



Kooth Live Forum Topic Calendar

December 2020

Kooth plc

Kooth Live Forums: December 2020

Live forums can be found in the discussion boards and go online at 7.30pm on the evening they are planned. They are moderated in real time until 9.00pm.

Friday 4th December – **Healing After Loss of Loved Ones**

Losing someone you love is never easy and this year has been especially difficult. In tonight's sensitive and supportive discussion, we will be exploring the stages of grief and how we can start to heal. We will be sharing ideas on how to celebrate the lives of those we have lost as well as looking after our own mental health and how to access support.

Wednesday 9th December – **Looking After Your Wellbeing!**

In this Live Forum we will be looking at how we can look after our wellbeing, particularly during current circumstances. We will be discussing why wellbeing is important, how to prioritise it in your everyday life and sharing our favourite wellbeing life hacks.

Monday 14th December – **Alternative Ways to Celebrate the Holidays**

In this Live Forum, we are going to be taking a look at alternative things to do over the Christmas holidays. So if you don't celebrate Christmas, can't do what you normally would or have already had enough of the festivities, tonight's forum is perfect for you! We'll be sharing ideas of things you can get up to, and we'll be inviting you to share your own ideas too! We hope to see you here!

Wednesday 23rd December – **Holiday Social Takeover!**

This year has been a little different, and we haven't had many chance to do a Social Takeover! So in this Live Forum we'll be handing over to you, the Kooth community, to decide where the conversation takes us. Since it's our last forum before Christmas, we're going to be getting into the Christmas spirit with our festive party! So pop on your Christmas jumper, get your festive playlist ready and come celebrate with us! We hope to see you here!

Monday 28th December – **Reflecting on Positives from 2020**

It goes without saying that 2020 has been a really difficult year for a lot of people, but there have also been some nice things along the way. In this Live Forum we will be looking back and reflecting on the positives of 2020. From discovering new hobbies, happy news you might have missed to finding every day silver linings, if you are looking for a pick me up, this is the topic for you!

