

JAN - JUN 2022

# Webinar Schedule

We are delighted to share the next 6 months of Thrive webinars with you!

Join us for our upcoming sessions hosted by our fantastic team and expert guest speakers with brand-new, practical and insightful webinars. Each live webinar will finish with an open Q&A session at the end, giving you the opportunity to get your questions answered.

Please note, all times listed below are BST.

## JANUARY 2022

Addiction



TUE 11 12 PM

Finding acceptance and happiness with  
mindfulness and gratitude

MON 17 10 AM

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## FEBRUARY 2022

Line managers workshop on mental health in the  
workplace

THU 03 10 AM

Eating disorders/ supporting a loved one with an  
eating disorder

WED 09 12 PM

Engaging children with mental wellbeing /  
promoting wellbeing in your schools

THU 10 5 PM

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## MARCH 2022

Self injury awareness

TUE 01 12 PM

Maternal mental health panel webinar

FRI 25 12 PM

Diversity and inclusion in the workplace

THU 31 10 AM

Register on [eventbrite](#) to get your free tickets!

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## APRIL 2022

Understanding autism



FRI 01



12 PM

## MAY 2022

Postnatal depression

THU 05

12 PM

Thrive's live meditation session

FRI 20

12 PM

## JUNE 2022

Supporting a child with a mental health problem

WED 01

11 AM

Diversity and inclusion in the workplace

TUE 07

12 PM

Switching off for summer

WED 29

5 PM

REGISTER TODAY!



SCAN ME

Register now to get  
your free tickets!

Scan the QR code or click the  
button above.