



What's on Kooth in January

Sunday 1st January

Discussion Board
**What are your hopes for
the year ahead?**

Wednesday 11th January

Live Forum
**Healthy Boundaries:
Avoiding burn-out**

Monday 16th January

Live Forum
**World Religion Day:
Our beliefs**

Monday 23rd January

Discussion Board
**How to talk to your parents
about your worries**

Find support from the Kooth community by visiting [kooth.com](https://www.kooth.com) today.