




# Care first Weekly Publicity Calendar

Day/date/time	Daily Theme	Article	Webinar	Join
<p><b>Monday</b> February 12<sup>th</sup>, 2024 12pm-12.30pm</p>	<p>Service Awareness</p>	<p>Understanding Care first cCBT</p>	<p><b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/612140341209119322">https://attendee.gotowebinar.com/register/612140341209119322</a></p> <p>This webinar provides further information on Care first's own modular cCBT (computerised Cognitive Behavioural Therapy) course.</p>	
<p><b>Wednesday</b> February 14<sup>th</sup>, 2024 12pm-12.30pm</p>	<p>Care first Awareness</p>	<p>How Care first Can Support you</p>	<p><b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/3589679401877291861">https://attendee.gotowebinar.com/register/3589679401877291861</a></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><b>Friday</b> February 16<sup>th</sup> 2024 12pm-12.30pm</p>	<p>Mental Health</p>	<p>Random Acts of Kindness</p>	<p><b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/6647343173396978011">https://attendee.gotowebinar.com/register/6647343173396978011</a></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>	

**'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.

