



## Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar	Mobile Registration
<b>Monday</b> August 7 <sup>th</sup> , 2023	Service Awareness	What To Expect When You Call Care first	‘Your Counselling Call to Care first’ <b>TIME:</b> 12pm-12.30pm <b>Link:</b> <a href="https://attendee.gotowebinar.com/register/2886954028614167135">https://attendee.gotowebinar.com/register/2886954028614167135</a> This webinar provides an overview of what you can expect when making a call to the counselling help line.	
<b>Wednesday</b> August 9 <sup>th</sup> , 2023	Care first Awareness	How Care first Can Support you	‘How Care first can support you’ <b>TIME:</b> 12pm-12.30pm <b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/1362163397842323541">https://attendee.gotowebinar.com/register/1362163397842323541</a> A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
<b>Friday</b> August 11 <sup>th</sup> , 2023	Mental Wellbeing	Never Give Up	‘Never Give Up’ <b>TIME:</b> 12pm – 12.30pm <b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/656263738670614366">https://attendee.gotowebinar.com/register/656263738670614366</a> This webinar is about motivating and inspiring ourselves and others to never give up, while understanding how we can support those that might find it difficult.	

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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<b>Monday</b> August 14 <sup>th</sup> , 2023	Service Awareness	Practical Information and Advice through Care first	‘Practical Information and Advice through Care first’ <b>TIME:</b> 12pm-12.30pm <b>Link:</b> <a href="https://attendee.gotowebinar.com/register/8868687610496995421">https://attendee.gotowebinar.com/register/8868687610496995421</a> The webinar provides detail about who our Information Specialists are and their role as part of your EAP service.	
<b>Wednesday</b> August 16 <sup>th</sup> , 2023	Care first Awareness	How Care first Can Support you	‘How Care first can support you’ <b>TIME:</b> 12pm-12.30pm <b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/2853801554166913375">https://attendee.gotowebinar.com/register/2853801554166913375</a> A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
<b>Friday</b> August 18 <sup>th</sup> , 2023	Mental and Physical Wellbeing	Tips for a Good Night’s Sleep	‘Tips for a Good Night’s Sleep’ <b>TIME:</b> 12pm – 12.30pm <b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/6506580392267038299">https://attendee.gotowebinar.com/register/6506580392267038299</a> A webinar detailing how a good night's sleep can improve your overall wellbeing, whilst offering tips for how you could improve your sleep.	

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<b>Monday</b> August 21 <sup>st</sup> , 2023	Grief	Grief Awareness	'Grief Awareness' <b>TIME:</b> 12pm-12.30pm <b>Link:</b> <a href="https://attendee.gotowebinar.com/register/7611290511176848474">https://attendee.gotowebinar.com/register/7611290511176848474</a> A light touch session on the impact grief can have on us all, offering tips on how you can begin to manage grief with the support available from Care first, as well as support available from others.	
<b>Wednesday</b> August 23 <sup>rd</sup> , 2023	Care first Awareness	How Care first Can Support you	'How Care first Can Support You' <b>TIME:</b> 12pm-12.30pm <b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/3718188118081421144">https://attendee.gotowebinar.com/register/3718188118081421144</a> A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
<b>Friday</b> August 25 <sup>th</sup> , 2023	Service Awareness	Care first Critical Incident Support	'Care first Critical Incident Support' <b>TIME:</b> 12pm – 12.30pm <b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/3419094567007325269">https://attendee.gotowebinar.com/register/3419094567007325269</a> This webinar provides details of the support Care first can offer that might be relevant following a traumatic incident in the work place.	

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