




Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar	Mobile Registration
Monday July 24 th , 2023	Service Awareness	What is Short term Solution Focused Counselling	‘What is short term solution focused counselling?’ TIME: 12pm-12.30pm Link: https://attendee.gotowebinar.com/register/6389246008472511829 This webinar provides further information on short term solution focussed counselling and 'in the moment' support.	
Wednesday July 26 th , 2023	Care first Awareness	How Care first Can Support you	‘How Care first can support you’ TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/2432683102707298397 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Friday July 28 th , 2023	Mental Wellbeing	Managing Stress and Pressure	‘Financial Wellbeing and Debt Advice from guest speaker Antony Price from PayPlan’ TIME: 12pm – 12.30pm LINK: https://attendee.gotowebinar.com/register/8449399844397908309 PayPlan offer free debt advice and a wide range of debt solutions. This webinar focuses on debt and financial wellbeing.	

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

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Monday July 17 th , 2023	Service Awareness	Care first Lifestyle	'Care first Lifestyle' TIME: 12pm-12.30pm Link: https://attendee.gotowebinar.com/register/6807755318193525595 This webinar walks you through the lifestyle website, with details and demonstrations of the tools on offer and how to access it.	
Wednesday July 19 th , 2023	Care first Awareness	How Care first Can Support you	'How Care first can support you' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/583487063587486040 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Friday July 21 st , 2023	Mental Wellbeing	Managing Stress and Pressure	'Managing Stress and Pressure' TIME: 12pm – 12.30pm LINK: https://attendee.gotowebinar.com/register/3732146417376078176 This webinar explores techniques and strategies to help manage stress and pressure to reduce the affect they can have on our day to day activities.	

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