

BIPOC Mental Health Awareness Month

July is BIPOC Mental Health Month—a time to recognize and address the unique mental health challenges faced by Black, Indigenous, and People of Color. Founded in 2008 and inspired by Bebe Moore Campbell's advocacy, this month highlights the impact of systemic disparities and the significance of culturally responsive care. As Campbell powerfully stated: *"We need a national campaign to destigmatize mental illness, especially one targeted toward African*

Americans. The message must go on billboards and in radio and TV public service announcements. It must be preached from pulpits and discussed in community forums. It's not shameful to have a mental illness. Get treatment. Recovery is possible."

[Mental Health America: BIPOC](#)

[4 Easy Mental Health Self-Care Tips for the BIPOC Community](#)

Goodwin's Motion to Move Peloton Challenge

Clock 400 minutes and make your case for summer fitness! Summer's in session—and so is your chance to shine! Join our "Motion to Move" Peloton challenge by logging 400 minutes of movement in the Peloton app throughout the month of July, you'll earn a badge for your collection. Whether you ride, run, or row, every minute counts toward your case for better well-being.

Ready to make your motion? Let's move! Click [here](#) for instructions on how to join the challenge.

The challenge will only be available to eligible employees who have enrolled in the benefit. Click [here](#) to get started.

Participant who complete 400 minutes in July will be entered into a raffle prize drawing!

Behavioral Health Consultant Availability

Schedule one-on-one time with a Behavioral Health Consultant to discuss any life challenge or guidance of topics such as, work/personal relationships, family, parenting, anxiety, and more.

- Andrew – available every Tuesday
- Leslie – available every Wednesday
- Tess - July 9
- Stephanie – July 10
- Shirley – July 18
- Leighna – July 23

Schedule your consultation [here](#).

CARROT

Carrot

Carrot is available to eligible Goodwin partners and employees, offering inclusive fertility hormonal health, and family-forming benefits (subject to local rules and regulations). This includes support for fertility health, assisted reproduction, elective preservation, adoption, pregnancy and postpartum, menopause and low testosterone, and more. Click [here](#) to learn more.

Webinar: Getting Started with Egg Freezing and IVF – Everything You Need to Know

Carrot experts will share how to prepare for egg retrieval, what to expect when it comes to procedures and medications, other fertility preservation options, the IVF process, and how to access personalized support through Carrot.

Click [here](#) to register.

July 24th at 12:00 p.m. ET | 9:00 a.m. PT



Upcoming Events

Explore topics this month through webinars, meditations, and workshops hosted by our vendors. Highlighted offerings include:

- Bright Horizons: Senior Summer – Navigating the College Transition
- Cleo: Understanding Neurodivergence & Finding Support
- Headspace Meditation: Addressing Anxiety
- Health Advocate: Maximizing Your Life by Minimizing Worry
- One Medical: Social Well-Being
- Wellthy: Caring From Near or Far – Coordinating Support at a Distance

Click [here](#) to see all events.

The Wellness Brief



“To me, well-being means feeling good physically, mentally, and emotionally. I incorporate it by walking, stretching, and playing with my daughter.”

Rondette Amoy Smith, Managing Director, Opportunity, Inclusion, and Belonging

Click [here](#) to submit your wellness tips at work to be featured in our You@Goodwin newsletter

YOU@GOODWIN	Benefits Event Calendar
benefitsdepartment@goodwinlaw.com	617-570-1800

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