr. 11 | 12 – 1 p.m. PST

Unexpected change can be stressful and overwhelming—especially when it puts a strain on our finances. In times of inflation and growing cost of living expenses, adjusting to a new financial reality can feel difficult to manage.

Join this Gathering to process the impact that financial stress has on your mental health and well-being. We will share helpful self-care strategies for promoting financial well-being while managing unexpected financial shifts and changes.

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Surface Pressure: Managing Workplace Expectations

Apr. 12 | 12 – 1 p.m. PST

Who am I if I don't have what it takes?

No cracks, no breaks

No mistakes, no pressure.”

The lyrics from Disney’s film *Encanto* describe many of us—the “strong ones”—more than we’d like to admit. Expectations about how we should perform can come from inside of us or be placed on us from others. Either way, we can begin to tie our worth and value to our ability to meet these high expectations. At best, this can be exhausting; and at worst, we feel like we will crack under the pressure.

Join this Gathering to talk more about the ways internal and external pressures to perform can impact mental health, as well as ways to take care of yourself in the midst of this pressure.

Working While Grieving: Pregnancy and Postpartum Loss

Apr. 16 | 12 – 1 p.m. PST

Grief is one of the most common human experiences, yet it’s one of the least discussed and understood. When the grief is due to pregnancy or postpartum loss, it can create overwhelming and indescribable feelings. This grief may affect our ability to be present and fully engaged personally, professionally, and even physically.

Join this Gathering to discuss the unique aspects of grief related to pregnancy and postpartum loss and to share helpful strategies to care for yourself in the midst of ongoing personal and professional expectations.

Invisible Disabilities in the Workplace

Apr. 18 | 12 – 1 p.m. PST

There is no universal experience for living with a disability—everyone’s is different. Some disabilities are more noticeable than others, while some are not visible whatsoever. Navigating an invisible disability in the workplace can come with unique challenges, including invalidation. The ways disability is defined and understood can significantly impact our mental health and access to resources.

Join this Gathering to discuss relevant issues experienced by people living with invisible disabilities and how to increase safety and inclusion in the workplace.

This Gathering is intended for people living with an invisible disability.

Climate Change Anxiety

Apr. 19 | 12 – 1 p.m. PST

The times are changing. Unfortunately, so is our climate. We're all living through never before seen weather patterns. Some of us have even lost our homes or loved ones as a result of natural disasters caused by climate change. These noticeable effects can create understandable feelings of uncertainty, stress, and anxiety.

Join this Gathering to discuss the mental and emotional impact of climate change. Attendees will also discuss self-care strategies for managing climate-related stress and anxiety.

Generational Shifts in Health and Wealth

Apr. 25 | 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.

Language and Disability Culture

Apr. 25 | 12 – 1 p.m. PST

Language shapes culture. It can reflect our present and change our future. Simply put—the words we choose can change our lives. It is important to be intentional and specific with how we refer to and define ourselves, especially when it comes to social identities like disability status. This can sound simple, but it becomes quite complex when we consider history, politics, individual perceptions, and more.

Join this Gathering to talk with other members of the disability community about the importance of using accurate language and the complexities that arise within the community about this topic. We will also share self-care strategies to use as you navigate language, culture, and identity.

This Gathering is intended for members of the disability community.

Jewish Identity and Antisemitism

Apr. 26 | 9 – 10 a.m. PST

Life as a Jewish American is unique, rewarding, and multilayered. For many, it overlaps with both ethnic and religious identities and comes with a sobering history of persecution and prejudice. This antisemitism negatively impacts mental health and feelings of safety and belonging.

Join this Gathering to talk with other Jewish Americans about ways to honor your identity and promote safety and belonging in the workplace. Attendees will also learn some self-care strategies for managing prejudice along the way.

This Gathering is intended for people who identify as Jewish.

Caring for Aging Loved Ones

Apr. 30 | 12 – 1 p.m. PST

Caregiving is a labor of love. It offers opportunities to tap into new levels of care and live in closer alignment with our values. Caring for an aging loved one can also allow us to care for those who have cared for us. While this can be a worthwhile and rewarding experience, caring for an aging loved one can also come with a unique set of challenges. These roles may come with learning curves, time demands, and mental drain that can bring up complicated emotions.

Join this Gathering to meet with other caregivers to discuss the joys and challenges you face. We will also encourage people to share self-care strategies you have found helpful along the unique and special journey of caregiving for an aging loved one.

This Gathering is intended for people who care for aging loved ones.

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