




Care first

Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar	Mobile Registration
Monday March 13 th , 2023	Service Awareness	What is short term solution focused counselling	<p>'What is short term solution focused counselling'</p> <p>TIME: 12pm-12.30pm</p> <p>LINK: https://attendee.gotowebinar.com/register/7633196077955252318</p> <p>This webinar provides further information on short term solution focussed counselling and 'in the moment' support.</p>	
Wednesday March 15 th , 2023	Care first Awareness	How Care first can support you	<p>'How Care first can support you'</p> <p>TIME: 12pm-12.30pm</p> <p>LINK: https://attendee.gotowebinar.com/register/4434337421240922976</p> <p>A webinar for awareness and how to access the EAP service provided by Care first.</p>	
Friday March 17 th , 2023	General wellbeing	Top tips for a good night's sleep	<p>'Top tips for a good night's sleep- In line with World Sleep day'</p> <p>TIME: 12pm – 12.30pm</p> <p>LINK: https://attendee.gotowebinar.com/register/2615611048464094048</p> <p>A webinar detailing how a good night's sleep can improve your overall wellbeing whilst offering tips how you can sleep better.</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