Care first
Part of PRIORY

Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar	Mobile Registration
Monday December 4th, 2023	Service Awareness	Care first Critical Incident Support	'Care first Critical Incident Support' **TIME:** 12pm-12.30pm **Link:** https://attendee.gotowebinar.com/register/8551180540691270234 This webinar provides details of the support Care first can offer that might be relevant following a traumatic incident in the work place.	
Wednesday December 6th, 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/5370705718400414558 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Friday December 8th, 2023	Mental Health	Hybrid Working	'Navigating Hybrid Working' **TIME:** 12pm – 12.30pm **LINK:** https://attendee.gotowebinar.com/register/3072148073247778652 This webinar provides tips on how to navigate hybrid working, and discusses the importance of keeping a routine when working from home.	

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 December 11th, 2023	Service Awareness	Care first cCBT	'Understanding Care first cCBT' **TIME:** 12pm-12.30pm **Link:** https://attendee.gotowebinar.com/register/7163825565011751512 This webinar provides further information on Care first's own modular cCBT (computerised Cognitive Behavioural Therapy) course.	
Wednesday December 13th, 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/8322586575918736213 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Friday December 15th, 2023	Physical and Mental Health	Keeping Active at Christmas	'Keeping Active at Christmas' **TIME:** 12pm – 12.30pm **LINK:** https://attendee.gotowebinar.com/register/358932707543194975 A light touch session on how you can stay active over Christmas and the impact exercise can have on stress, depression and anxiety.	

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Monday December 18th, 2023	Service Awareness	Care first Lifestyle	'Care first Lifestyle – Your Digital Wellbeing Solution' **TIME:** 12pm-12.30pm **Link:** https://attendee.gotowebinar.com/register/4530820672131647833 This webinar walks you through the Lifestyle website, with details and demonstrations of the tools on offer and how to access it.	
Wednesday December 20th, 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/3611370566053532759 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Friday December 22nd, 2023	Physical and Mental Health	Seasonal Joy	'Seasonal Joy' **TIME:** 12pm – 12.30pm **LINK:** https://attendee.gotowebinar.com/register/5873799358686075990 A light touch session on supporting your mental health over the festive season.	

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