

LATEST NEWS: From Thursday 19th March 2020, Thrive started offering webinars tailored to supporting people during the current COVID-19 situation.

The webinars are hosted by two psychology/psychiatry experts from Thrive. They aim to provide self-help tools and tips to help address some of our concerns and anxieties. Webinars takes the form of discussion between the two experts. There will also be a live Q&A at the end for any participant to ask questions. The webinar will be recorded so that anyone who can't take part can catch up later.

Interested? The link to sign up to the webinars via Eventbrite is here:

<https://www.eventbrite.co.uk/e/thrive-our-latest-webinar-series-tickets-100119056794>

The recorded webinars are being hosted on the Thrive YouTube channel. You can subscribe to this under a playlist called 'Live Webinars' here: <https://www.youtube.com/channel/UCxhq8gE4Lte-dDf60F2PXYw/>

Current recordings are available for the following useful topics:

- Anxiety around unsettling times
- Health and Anxiety during a pandemic
- Dealing with remote working and social distancing
- How to cope better with life changes and traumatic events
- Stress Workshop