



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



**MONDAY 15TH**

**12PM / UNSPOKEN TRUTHS OF LOCKDOWN, EPISODE 2 - RELATIONSHIPS**  
**4PM / THE OTR DIGITAL HUB / INSTAGRAM \***  
**4.30PM / MIND AID / ZOOM \*#**

**TUESDAY 16TH**

**4PM / TALKING ACTIVISM WITH ELLA / INSTAGRAM \***  
**4.15PM / SHAMELESS / ZOOM \*#**

**WEDNESDAY 17TH**

**11AM / YOGA / ZOOM \*#**  
**3.30PM / THE OTR DIGITAL HUB / INSTAGRAM \***  
**6PM / RESILIENCE LAB / ZOOM \*#**

**THURSDAY 18TH**

**1PM / OTR CREATES / ZOOM \*#**  
**3.30PM / NATURE WORKS / ZOOM \*#**  
**5.15PM / RESILIENCE LAB / ZOOM \*#**

**FRIDAY 19TH**

**12PM / ITALIAN LESSONS WITH MASSIMO AND PATRICK**  
**3PM / WORRY MANAGEMENT**  
**6PM / OTR SOUNDS / ZOOM \*#**

**SATURDAY 20TH**

**10AM / THE OTR DIGITAL HUB / INSTAGRAM \***  
**3PM / WORKOUT WITH TOM**

**SUNDAY 21ST**

**11AM / UNSPOKEN TRUTHS OF LOCKDOWN, EPISODE 3 - EVENTS AND IDENTITY**



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