



**A MENTAL HEALTH SOCIAL MOVEMENT BY AND FOR YOUNG PEOPLE
A JAM-PACKED ONLINE SCHEDULE FOR THE WEEK AHEAD!**

MONDAY 11TH

9.15AM / CHAT LIVE ON UJIMA RADIO
11AM / TANYA'S TOP 5 RAMADAN FOODS
4PM / THE OTR DIGITAL HUB / INSTAGRAM *
4.30PM / MIND AID / ZOOM *#

TUESDAY 12TH

9.30AM / YOGA / ZOOM *#
4PM / SHAMELESS / ZOOM *#
5.30PM / HARMED / ZOOM *#

WEDNESDAY 13TH

3.30PM / THE OTR DIGITAL HUB / INSTAGRAM *
6PM / RESILIENCE LAB / ZOOM *#
7PM / TOP 5 WAYS TO THRIVE IN LOCKDOWN

THURSDAY 14TH

11AM / ITALIAN LESSONS WITH MASSIMO
4PM / NATURE WORKS / ZOOM *#
5.15PM / RESILIENCE LAB / ZOOM *#

FRIDAY 15TH

10AM / TANYA'S POETRY MASTERCLASS
1PM / EXPERIMENTAL BLIND DRAWING WITH SASHA

SATURDAY 16TH

10AM / THE OTR DIGITAL HUB [IDAHOBIT SPECIAL!] / INSTAGRAM *



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