



**A MENTAL HEALTH SOCIAL MOVEMENT BY AND FOR YOUNG PEOPLE
ONLINE ACTIVITY - WEEKLY SCHEDULE:**



TUESDAY 26TH

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

WEDNESDAY 27TH

10AM / TOP 5 ARTWORKS WITH DES
3.30PM / THE OTR DIGITAL HUB / INSTAGRAM *

THURSDAY 28TH

4PM / NATURE WORKS / ZOOM *#

FRIDAY 29TH

5PM / EXPLORING SOCIAL ACTION WITH LEWIS

SATURDAY 30TH

10AM / THE OTR DIGITAL HUB / INSTAGRAM *

SUNDAY 31ST

11AM / ART WITH SASHA - QUICK DRAWING AND COLLAGE



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