

July 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.

Mental Health Stigma and Racial/Ethnic Identity

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

Jul. 13 | 12 - 1 p.m. PST

Mental health affects everyone. Yet, stigma—especially in communities of color—can prevent many of us from seeking support or acknowledging when we are not in a healthy place. Many of us have mustered up the courage to confide in someone about mental health struggles, only to be met with responses such as, “Focus on the positive” or “Just keep pushing through.” While well-intentioned, these messages further push us toward shame, silence, and avoiding getting help. Join this Gathering to discuss how mental health stigma in communities of color impact how we seek support and advocate for ourselves in the workplace.

This Gathering is intended for individuals that identify as people of color.

Navigating Imposter Syndrome

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

Even when we feel confident in our work, sometimes an old, familiar thought can creep back in: “I’m not really good enough to be here. It’s only a matter of time before I’m found out.” While worries like this can make us feel alone and insecure, the truth is that many people experience them—especially high achievers. This inner sense of self-doubt is known as imposter syndrome, and it can lead many of us to question our sense of belonging, our accomplishments, and our worth.

Join this Gathering to talk about the realities of navigate imposter syndrome. We will also discuss strategies for overcoming imposter syndrome and self-care practices to bring with you on your journey.

Working While Grieving

Jul. 12 | 12 – 1 p.m. PST

Jul. 18 | 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.

Advocating for all Abilities

Jul. 13 | 9 – 10 a.m. PST

Did you know the largest minority group in the world is people living with a disability? There are unique experiences and difficulties that come with living with a physical, mental, psychiatric, or cognitive disability. This includes enduring a long history of being pushed to the margins, silenced, and ignored. This makes it critical to have those with ability privilege be supporters and advocates, especially at work. Join us for this Gathering to talk with others about successes and lessons learned they have had on the path to advocating for those living with disabilities at work.

This Gathering is intended for anyone open to learning more about advocating for those living with disability in the workplace.

Women's Health: Mind, Body, and Soul Connection

Jul. 19 | 9 – 10 a.m. PST

Jul. 25 | 12 – 1 p.m. PST

The female body is a symbol of strength, beauty, protection, creation, and so much more. It also endures many changes and challenges over a lifetime. For example, hormonal shifts, infertility, pregnancy, and motherhood are just a few of the possible phases impacting the personal and professional lives of women. And, when you add the potential impact of certain women's health conditions and diagnoses, there's a lot to discuss. Join this Gathering to meet with other women and discuss how our physical health status impacts our mental health. We will also share ways to promote self-care, empowerment, and access to resources related to women's health.

This Gathering is intended for people who identify as women, including trans/nonbinary femme.

Parental Self-Care

Jul. 20 | 9 – 10 a.m. PST

Jul. 27 | 12 – 1 p.m. PST

“Take care of yourself.”

What does it look like in everyday life, especially when you're responsible for a child? Where can you find the time and space to take care of you? While it can feel impossible to make time for yourself as a parent, it is truly necessary for your health and well-being. It's essential to learn how to break through the internal and external barriers that make it hard for parents to make themselves a priority. In this Gathering, attendees will share some of the realistic challenges they face while prioritizing self-care as a parent. We will also discuss strategies for setting realistic self-care goals and implementing them into daily life.

This Gathering is intended for people in a parenting or caretaking role.

Disability Justice for All

Jul. 26 | 9 – 10 a.m. PST

Did you know the largest minority group in the world is people living with a disability? There are unique experiences and difficulties that come with living with a physical, mental, psychiatric, or cognitive disability, but one thing holds true for each of these groups—people are more than their disability or diagnosis. They are humans with complex lives and stories that are worth honoring and sharing. Yet, our society often minimizes this truth, causing people living with a disability to endure a long history of being pushed to the margins, silenced, and ignored. Join us for this Gathering to discuss relevant issues related to disability and how to increase safety, access, and inclusion in the workplace.

Surface Pressure: Managing Workplace Expectations

Jul. 31 | 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.

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