

Care First Webinars

Our partners at Care First have produced these excellent webinars which are available to all of our volunteers as an aid to improving mental health and wellbeing. Originally designed for Mental Health Awareness Week they provide excellent resources on a range of topics.

Simply click the link, register and then you can watch the webinars.

Session 1: A Guide to understanding the importance of Mental Health Awareness Week

<https://register.gotowebinar.com/register/345089827835628560>

Session 2: Understanding Anxiety and Tips to Cope

<https://register.gotowebinar.com/register/2300268892141666320>

Session 3: Kindness

<https://register.gotowebinar.com/register/3305727195739817227>

Session 4: Stress, Resilience and Mental health

<https://register.gotowebinar.com/register/5904420728989600783>

Session 5: 5 Ways to Wellbeing

<https://register.gotowebinar.com/register/1571281687785270540>