




Care first Weekly Publicity Calendar

Day/date/time	Daily Theme	Article	Webinar	Join
<p>Monday February 19th, 2024 12pm-12.30pm</p>	<p>Service Awareness</p>	<p>Care first Lifestyle – Your Digital Wellbeing Solution</p>	<p>LINK: https://attendee.gotowebinar.com/register/7673677904456894560</p> <p>This webinar walks you through the Lifestyle website, with details and demonstrations of the tools on offer and how to access it.</p>	
<p>Wednesday February 21st, 2024 12pm-12.30pm</p>	<p>Care first Awareness</p>	<p>How Care first Can Support you</p>	<p>LINK: https://attendee.gotowebinar.com/register/4073837252699560541</p> <p>A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.</p>	
<p>Friday February 23rd, 2024 12pm-12.30pm</p>	<p>Mental Health</p>	<p>The Benefits of Being Outdoors</p>	<p>LINK: https://attendee.gotowebinar.com/register/5334588962154393944</p> <p>This webinar explores the positive impact spending time outdoors has on our mental health.</p>	




'GoToWebinar' software is needed to join/view these webinars and may need to be downloaded – there could be restrictions through your organisation.

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

Note that these themes and events may be subject to change without notice.



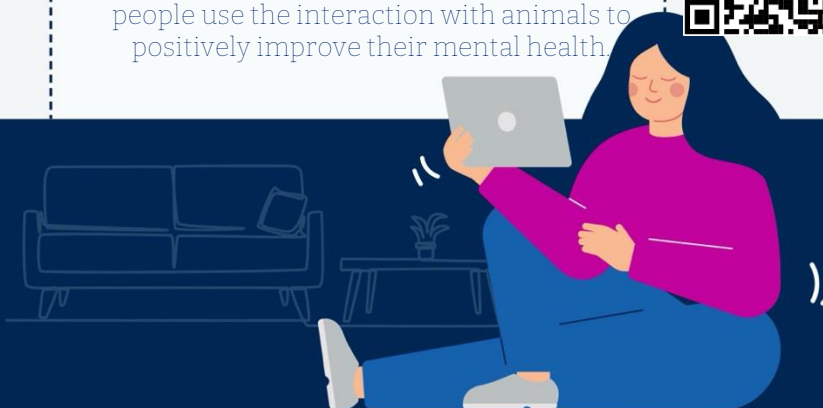
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Monday February 26 th , 2024 12pm-12.30pm	Service Awareness	What is Short Term Solution Focused Counselling	LINK: https://attendee.gotowebinar.com/register/7673677904456894560 This webinar provides further information on short term solution focused counselling and 'in the moment' support.	
Wednesday February 28 th , 2024 12pm-12.30pm	Care first Awareness	How Care first Can Support you	LINK: https://attendee.gotowebinar.com/register/5534537350883379799 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Friday March 1 st , 2024 12pm-12.30pm	Mental Health	Pets and Mental Health – What are the Benefits?	LINK: https://attendee.gotowebinar.com/register/5812866624786795611 This webinar provides details how and why people use the interaction with animals to positively improve their mental health.	




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Monday March 4 th , 2024 12pm-12.30pm	Service Awareness	Care first Management and MHFA Support	<p>LINK: https://attendee.gotowebinar.com/register/2891309198821179483</p> <p>This webinar provides an overview of the support available through the EAP for managers and Mental Health First Aiders of organisations.</p>	
Wednesday March 6 th , 2024 12pm-12.30pm	Care first Awareness	How Care first Can Support you	<p>LINK: https://attendee.gotowebinar.com/register/7250362629581218646</p> <p>A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.</p>	
Friday March 8 th , 2024 12pm-12.30pm	Mental Health	International Women's Day	<p>LINK: https://attendee.gotowebinar.com/register/6586253208355640154</p> <p>In line with this year's theme 'Inspire Inclusion', this webinar discusses inspiring others to understand and value women's inclusions, and the impact and importance of International Women's Day on our mental health.</p>	


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<p>Monday March 11th, 2024 12pm-12.30pm</p>	<p>Service Awareness</p>	<p>What to expect when you call Care first</p>	<p>LINK: https://attendee.gotowebinar.com/register/5580159387123185504</p> <p>This webinar provides an overview of what you can expect when making a call to the counselling help line provided by Care first.</p>	
<p>Wednesday March 13th, 2024 12pm-12.30pm</p>	<p>World Sleep Day</p>	<p>Sleep and anxiety, in line with World Sleep Day</p>	<p>LINK: https://attendee.gotowebinar.com/register/538454371113566039</p> <p>A webinar detailing how a lack of sleep can create anxiety and what changes you can try to positively reduce the impact this has on your general wellbeing.</p>	
<p>Friday March 15th, 2024 12pm-12.30pm</p>	<p>Care first Awareness</p>	<p>How Care first can support you</p>	<p>LINK: https://attendee.gotowebinar.com/register/4291651606177489241</p> <p>A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.</p>	

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