




Care first Weekly Publicity Calendar

Day/date/time	Daily Theme	Article	Webinar	Join
<p>Monday March 18th, 2024 12pm-12.30pm</p>	Neurodiversity	Neurodiversity Celebration Week	<p>LINK: https://attendee.gotowebinar.com/register/4912321522141993565</p> <p>This webinar is a light touch session on neurodiversity and the benefits of having diversity in the workplace.</p>	
<p>Wednesday March 20th, 2024 12pm-12.30pm</p>	Care first Awareness	How Care first can support you	<p>LINK: https://attendee.gotowebinar.com/register/2267911394929251669</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 March 22nd, 2024 12pm-12.30pm</p>	Service Awareness	Practical Information and Advice through Care first	<p>LINK: https://attendee.gotowebinar.com/register/1818103387048973661</p> <p>This webinar provides detail about who our Information Specialists are and their role as part of your EAP service.</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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<p>Monday March 25th, 2024 12pm-12.30pm</p>	Service Awareness	Care first Critical Incident Support	<p>LINK: https://attendee.gotowebinar.com/register/2284526115307350616</p> <p>This webinar provides details of the support Care first can offer that might be relevant following a traumatic incident in the work place.</p>	
<p>Wednesday March 27th, 2024 12pm-12.30pm</p>	Care first Awareness	How Care first can support you	<p>LINK: https://attendee.gotowebinar.com/register/4764322859130620254</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 March 29th, 2024 BANK HOLIDAY</p>	BANK HOLIDAY	BANK HOLIDAY	BANK HOLIDAY	

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Monday April 1 st , 2024 12pm-12.30pm	BANK HOLIDAY	BANK HOLIDAY	BANK HOLIDAY	BANK HOLIDAY
Wednesday April 3 rd , 2024 12pm-12.30pm	Care first Awareness	How Care first can support you	<p>LINK: https://attendee.gotowebinar.com/register/1463060087630665567</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 April 5 th , 2024 12pm - 12:30pm	Stress Awareness Month	Stress Awareness	<p>LINK: https://attendee.gotowebinar.com/register/8698362269331388505</p> <p>In line with Stress Awareness Month, this webinar looks at the impact stress can have on our day to day lives while detailing techniques and strategies for helping manage stress.</p>	




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<p>Monday April 8th, 2024 12pm-12.30pm</p>	Service Awareness	Understanding Care first cCBT	<p>LINK: https://attendee.gotowebinar.com/register/5188136213480011605</p> <p>This webinar provides further information on Care first's own modular cCBT (computerised Cognitive Behavioural Therapy) course.</p>	
<p>Wednesday April 10th, 2024 12pm-12.30pm</p>	Care first Awareness	How Care first can support you	<p>LINK: https://attendee.gotowebinar.com/register/4050961914406188634</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 April 12th, 2024 12pm - 12:30pm</p>	Mental Wellbeing	Stress Awareness Month	<p>LINK: https://attendee.gotowebinar.com/register/4854846751288112727</p> <p>In line with Stress Awareness Month, this webinar looks at the impact stress can have on our day to day lives while detailing techniques and strategies for helping manage stress.</p>	

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