

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



## Learn new skills and take action

Concepts and tools that you can put into practice right away



## Choose what works best for you

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



## 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. Sign into Modern Health, scan the QR code or go to [my.modernhealth.com](https://my.modernhealth.com).



### Modern Health is your mental wellness benefit.

Access to personalized 1:1, group, and self-serve resources for your well-being, so that you can be the best version of yourself — at home, at work, and in your relationships. Scan this QR to get started. Or visit [my.modernhealth.com](https://my.modernhealth.com).

