# Free topical webinars

Watch as many free, pre-recorded sessions on our most popular topics as you like throughout the year!

**Click to Register** 

Or scan the QR code



### **January**

### **Healthy habits**

New Year's resolutions

### **February**

### Resiliency

Building resilience for optimal performance

### March

#### **Addiction awareness**

Understanding addiction

# **April**

#### **Empathy**

Compassion fatigue

# May

#### Mental health 101

Mental Health First Aid and R U OK?: overview for the workplace

### **June**

### **Understanding diversity**

Diversity, equity, inclusion and belonging: what they really mean

# **July**

#### **Workplace stress**

Dealing with difficult people

# **August**

#### School-life balance

Navigating return to school

# September

#### **Grief and loss**

Coping with grief

### **October**

#### **Depression**

Understanding depression

### **November**

#### Holiday mental health

Holiday survival guide

### **December**

#### **Boundaries**

Healthy workplace relationships: developing supportive connections