




Care first

Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar	Mobile Registration
Monday - CW JANUARY 16 th , 2023	Mental Health and Wellbeing	Blue Monday	<p>'Blue Monday' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/2537636981266603353 This webinar walks you through the lifestyle website, with details and demonstrations of the tools on offer and how to access it.</p>	
Wednesday- CD JANUARY 18 th , 2023	Care first Awareness	How Care first can support you	<p>'How Care first can support you' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/5653187840966073691 A webinar for awareness and how to access the EAP service provided by Care first.</p>	
Friday – LC JANUARY 20 th , 2023	Service Awareness	What is short term focused counselling	<p>'What is short term solution focused counselling' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/8639913321283883613 This webinar provides further information on short term solution focussed counselling and 'in the moment' support.</p>	

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