



What's on Kooth in December

Tuesday 6th December

Discussion Board
**Coping with Grief during
the festive period**

Tuesday 13th December

Discussion Board
**Coping with eating difficulties
during the festive period**

Wednesday 14th December

Live Forum
**Top Tips- For budgeting
this season**
7.30pm - 9pm

Monday 19th December

Live Forum
Let's Talk: Loneliness
7.30pm - 9pm

Wednesday 28th December

Live Forum
Social Takeover- End of Year Party
7.30pm - 9pm

Friday 30th December

Discussion Board
End of year reflections