

# keeth

# What's on Kooth in **January**

# January 5

#### **Discussion Board:**

Back to the Swing of Things

# January 10

#### **Live Forum:**

Houseplant Week - Growth through Growing

7:30 to 9pm

# January 14

#### **Kooth Podcast:**

What to do when things feel a little unsafe

# January 20

#### **Discussion Board:**

Have a Hug on Us!

# January 7

#### **Live Forum:**

Goal Setting - How to go about it?

7:30 to 9pm

## January 14

#### **Discussion Board:**

World Religion Day -Friends from Different Faiths

# January 19

#### **Live Forum:**

Celebrating our Civil Right

7:30 to 9pm

## January 24

#### **Live Forum:**

Brew Monday- Tips for Feeling Down

7:30 to 9pm

Find all of this & much more on **kooth.com**