



Care first Weekly Publicity Calendar

Day/date/time	Daily Theme	Article	Webinar	Join
Monday January 22 nd , 2024 12pm-12.30pm	Service Awareness	What to expect when you call Care first	<p>LINK: https://attendee.gotowebinar.com/register/867757003035923800</p> This webinar provides an overview of what you can expect when making a call to the counselling help line.	
Wednesday January 24 th , 2024 12pm-12.30pm	Care first Awareness	How Care first Can Support you	<p>LINK: https://attendee.gotowebinar.com/register/1312820618262348629</p> A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Friday January 26 th , 2024 12pm-12.30pm	Mental and Physical Wellbeing	Tips for a good night's sleep	<p>LINK: https://attendee.gotowebinar.com/register/6238476580047717472</p> A webinar offering tips for how you could improve your sleep and highlighting how a good night's sleep can improve your wellbeing.	

'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.

