




# Care first Weekly Publicity Calendar

Day/date/time	Daily Theme	Article	Webinar	Join
<p><b>Monday</b> April 8<sup>th</sup>, 2024 12pm-12.30pm</p>	Service Awareness	Understanding Care first cCBT	<p><b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/5188136213480011605">https://attendee.gotowebinar.com/register/5188136213480011605</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> April 10<sup>th</sup>, 2024 12pm-12.30pm</p>	Care first Awareness	How Care first can support you	<p><b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/4050961914406188634">https://attendee.gotowebinar.com/register/4050961914406188634</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> April 12<sup>th</sup>, 2024 12pm - 12:30pm</p>	Mental Wellbeing	Stress Awareness Month	<p><b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/4854846751288112727">https://attendee.gotowebinar.com/register/4854846751288112727</a></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.

Note that these themes and events may be subject to change without notice.

