






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.

