

# Free Topical Webinar Training Opportunities

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

\*The recordings for every month will be available at the beginning of January.\*

## **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:**

**Understanding 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**

**Support for everyday issues. Every day.**