



# Care first Weekly Publicity Calendar

Day/date/time	Daily Theme	Article	Webinar	Join
<b>Monday</b> April 22 <sup>nd</sup> , 2024 12pm-12.30pm	Service Awareness	What is short term solution focused counselling	<b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/501290924467755807">https://attendee.gotowebinar.com/register/501290924467755807</a> This webinar provides further information on short term solution focused counselling and 'in the moment' support provided by Care first.	
<b>Wednesday</b> April 24 <sup>th</sup> , 2024 12pm-12.30pm	Care first Awareness	How Care first can support you	<b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/3125321558181492821">https://attendee.gotowebinar.com/register/3125321558181492821</a> A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
<b>Friday</b> April 26 <sup>th</sup> , 2024 12pm - 12:30pm	Mental Wellbeing	Managing stress and pressure at work	<b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/5104440289155116635">https://attendee.gotowebinar.com/register/5104440289155116635</a> 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.	

**'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.

