

# Care first

## Weekly Publicity Calendar

| Weekday  | Daily Theme          | Article   | Webinar  | Mobile Registration   |
|--|----------------------|---|--|---|
| <b>Monday</b><br>February 20 <sup>th</sup> , 2023    | Mental Health        | Pets and Mental Health,<br>What are the benefits? | <p>'Pets and Mental Health, What are the benefits?'</p> <p><b>TIME:</b> 12pm-12.30pm</p> <p><b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/6487453284234879324">https://attendee.gotowebinar.com/register/6487453284234879324</a></p> <p>This webinar provides details of the support Care first can offer that maybe relevant following a traumatic incident in the work place</p> |    |
| <b>Wednesday</b><br>February 22 <sup>nd</sup> , 2023 | Care first awareness | How Care first can support you                    | <p>'How Care first can support you'</p> <p><b>TIME:</b> 12pm-12.30pm</p> <p><b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/6626263328747710559">https://attendee.gotowebinar.com/register/6626263328747710559</a></p> <p>A webinar for awareness and how to access the EAP service provided by Care first.</p>  |   |
| <b>Friday</b><br>February 24 <sup>th</sup> , 2023    | Service Awareness    | Care first - cCBT                                 | <p>'Care first- cCBT'</p> <p><b>TIME:</b> 12pm-12.30pm</p> <p><b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/2055229553734370906">https://attendee.gotowebinar.com/register/2055229553734370906</a></p> <p>This webinar provides further information on Care first's own modular cCBT (computerised CBT) course.</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