

# Care first

## Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar	Mobile Registration
<b>Monday</b> DECEMBER 19 <sup>th</sup> , 2022	Service awareness	Care first cCBT	<b>'Care first cCBT'</b> <b>TIME:</b> 12pm-12.30pm <b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/1825864829739828062">https://attendee.gotowebinar.com/register/1825864829739828062</a> This webinar provides further information on Care first's own modular cCBT (computerised CBT) course.	
<b>Wednesday</b> DECEMBER 21 <sup>st</sup> , 2022	Care first awareness	How Care first can support you	<b>'How Care first can support you'</b> <b>TIME:</b> 12pm-12.30pm <b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/3309922952732699743">https://attendee.gotowebinar.com/register/3309922952732699743</a> A webinar for awareness and how to access the EAP service provided by Care first.	
<b>Friday</b> DECEMBER 23 <sup>rd</sup> , 2022	Festive period	Alcohol Awareness	<b>'Alcohol Awareness'</b> <b>TIME:</b> 12pm-12.30pm <b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/6359216142229458776">https://attendee.gotowebinar.com/register/6359216142229458776</a> A light touch session on alcohol awareness for the Christmas period, the impact having too much alcohol can have on your mental health and understand what you can do to limit your alcohol intake.	

Please be assured that registrant information is held confidentially and your organisation is not notified of your attendance/non-attendance to these webinars.

Please note that these themes and events may be subject to change

Please be aware software 'GoToWebinar' is needed to join/view these webinars and may need to be downloaded – There could be restrictions through your organisation