








Weekly Publicity Calendar

Please be assured that registrant information is held confidentially and your organisation is not notified of your attendance/non-attendance to these webinars.

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.

Weekday	Daily Theme	Article	Webinar	Mobile Registration
Monday October 30 th , 2023	Service Awareness	Care first Critical Incident Support	'Care first Lifestyle – Your Digital Well-being Solution' TIME: 12pm-12.30pm Link: https://attendee.gotowebinar.com/register/8735794039782230613 This webinar walks you through the Lifestyle website, with details and demonstrations of the tools on offer and how to access it.	
Wednesday November 1 st , 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/8269966147465943897 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Thursday November 2 nd , 2023	Menopause	Menopause in the Workplace	'Menopause in the Workplace' TIME: 12pm – 12:30pm LINK: https://attendee.gotowebinar.com/register/8800261699918555482 This webinar is in line with World Menopause Awareness Day, providing an overview to help raise awareness of the Menopause, and information on how Care first can support with concerns relating to the menopause.	
Friday November 3 rd , 2023	Mental Wellbeing	Stress Awareness	'Stress Awareness' TIME: 12pm – 12.30pm LINK: https://attendee.gotowebinar.com/register/6017034936315304025 This webinar helps to raise awareness about Stress, in line with International Stress Awareness Week. We provide an overview of stress, touching on the impact on our mental health, and look at ways in which we can monitor our stress.	

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Monday November 6 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/2716253750882761050 This webinar provides further information on short term solution focused counselling and 'in the moment' support provided by Care first.	
Wednesday November 8 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/5414014381286799959 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Friday November 10 th , 2023	Men's Mental Health	November – Men's Mental Health Awareness	'November – Men's Mental Health Awareness' TIME: 12pm – 12.30pm LINK: https://attendee.gotowebinar.com/register/3769559502014994008 This webinar is in line with Movember and aims to raise awareness about Men's Mental Health and the support available through Care first.	

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Monday November 13 th , 2023	Mental Health	Kindness and Mental Health	‘Kindness and Mental Health – In line with World Kindness Day’ TIME: 12pm-12.30pm Link: https://attendee.gotowebinar.com/register/4280738950638660693 This webinar is in line with World Kindness Day and aims to discuss the importance of kindness on our mental health.	
Wednesday November 15 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/3265223414114885472 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Friday November 17 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/1745360794498860635 This webinar provides an overview of the support available through the EAP for managers and Mental Health First Aiders of organisations.	

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