

CIRCLES BY MODERN HEALTH

Live community sessions led by therapists & coaches

While each of our mental health journeys is unique, it can help to know that we're not alone in our experiences and struggles. Through your Modern Health benefit, you have **unlimited access to Circles** – live community sessions, led by therapists and coaches, designed to help us learn, grow, and connect on topics that impact our day-to-day.

 **Find a safe space**

An inclusive environment to uplift and support one another

 **Choose what works best for you**

Workshops, listen & learns, and discussions on topics that matter to you

 **Learn new skills and take action**

Concepts and tools that you can put into practice right away

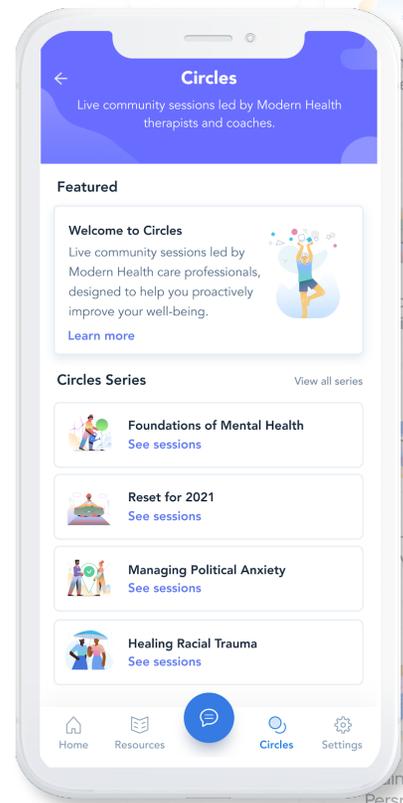
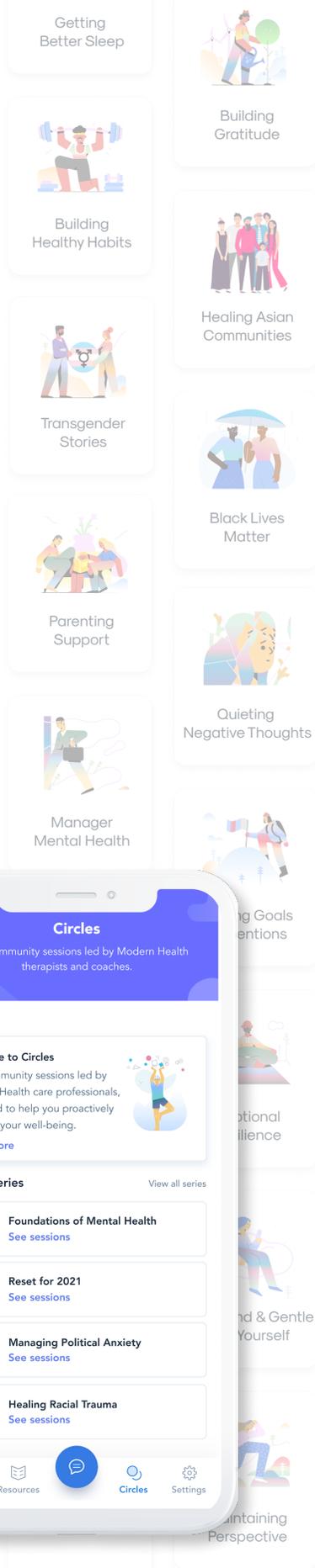
 **Access top therapists and coaches**

Led by care professionals who specialize in the areas they support

 **“This is such a great resource and I am so grateful that this exists. I've been to a few Circles now—Healing Circles for the Black Community, Celebrating Black Greatness, and Race & Mental Health—and each time I come away feeling refreshed and renewed by being in a safe space where I am understood and seen.**

How do I attend a Circle?

You can view upcoming Circles through the **Circles tab in the Modern Health mobile or web app**. To sign into Modern Health, scan the QR code below or go to my.modernhealth.com. Use Company Code: ACWA JPIA



Click [here](#) or the links below to explore Circle categories and find upcoming sessions:



[Foundations of Mental Health](#)

A series of therapist-led Circles designed to give you the mental health skills you need to be more resilient at home, work, and in your personal relationships.



[Exploring Relationship to Self](#)

Our relationship with ourselves is one of the most important relationships in our lives, but many of us find it hard to prioritize. Join these sessions to explore your own relationship with yourself, and how no one self-relationship is the same.



[Navigating Global Crises](#)

A series of therapist-led Circles designed in response to global crises and events. We understand that the affairs of the world can bring up strong emotions, so we offer these spaces for processing, learning, and healing.



[Healing Black Communities](#)

A series of therapist-led Circles designed as healing and uplifting spaces. The series includes intimate spaces for Black communities to share their stories, as well as educational and celebratory sessions open to Black communities and their allies.



[Honoring LGBTQ+ Voices](#)

In this series, we highlight and celebrate the history and achievements of the LGBTQ+ community and the importance of the civil rights movements in progressing rights for all. These Circles will show you what good allyship looks like, as well as how to support LGBTQ+ individuals and their families.



[Healing Asian Communities](#)

A series of therapist-led Circles, designed to address anti-Asian racism that has grown since the start of the Coronavirus pandemic. The series includes intimate spaces for Asian communities to share their stories, as well as more educational-based sessions open to allies.



[Healing Latinx Communities](#)

A series of therapist-led Circles designed to unite, learn, share and heal. This series includes intimate spaces for Latinx communities to share stories, support, and connect with other Latinx or Hispanic identifying individuals.