

Weekly Publicity Calendar

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

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.

Weekday	Daily Theme	Article	Webinar	Mobile Registration
Monday October 16 th , 2023	Service Awareness	Care first Critical Incident Support	'Care first Critical Incident Support' TIME: 12pm-12.30pm Link: https://attendee.gotowebinar.com/register/1229948225661797209 This webinar provides details of the support Care first can offer that might be relevant following a traumatic incident in the work place.	
Wednesday – 12pm October 18 th , 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/5354330690658635610 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Wednesday – 1pm October 18 th , 2023	Menopause Awareness	World Menopause Awareness Day	'World Menopause Awareness Day' TIME: 1pm – 1:30pm LINK: https://attendee.gotowebinar.com/register/3368537924287798624 This webinar is in line with World Menopause Awareness Day, providing an overview to help raise awareness of the Menopause, and information on how Care first can support with concerns relating to the menopause.	
Friday October 20 th , 2023	Mental Wellbeing	The Importance of Maintaining Structure and Routine	'The Importance of Maintaining Structure and Routine' TIME: 12pm – 12.30pm LINK: https://attendee.gotowebinar.com/register/7441137789463652183 This webinar provides an overview of the importance and benefits of maintaining structure and a routine in day-to-day life.	