

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.

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.

Practicing Full Presence

Jun 4 | 12 - 12:30 p.m. PST

Jun 13 | 3 - 3:30 p.m. PST

Are you feeling overworked? Overstimulated? Perhaps there are so many things going on that you don't know where to start and just need a few minutes to just...be. If this sounds like you, this Gathering is the right place for you. Join this space to practice the art of being fully present in the moment. Pause your daily activities and to-do list to engage in a mindfulness meditation activity. Rather than spending most of this time talking with other attendees, you will be encouraged to embrace stillness and slowness for 30 minutes to reorient yourself and be more present throughout the rest of your day.

Navigating Impostor Syndrome

Jun 4 | 3 - 4 p.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 impostor 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 navigating impostor syndrome. We will also discuss strategies for overcoming impostor syndrome and self-care practices to bring with you on your journey.

Prioritizing Self-Care in Service Work

Jun 5 | 9 - 10 a.m. PST

We've heard it a million times before—"You can't pour from an empty cup." But how do you make time for a refill when you're constantly caring for others at work?

Taking care of ourselves is easier said than done, and both internal and external barriers can make it even harder. Ultimately, ignoring our own needs in service of others can lead to burnout, resentment, compassion fatigue, and more.

Join this Gathering to discuss the challenges we face with prioritizing self-care when our profession revolves around caring for others—including strategies for setting realistic goals and breaking distorted definitions of strength and weakness.

This Gathering is intended for those who work in caregiving or service-based professions.

LGBTQIA+ Identity: Language and Culture

Jun 5 | 3 - 4 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.

Managing Workplace Microaggressions: LGBTQIA+ Community

Jun 6 | 9 - 10 a.m. PST

The LGBTQIA+ community is filled with joy and vibrance. Yet, members of this community are also more likely to deal with workplace stressors like microaggressions. Having to navigate inaccurate assumptions about how we identify or behave, who we date, or even our qualifications can leave us feeling exhausted and frustrated. The regularity of these experiences can also add to our mental workload and make it difficult for us to concentrate or feel motivated at work.

Join this Gathering to talk with other LGBTQIA+ people about the impact of responding to and coping with workplace microaggressions. We'll also go over strategies to protect our energy and practice self-care.

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

Trauma-Informed Workspaces

Jun 6 | 12 - 1 p.m. PST

Jun 11 | 3 - 4 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.

Safety, Inclusion, and LGBTQIA+ Identity

Jun 11 | 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 12 | 12 - 1 p.m. PST

Strong. Self-sufficient. Rational. Unemotional.

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.

Combating Shame in the LGBTQIA+ Community

Jun 12 | 3 - 4 p.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.

Juneteenth, Music, and Black American Resilience

Jun 13 | 9 - 10 a.m. PST

Jun 18 | 12 - 1 p.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 18 | 9 - 10 a.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.

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