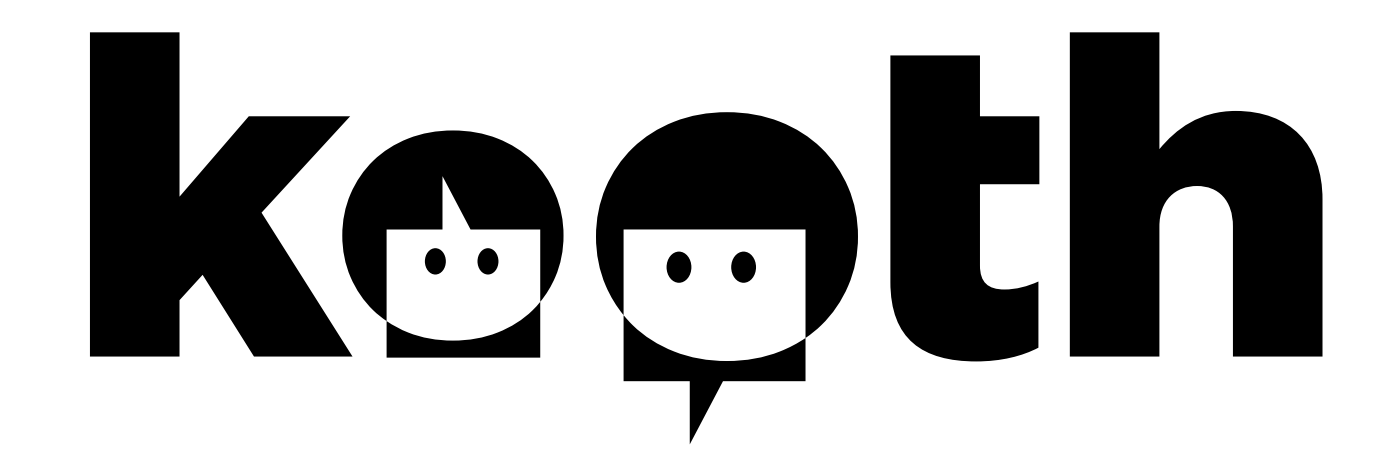


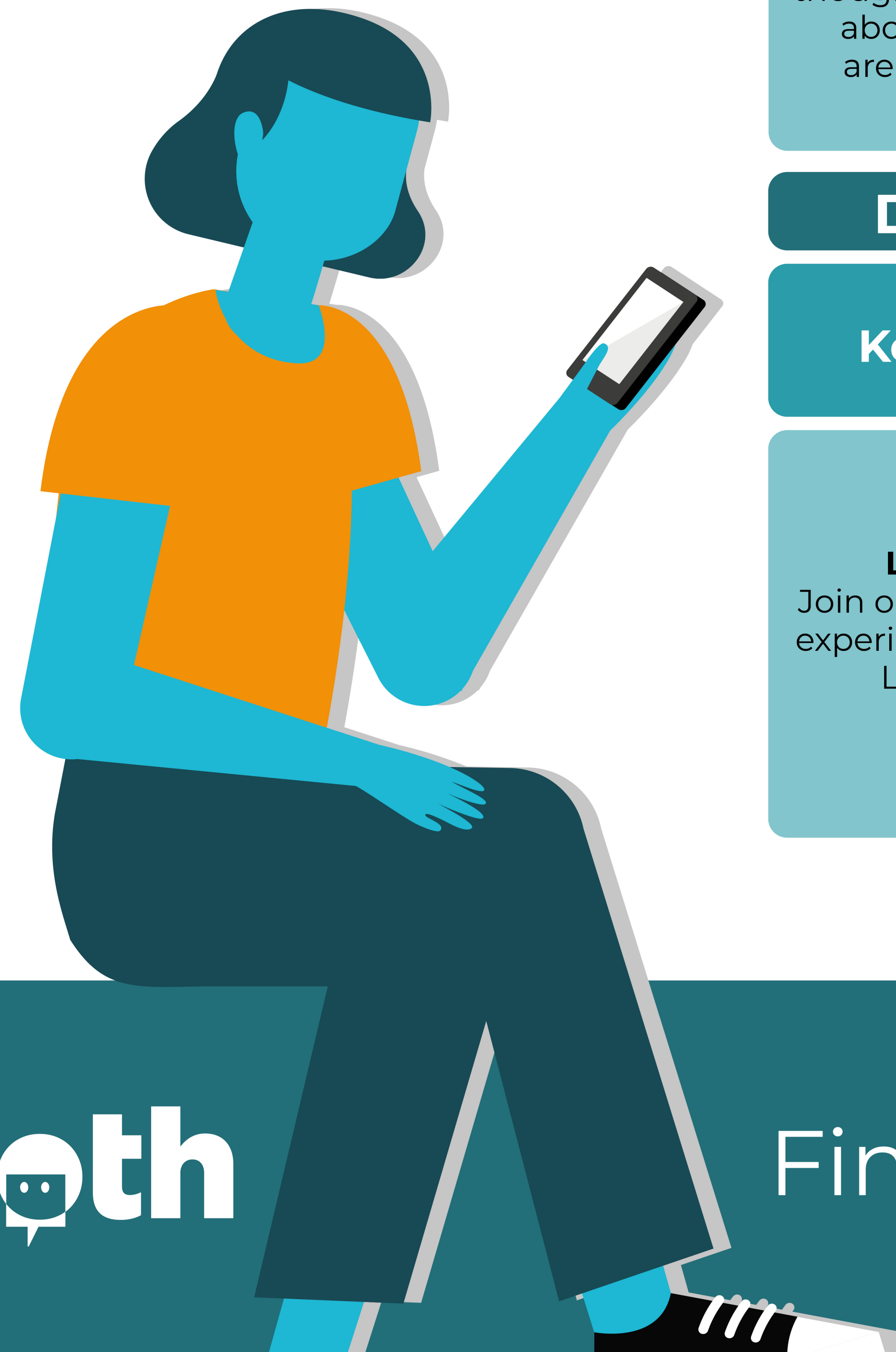
You can still access
support over the
holiday period



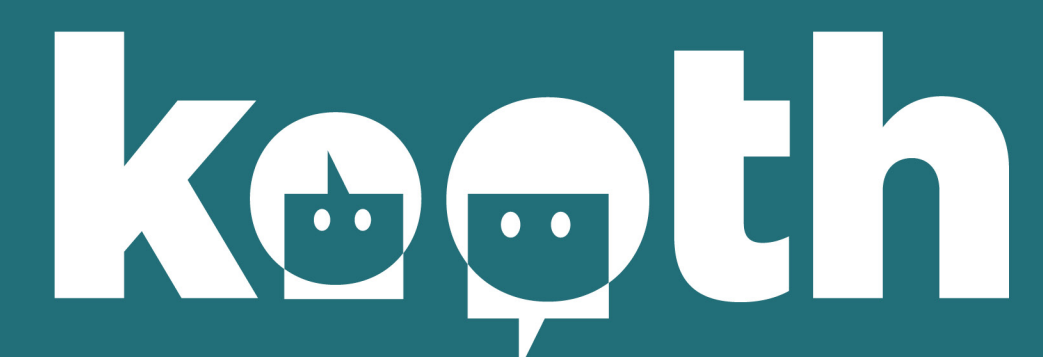
We're online every day
including **Christmas Day**

Sign up for free at **Kooth.com**

What's on Kooth in December



December 3	December 10	December 10	December 15
Kooth Discussion Board	Kooth Podcast	Kooth Discussion Board	Kooth Live Forum
Not All Disabilities Are Visible: Come and celebrate International Day of the Disabled Person with us by sharing your thoughts, stories and experiences about those disabilities that aren't always so easy to see.	History of the Holidays: Join us as we chat about some of our festive facts and celebrate all the different holidays that fall at the end of the year!	Helping Hands - Kindness & Volunteering: Join us to chat about all ways we can bring kindness and volunteering into our communities.	Looking After Your Wellbeing: Come share in all the ways we can look after ourselves and our wellbeing throughout winter. If you can't make this one join us earlier in the week on our discussion boards instead! 7.30pm to 9pm
December 20	December 24	December 29	December 31
Kooth Live Forum	Kooth Discussion Board	Kooth Live Forum	Kooth Discussion Board
Let's Talk About: LGBTQIA+ & Religion: Join our safe space to chat about experiences of religion within the LGBTQIA+ community. 7.30pm to 9pm	Give Yourself a Gift: With so much focus on spending and buying gifts for others at this time of year, let's share some ideas on something special we can do just for ourselves.	Let's Party: Stop by our final live forum of the year for a fun, chatty space to celebrate our whole community. 7.30pm to 9pm	New Year, Not New You: Do New Years' Resolutions stress you out? Join our conversation about setting positive intentions for the year ahead that feel right for you.



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