

Care first Weekly Publicity Calendar

Day/date/time	Daily Theme	Article	Webinar	Join
Monday January 29 th , 2024 12pm-12.30pm	Service Awareness	Practical Information and Advice through Care first	<p>LINK: https://attendee.gotowebinar.com/register/5575630497817436247</p> <p>This webinar provides detail about who our Information Specialists are and their role as part of your EAP service.</p>	
Wednesday January 31 st , 2024 12pm-12.30pm	Mental Wellbeing	Time to Talk 2024	<p>LINK: https://attendee.gotowebinar.com/register/514686054524591197</p> <p>This webinar highlights that talking about how we are feeling about certain situations and life events can improve our overall wellbeing. In association with Time to Talk Day 1st February 2024.</p>	
Friday February 2 nd , 2024 12pm-12.30pm	Care first Awareness	How Care first can Support you	<p>LINK: https://attendee.gotowebinar.com/register/3693565658208367196</p> <p>A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.</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.



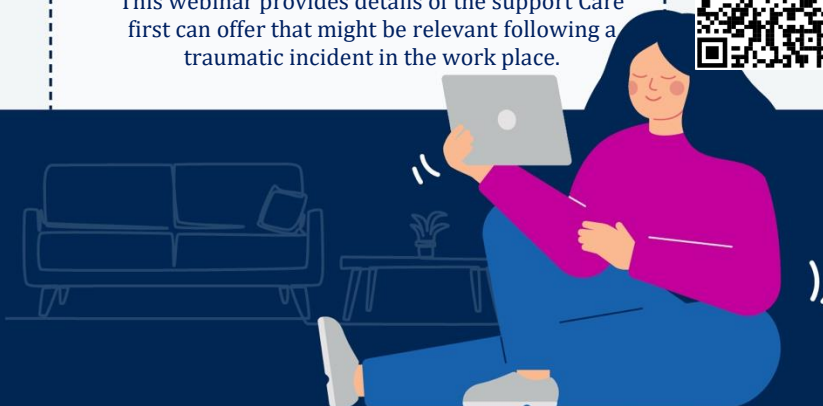
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Monday February 5 th , 2023 12pm-12.30pm	Mental Health	Understanding Sexual Abuse	LINK: https://attendee.gotowebinar.com/register/3334712550890312540 A light touch session on sexual abuse: noticing the signs and how we can support those affected. This webinar is in line with Sexual Abuse and Sexual Violence Awareness Week between 5th February 2024 and 11th February 2024.	
Tuesday February 6 th 2023 12pm-12.30pm	Mental Health	Social Media and Children's Mental Health	LINK: https://attendee.gotowebinar.com/register/3927493354441770078 A light touch session providing information and advice on how social media can impact children's mental health.	
Wednesday February 7 th , 2023 12pm-12.30pm	Care first Awareness	How Care first Can Support you	LINK: https://attendee.gotowebinar.com/register/2502083181501068384 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Friday February 9 th 2023 12pm-12.30pm	Service Awareness	Care first Critical Incident Support	LINK: https://attendee.gotowebinar.com/register/5472970196798610009 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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<p>Monday February 12th, 2024 12pm-12.30pm</p>	<p>Service Awareness</p>	<p>Understanding Care first cCBT</p>	<p>LINK: https://attendee.gotowebinar.com/register/612140341209119322</p> <p>This webinar provides further information on Care first's own modular cCBT (computerised Cognitive Behavioural Therapy) course.</p>	
<p>Wednesday February 14th, 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/3589679401877291861</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 16th 2024 12pm-12.30pm</p>	<p>Mental Health</p>	<p>Random Acts of Kindness</p>	<p>LINK: https://attendee.gotowebinar.com/register/6647343173396978011</p> <p>This webinar is in line with Random Acts of Kindness Day and aims to discuss the importance of kindness on our mental health.</p>	

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