

Weekday	Daily Theme	Article	Webinar	Mobile Registration
<b>Monday</b> April 24 <sup>th</sup> , 2023	Service Awareness	Care first - cCBT	<p>'Care first - cCBT' TIME: 12pm-12.30pm LINK: <a href="https://attendee.gotowebinar.com/register/1435104996930678368">https://attendee.gotowebinar.com/register/1435104996930678368</a> This webinar provides further information on Care first's own modular cCBT (computerised CBT) course.</p>	
<b>Wednesday</b> April 26 <sup>th</sup> , 2023	Care first awareness	How Care first can support you	<p>'How Care first can support you' TIME: 12pm-12.30pm LINK: <a href="https://attendee.gotowebinar.com/register/6155924141464458078">https://attendee.gotowebinar.com/register/6155924141464458078</a> A webinar for awareness and how to access the EAP service provided by Care first.</p>	
<b>Friday</b> April 28 <sup>th</sup> , 2023	Stress Awareness Month	Workplace Stress	<p>'Workplace Stress' TIME: 12pm-12.30pm LINK: <a href="https://attendee.gotowebinar.com/register/4016225035790966873">https://attendee.gotowebinar.com/register/4016225035790966873</a> This webinar gives advice on how you can recognise the signs you may be stressed at work and some steps you can take to begin to control it.</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