

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 3 | 9am - 10am Pacific

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 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.

Coping with Critical World Events: Women's Rights in America

May 5 | 9am - 10am PT Pacific

Without a doubt, women are a critical part of the workforce and have made significant contributions to our societies, economies and workplaces. While this often-marginalized group has fought a long battle for equality in America, they continue to face institutional challenges that imply that women do not have the capacity to fulfill prominent roles or make decisions for themselves. Doubts like these can start to negatively impact a woman's sense of self and morale. Join this Gathering to connect with others to discuss the impact of recent events and legislation related to women's rights and access to leadership positions. This Gathering is intended for people who identify as women or female.

Mental Health is for Everyone

May 11 | 8am - 9am Pacific

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 also continuously be thinking about how to reduce shame and stigma, 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.

A Discussion of South Asian Experiences in America

May 18 | 1pm - 2pm Pacific

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.

A Discussion of the Asian American/Pacific Islander Experience

May 20 | 9am - 10am Pacific

"Shouldn't this math problem be easy for people like you?"

"Your parents are still together, right?"

"Where are you from - really?"

If you identify as part of the Asian American or Pacific Islander (AA/PI) community, you've likely heard at least one of these questions before. And whether it was said on purpose or in jest, microaggressions like these can undermine many struggles that you have in your life; and in particular, with your mental health.

In addition, the COVID-19 pandemic has further propagated Anti-Asian hate from politically-charged Americans. With a surge of violent attacks in the US, this period of time has been particularly traumatizing for AA/PI community in the United States.

This Gathering will offer a space for people to talk about the unique experiences faced by those in the AA/PI community in the workplace. We will also discuss strategies for embracing cultural identity and tips for how to manage race-related stress so that you can practice self-care and prioritize your mental health.

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

Black Lives Matter: Endurance Along the Journey Toward Racial Justice

May 24 | 9am - 10am Pacific

The Black Lives Matter movement that gained momentum in 2020 impacted many aspects of American life, one of them being 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 these efforts? How have the safety, belonging, and inclusion of Black Americans improved? In this Gathering, two years after the death of George Floyd, 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 26 | 10am - 11am Pacific

"Thank you for your service". Undoubtedly, you've heard that phrase before. It's typically used by people to thank veterans of the U.S. Armed Forces. And while veterans are a tough and resilient bunch, they can have a tough 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.