

Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar	Mobile Registration
Monday September 18 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/2612084918561669982 This webinar provides further information on short term solution focused counselling and 'in the moment' support provided by Care first.	
Wednesday September 20 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/6592600685066268766 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Friday September 22 nd , 2023	Mental Wellbeing	Coping with Stress At Work	'Coping with Stress At Work' TIME: 12pm – 12.30pm LINK: https://attendee.gotowebinar.com/register/1564306412410978909 In line with International Week of Happiness at Work, this webinar provides tips to help cope with stress in the workplace to improve work related mental 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 September 25 th , 2023	Service Awareness	Care first Management and MHFA Support	'Care first Management and MHFA Support' TIME: 12pm-12.30pm Link: https://attendee.gotowebinar.com/register/2414865518178287195 This webinar provides an overview of the support available for managers and Mental Health First Aiders of organisations through the EAP.	
Wednesday September 27 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/4374089685775029336 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Friday September 29 th , 2023	Mental and Physical Wellbeing	Sober October	'Sober October' TIME: 12pm – 12.30pm LINK: https://attendee.gotowebinar.com/register/7912602877447297632 In line with International Go Sober for October, this webinar provides tips to help cope with the challenge and benefits of going sober for the month.	

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Monday October 2 nd , 2023	Service Awareness	What to expect when you call Care first	‘Your Counselling Call to Care first’ TIME: 12pm-12.30pm Link: https://attendee.gotowebinar.com/register/3513482143639982937 This webinar provides an overview of what you can expect when making a call to the counselling help line.	
Wednesday October 4 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/5437536232783105887 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Friday October 6 th , 2023	Mental and Physical Wellbeing	Sober October	‘A Smile Speaks a Thousand Words’ TIME: 12pm – 12.30pm LINK: https://attendee.gotowebinar.com/register/1187678600359996245 In line with World Smile Day on 6th October, this webinar provides information on the impact of happiness on our wellbeing but also the positive impact for those around us.	

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