## Care first

## **COVID-19 Weekly Publicity Calendar**

Weekday	Daily	Article	Webinar
	Theme		
Monday FEBRUARY 8, 2021	Care first	Care first Awareness	'How Care first can support you'  TIME: 12pm-12.30pm  LINK: https://attendee.gotowebinar.com/register/3848905736824143117
Tuesday FEBRUARY 9, 2021	Relationships	Nurturing Relationships in lockdown	'Nurturing Relationships in lockdown'  TIME: 12pm-12.30pm  LINK: https://attendee.gotowebinar.com/register/4400449356616203792
Wednesday FEBRUARY 10, 2021	Self-Esteem	Tips to boost your self-esteem in Lockdown	'Tips to boost your self-esteem in Lockdown'  TIME: 12pm-12.30pm  LINK: https://attendee.gotowebinar.com/register/8254155148601601804
Thursday FEBRUARY 11, 2021	Long COVID	Long COVID - What do we know so far?	'Long COVID - What do we know so far?'  TIME: 12pm-12.30pm  LINK: https://attendee.gotowebinar.com/register/4953834658372308748
Friday FEBRUARY 12, 2021	Domestic Abuse	Reaching out for support in abusive relationships at Home	'Reaching out for support in abusive relationships at Home'  TIME: 12pm-12.30pm  LINK: https://attendee.gotowebinar.com/register/1814376017839274507

Please be assured that registrant information is held confidentially and your orginsation 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 Mae'r ddogfen hon ar gael yn Gymraeg, ac mewn ieithoedd a fformatau eraill ar gais. This document is available in Welsh, and in other languages and formats on request.