<table>
<thead>
<tr>
<th>Weekday</th>
<th>Daily Theme</th>
<th>Article</th>
<th>Webinar</th>
<th>Mobile Registration</th>
</tr>
</thead>
</table>
| **Monday**   | Grief awareness week         | Managing Grief                                    | ‘Grief Awareness Week’  
**TIME:** 12pm-12.30pm  
A light touch session on the impact grief can have on us all, offering tips on how you can begin to manage grief with the support available from Care first as well as others.  
**LINK:** [https://attendee.gotowebinar.com/register/4068810275953876750](https://attendee.gotowebinar.com/register/4068810275953876750) | ![QR Code](QR Code) |
| December 5th |                              |                                                   |                                                                         |                     |
| **Wednesday**| Care first awareness         | How Care first can support you                    | ‘How Care first can support you’  
**TIME:** 12pm-12.30pm  
A webinar for awareness and how to access the EAP service provided by Care first.  
**LINK:** [https://attendee.gotowebinar.com/register/271594092872591885](https://attendee.gotowebinar.com/register/271594092872591885) | ![QR Code](QR Code) |
| December 7th |                              |                                                   |                                                                         |                     |
| **Friday**   | Service awareness            | Practical Information and advice through Care first | ‘Practical information and advice through Care first’  
**TIME:** 12pm-12.30pm  
The webinar provides detail about our Information Specialists and their role as part of your EAP service  
**LINK:** [https://attendee.gotowebinar.com/register/7570410663280882955](https://attendee.gotowebinar.com/register/7570410663280882955) | ![QR Code](QR Code) |
| December 9th |                              |                                                   |                                                                         |                     |

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 these themes and events may be subject to change.
Please be aware software ‘GoToWebinar’ is needed to join/view these webinars and may need to be downloaded – There could be restrictions through your organisation.