



# Kooth Live Forum Topic Calendar

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February 2021

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Kooth plc

## Kooth Live Forums: February 2021

*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.*

### Wednesday 3<sup>rd</sup> February – **Let's Talk: Foster Care**

In tonight's live forum, we will be talking all about foster care. We will be discussing what foster care is, being mindful that foster care can look very different for different people, and touch on the experiences and personal stories of being in foster care. We will also be chatting about support available to those in and leaving care. As always everyone is welcome and it's great to see new people joining in. We hope to see you there!

### Monday 8<sup>th</sup> February – **Supporting a Friend – Consent**

Consent has been a hot-topic in recent years, but what exactly does it mean? Tonight we'll be looking into the different ways consent shows up in our lives, how we can keep ourselves safe, and how to recognise if our own actions are being consented to by someone else. Come along to learn about consent, meet other young people, and hopefully have some fun while we do it!

### Friday 19<sup>th</sup> February – **Tips for Keeping Motivated**

Motivation. You may hear that word often, especially when it comes to life-goals, education and career-paths. But what does it really mean? Tonight we will be talking about motivation vs. constant striving, possible downsides to setting high standards and expectations, and some tips for breaking down our goals into smaller, more achievable targets for us as individuals. Feel free to come along and share what motivates you, provide tips about what keeps you motivated, or you may just want to sit with us and listen for the evening. Whatever the case, you're more than welcome!

### Monday 22<sup>nd</sup> February – **Mindfulness for Depression and Anxiety**

You may have heard the term 'mindfulness for depression and anxiety', but do you know what it means? This live forum will be considering useful techniques from mindfulness, such as grounding and being present, and how these may help to alleviate symptoms of depression and anxiety. We will be thinking about different thinking styles, ways to try and anchor ourselves to the current moment, and small activities you can try in order to find a little bit of peace and calmness. Everyone's welcome, and we hope to see you there!