

Care first Weekly Publicity Calendar

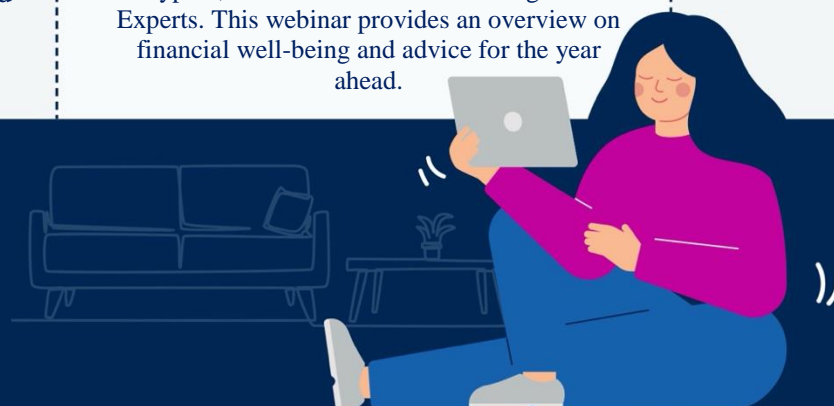
Care first
Part of **PRIORY**

Day/date/time	Daily Theme	Article	Webinar	Join
Monday January 8 th , 2024 12pm-12:30pm	Service Awareness	Care first Management and MHFA Support	<p>LINK: https://attendee.gotowebinar.com/register/1326588702537982295</p> <p>This webinar provides an overview of the support available through the EAP for managers and Mental Health First Aiders of organisations.</p>	
Wednesday January 10 th , 2024 12pm-12.30pm	Care first Awareness	How Care first Can Support you	<p>LINK: https://attendee.gotowebinar.com/register/6002731391120701023</p> <p>A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.</p>	
Friday January 12 th , 2024 12pm-12.30pm	Financial Wellbeing	Financial Well-being and Advice for the Year Ahead	<p>LINK: https://attendee.gotowebinar.com/register/1787852521110376537</p> <p>A session with guest speaker, Antony Price, from Payplan, the Finance and Debt Management Experts. This webinar provides an overview on financial well-being and advice for the year ahead.</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.



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Monday January 15 th , 2024 12pm-12:30pm	Mental Wellbeing	Blue Monday	LINK: https://attendee.gotowebinar.com/register/5549183944351290967 A light touch session on Blue Monday, also known as the winter blues, discussing some tips to improve our mood and wellbeing at the start of the year.	
Wednesday January 17 th , 2024 12pm-12.30pm	Care first Awareness	How Care first Can Support you	LINK: https://attendee.gotowebinar.com/register/8198880523430965335 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Friday January 19 th , 2024 12pm-12.45pm	Menopause	HRT, Symptoms Checker and Conversations with your GP	LINK: https://attendee.gotowebinar.com/register/7236830937739834200 This webinar will be run by Care first Menopause Specialist, discussing what help is available and how to initiate conversations about it.	

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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> <p>This webinar provides an overview of what you can expect when making a call to the counselling help line.</p>	
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> <p>A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.</p>	
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> <p>A webinar offering tips for how you could improve your sleep and highlighting how a good night's sleep can improve your wellbeing.</p>	

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