

Care first Weekly Publicity Calendar

Day/date/time	Daily Theme	Article	Webinar	Join
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>	




'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.

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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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<p>Monday April 15th, 2024 12pm-12.30pm</p>	Service Awareness	Care first Lifestyle – Your Digital Wellbeing Solution	<p>LINK: https://attendee.gotowebinar.com/register/549546245190885214</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 April 17th, 2024 12pm-12.30pm</p>	Care first Awareness	How Care first can support you	<p>LINK: https://attendee.gotowebinar.com/register/378660147938119520</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 19th, 2024 12pm - 12:30pm</p>	Menopause	Supporting others through the menopause	<p>LINK: https://attendee.gotowebinar.com/register/8238963218690250329</p> <p>This session will be run by Care first Menopause Mentor, Suzanne. In this webinar, we will explore ways to support individuals going through menopause and touch upon the concept of male menopause often referred to as andropause.</p>	




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Monday April 22 nd , 2024 12pm-12.30pm	Service Awareness	What is short term solution focused counselling	LINK: https://attendee.gotowebinar.com/register/501290924467755807 This webinar provides further information on short term solution focused counselling and 'in the moment' support provided by Care first.	
Wednesday April 24 th , 2024 12pm-12.30pm	Care first Awareness	How Care first can support you	LINK: https://attendee.gotowebinar.com/register/3125321558181492821 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Friday April 26 th , 2024 12pm - 12:30pm	Mental Wellbeing	Managing stress and pressure at work	LINK: https://attendee.gotowebinar.com/register/5104440289155116635 This webinar gives advice on how you can recognise the signs you may be stressed at work and some steps you can take to begin to control it.	




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<p>Monday April 29th, 2024 12pm-12.30pm</p>	Service Awareness	Care first Management and MHFA Support	<p>LINK: https://attendee.gotowebinar.com/register/2175855884370723421</p> <p>This webinar provides an overview of the support available through the EAP for managers and Mental Health First Aiders of organisations.</p>	
<p>Wednesday May 1st, 2024 12pm-12.30pm</p>	Care first Awareness	How Care first can support you	<p>LINK: https://attendee.gotowebinar.com/register/8382740860152736603</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 May 3rd, 2024 12pm - 12:30pm</p>	Physical Wellbeing	Sun safety	<p>LINK: https://attendee.gotowebinar.com/register/7606448267545804118</p> <p>This webinar provides viewers with an understanding of the importance of sun safety and the effect warm weather can have on both your physical and mental health.</p>	

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