

June 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.

Trauma-Informed Workspaces

Jun. 1 | 9 – 10 a.m. PST

Jun. 28 | 12 – 1 p.m. PST

Far too many people have survived traumatic, life-changing circumstances. And—even when it's not intentional—workplace expectations, culture, and relationships can make the impact of trauma worse. Given how common traumatic experiences are, it is critical that workplaces do everything they can to maintain the safety, power, and agency of all employees. Join this Gathering to talk about the ways workplaces have succeeded or failed to support employees with a history of trauma. Additionally, we will discuss self-care strategies you can use to promote a safer and more informed workplace for yourself and others.

This Gathering is intended for anyone committed to learning about trauma-informed workspaces.

Living While Black: Coping Skills for Chronic Stress

Jun. 6 | 12 – 1 p.m. PST

The Black community is made up of rich cultures, histories, joy, and resilience. Unfortunately, this community also deals with race-based traumatic stress, grief, and outrage caused by ongoing violence and threats to safety. The regularity of these injustices and the way they often flood headlines may leave us feeling angry, overwhelmed, or even numb in order to cope. Regardless of how you are responding, your right to rest and self-preservation matter.

Join this Gathering to discuss the impact of anti-Black violence on our well-being. We will also discuss strategies for coping with chronic stress and maintaining our mental health during race-related crises.

This Gathering is intended for people who identify as Black, African, or African American.

LGBTQIA+ Identity: Language and Culture

Jun. 7 | 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 sexual orientation. 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 LGBTQIA+ 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 LGBTQIA+ community.

Safety, Inclusion, and LGBTQIA+ Identity

Jun. 13 | 9 - 10 a.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.

Black Men and the Mental Health Journey

Jun. 14 | 12 - 1 p.m. PST

For many men, these words represent measures of masculinity—a standard to be upheld, particularly in the Black community. While these traits are helpful at times, in excess they can seriously impact one's mental health. In fact, research indicates that men are less likely to seek mental health support and are more likely to downplay symptoms. And, statistics indicate that suicide is one of the top five leading causes of death for Black men ages 20–44. At times, navigating unique considerations related to culture and identity can make the journey toward mental health feel confusing, daunting, or discouraging. But, it is still a journey worth taking. This Gathering will allow Black men to discuss the ways messages from their cultural groups (and the broader American society) and the additional way(s) they identify may impact their mental health. Attendees will discuss topics such as emotional expression and demystifying and destigmatizing the use of mental health services in the Black community and more.

This Gathering is intended for people who identify as Black men.

Juneteenth, Music, and Black American Resilience

Jun. 15 | 9 – 10 a.m. PST

Juneteenth provides a time to celebrate the freedom of enslaved people in the United States. This is not only a time to acknowledge the impact of African enslavement but the endurance and resiliency of African American people. Music is often an unsung hero on the road to racial justice and equality. From spirituals that pointed a way on the Underground Railroad to gospel songs that offered comfort to many during the civil rights era, there are countless ways music has influenced and inspired the Black community in the face of racism. Join this Gathering to talk more about Juneteenth and the role music plays in the lives of Black Americans.

Men, Masculinity, and Mental Health

Jun. 20 | 12 – 1 p.m. PST

Strong. Self-sufficient. Rational. Unemotional.

For many men, these words represent measures of masculinity—a standard to be upheld. While these traits are helpful at times, in excess they can seriously impact one's mental health. In fact, research indicates that men are less likely to seek mental health support and are more likely to downplay symptoms. Join this Gathering to talk with other men about how social norms of masculinity impact mental health. During this meeting, we will also discuss ways to promote self-care, empowerment, and access to resources.

This Gathering is intended for people who identify as men, including transmasculine people.

Combating Shame in the LGBTQIA+ Community

Jun. 22 | 9 – 10 a.m. PST

Being kind to yourself is often easier said than done—especially if you regularly hear negative messages about who you are.

Members of the LGBTQIA+ community often face varying levels of social rejection that can negatively impact self-esteem. When this cycle continues, it can be difficult to break—often fueling shame, self-criticism, and suffering in silence. Join this Gathering for a safe space to share how shame and a lack of self-acceptance have impacted your life with other members of the LGBTQIA+ community. We will also discuss how pieces of American culture have perpetuated stigma and review foundational steps to take on the journey toward self-acceptance.

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

Maintaining Mental Health During News of Layoffs

Jun. 27 | 12 - 1 p.m. PST

Experiencing a season of increased layoffs can be stressful and overwhelming, to say the least. It can leave us feeling uncertain and out of control about our future. It can also leave us feeling guilty about maintaining our job but anxious about how long we will be able to. Join this Gathering to process the impact of layoffs on your mental health and well-being. We will share helpful self-care strategies to help manage the uncertainty that comes with these uncertain times.

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