

## LGBTQ+ Well-Being

June is Pride Month and is a time to celebrate identity and progress as well as reflect on the unique challenges LGBTQ+ individuals face when it comes to health and well-being. As our world continues to grow and is introduced to a wider range of identities, many of us find ourselves asking how we can be better allies. Whether you identify as part of the community, or not, recognizing the distinct health care needs and experiences of LGBTQ+ individuals is essential to breaking down barriers and improving access to care. A report from

[Kaiser Family Foundation](#) (KFF) provides an analysis on LGBTQ+ people's health status and access to care. It's important to be aware of health disparities, such as access to and use of care, insurance coverage, preventive and sexual health services, mental health, and overall health status to better serve and create a supportive environment for our community.

Our Pride@Goodwin Local Council Leaders will host various events throughout June and July.

Click [here](#) for Pride Month Resources.

## Men's Health Month

Each year over 6 million men experience depression and yet many go undiagnosed. Men are less likely to seek mental health support, but by reducing the stigma and encouraging open conversations, we can help more men access the care they deserve.

Click [here](#) for Men's Health Resources

## Summer Resources for Parents

As the school year comes to an end, we understand that many parents are looking for ways to keep their children engaged and cared for during the summer months. Goodwin offers a variety of resources to help you plan a fun and enriching summer for your kids.

Click [here](#) to Summer Resources for Parents.



### 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
- Stephanie – June 19<sup>th</sup>
- Tess – June 20<sup>th</sup>
- Shirley – June 20<sup>th</sup>
- Leighna – June 25<sup>th</sup>

Schedule your consultation [here](#).



## Bright Horizons

Goodwin partners and employees have access to many different family support benefits through Bright Horizons, including childcare, back-up childcare and adult/eldercare, tutoring and test prep, college admissions support, special needs resources, pet care, and much more. Click [here](#) for program details.

### Featured Webinar Event: “The Power of Play for Kids”

Play is what childhood is all about. And for a good reason – it offers so many developmental benefits and builds essential skills your child will need throughout their life. Hear more in this webinar.

Wednesday, June 4<sup>th</sup> at 12:00 p.m. ET | 9:00 a.m. PT.

Click [here](#) to register.



## Upcoming Events

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

- BHS Coaching Session: Peaceful Pause Relaxation Room
- Headspace: Embracing Authenticity Meditation
- Health Advocate: Get a Great Night’s Sleep! Successful Tips and Tricks
- LCLMA: Money Matters – Financial Wellness for Lawyers
- Wellthy: Navigating Dementia – Supporting Brain Health and Meaningful Activities

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

## The Wellness Brief



*“Practicing gratitude helps in my connections with others and in dealing with adversity and challenges in my professional and/or personal life. Even taking a short walk and being present can help me remain positive and help in my overall well-being”*

**Ivy Koch, Director, Benefits**

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

YOU@GOODWIN	<a href="#">Benefits Event Calendar</a>
<a href="mailto:benefitsdepartment@goodwinlaw.com">benefitsdepartment@goodwinlaw.com</a>	617-570-1800

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