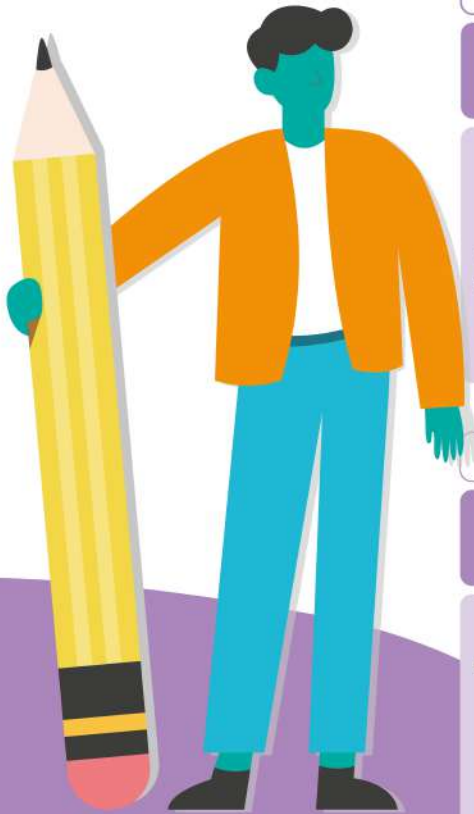


# What's on Kooth in November



**November 1**

**Kooth Live Forum**  
7.30pm to 9pm

**Managing Stressful Feelings**

Have you felt stressed or overwhelmed recently? Join us for this live forum discussing tips to help manage stressful feelings! If you can't make this one, keep an eye out for our discussion board after.

**November 3**

**Kooth Discussion Board**

**November - Mates, Matters, Movements, and More**

Join us this November to help highlight the importance of male physical and mental health by sharing your thoughts, support, and tips.

**November 12**

**Kooth Live Forum**  
7.30pm to 9pm

**Childhood Books & Characters**

A fun live forum to honour Children's Book Week, talking about books, characters, and the benefit of child-play.

**November 12**

**Kooth Podcast**

**What is 'SAD'?**

Most of us will experience a shift in our wellbeing as the days get shorter, the weather gets colder and we tend to stay inside more. We talk about what Seasonal Affective Disorder is, as well as our top tips to battle the winter blues!

**November 17**

**Kooth Live Forum**  
7.30pm to 9pm

**Myth Busting - Toxic Masculinity**

What's really meant by Toxic Masculinity? Join this live forum to find out more in time for International Men's Day!

**November 24**

**Kooth Discussion Board**

**"A Little Light Disperses A Lot of Darkness"**

Are you celebrating Hannukah this year or wanting to learn more? Why not stop by and share your thoughts as we consider some of the traditions of this holiday.

**November 26**

**Kooth Live Forum**  
7.30pm to 9pm

**Young Carers Rights Day**

A live forum to celebrate our wonderful young carers and to raise awareness of the rights they hold. If you can't make this one join us earlier in the week on our discussion boards instead!

**November 29**

**Kooth Live Forum**  
7.30pm to 9pm

**Games Night**

Come and join us for a special games night live forum, full of entertainment and excitement!



Find all of this & much more on [Kooth.com](https://www.kooth.com)