

May 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.

Jewish Identity and Anti-Semitism

May 2 | 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 anti-semitism negatively impacts mental health and feelings of safety and belonging. Join this Gathering during Jewish American Heritage Month 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.

Championing Mental Health in the Workplace

May 4 | 12 – 1 p.m. PST

May 10 | 9 – 10 a.m. PST

May 16 | 9 – 10 a.m. PST

May 24 | 12 – 1 p.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 unique needs they may pose for individuals. Join this Gathering 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.

Climate Change Anxiety

May 9 | 9 – 10 a.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.

Asian American and Pacific Islanders at Work

May 11 | 9 – 10 a.m. PST

May 18 | 12 – 1 p.m. PST

“Shouldn’t math be easy for people like you?”

“Your parents are still together, right?”

“Where are you from, really?”

If you identify as Asian American or Pacific Islander (AAPI), you’ve likely heard these questions before. Microaggressions like these can undermine your personal struggle—especially with your mental health. And, when you consider how much the COVID-19 pandemic has fueled Anti-Asian hate, it has been a particularly traumatizing time. This Gathering will be a safe space to share unique experiences faced by the AAPI community in the workplace. We will discuss strategies for embracing cultural identity and tips for managing race-related stress.

This Gathering is intended for people who identify as Asian American/Pacific Islander.

South Asian Experiences in America

May 17 | 9 – 10 a.m. PST

Currently, over five million people in America identify as South Asian. This large and diverse group is full of cultural history, unique perceptions, and rich experiences. Unfortunately, not all of these experiences are positive, as a large portion of the South Asian population in America reported being discriminated against in 2021. Join this Gathering during South Asian Heritage Month to talk about relevant issues for this community and how to increase safety and inclusion in the workplace.

This Gathering is intended for people who identify as South Asian.

Black Lives Matter: Endurance Along the Journey Toward Racial Justice

May 23 | 9 - 10 a.m. PST

May 25 | 12 - 1 p.m. PST

The Black Lives Matter movement that gained momentum in 2020 impacted many aspects of American life, including how we show up to work. Diversity, equity, and inclusion teams were formed. Statements of solidarity were published. Missions were drafted. But...what lasting change actually came from it? How have the safety, belonging, and inclusion of Black Americans improved? In this Gathering, on George Floyd's death anniversary, we will discuss the impact of the Black Lives Matter movement on the present day workplace. We will also discuss ways to remain engaged and hopeful along the sometimes difficult road toward racial justice. Attendees will also talk about ways to maintain self-care in the midst of race related stress.

Making Meaning of Military Service

May 25 | 9 - 10 a.m. PST

"Thank you for your service." If you've served in the Armed Forces, you've undoubtedly heard that phrase before. While veterans are a tough and resilient bunch, they can have a difficult time coming back to civilian life after serving in the military. This is especially true in the workplace. Join this Gathering to talk with other veterans about how they navigate civilian workplace experiences and make meaning from their service in the United States military. We will also discuss self-care strategies for managing difficult experiences at work.

This Gathering is intended for those with veteran, reserve, or active duty military status.

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