

# Care first

## COVID-19 Weekly Publicity Calendar

<b>Weekday</b>	<b>Daily Theme</b>	<b>Article</b>	<b>Webinar</b>
<b>Monday</b> MARCH 8, 2021	Back to School Anxiety	Back to School Anxiety	'Back to School Anxiety' <b>TIME:</b> 12pm-12.30pm <b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/6096270121226844688">https://attendee.gotowebinar.com/register/6096270121226844688</a>
<b>Tuesday</b> MARCH 9, 2021	Care first	Care first Awareness	'How Care first can support you' <b>TIME:</b> 12pm-12.30pm <b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/7833025703110767372">https://attendee.gotowebinar.com/register/7833025703110767372</a>
<b>Wednesday</b> MARCH 10, 2021	Working From Home	Tips to maintain good posture whilst Working From Home	'Tips to maintain good posture whilst Working From Home' <b>TIME:</b> 12pm-12.30pm <b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/7593300282413015821">https://attendee.gotowebinar.com/register/7593300282413015821</a>
<b>Thursday</b> MARCH 11, 2021	Work/Life balance	"Switching off" after work - tips to achieve a better work/life balance when working remotely	"Switching off" after work - tips to achieve a better work/life balance when working remotely' <b>TIME:</b> 12pm-12.30pm <b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/8555929309607486990">https://attendee.gotowebinar.com/register/8555929309607486990</a>
<b>Friday</b> MARCH 12, 2021	Keeping connected and maintaining relationships	Keeping connected and maintaining relationships during the pandemic	'Keeping connected and maintaining relationships during the pandemic' <b>TIME:</b> 12pm-12.30pm <b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/5008978465673812750">https://attendee.gotowebinar.com/register/5008978465673812750</a>

Please be assured that registrant information is held confidentially and your organisation is not notified of your attendance/non-attendance to these webinars.

Please note that content may include guidelines applicable to the UK, however guidelines for Wales, Scotland and Ireland may vary. Please refer to .gov for the latest guidance in your region.

Please note that these themes and events may be subject to change as the situation develops.