

Care first

Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar	Mobile Registration
Monday January 30 th , 2023	Mental Health	Time to Talk	<p>'Time to Talk' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/7658158289486174043 This webinar highlights how talking over how we are feeling about certain situations and life events can improve our overall wellbeing. In association with Time to Talk Day.</p>	
Wednesday February 1 st , 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/7670559681117957466 A webinar for awareness and how to access the EAP service provided by Care first.</p>	
Friday February 3 rd , 2023	Service awareness	What to expect when you call	<p>'Your counselling call to Care first' TIME: 12pm – 12.30pm LINK: https://attendee.gotowebinar.com/register/4764938576530785623 This webinar provides an overview of what you can expect when making a call to the counselling help line</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