



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



MONDAY 29TH JUNE

4PM / THE OTR DIGITAL HUB / INSTAGRAM *
4.30PM / MIND AID / ZOOM *#

TUESDAY 30TH JUNE

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

WEDNESDAY 1ST JULY

11AM / YOGA / ZOOM *#
3.30PM / THE OTR DIGITAL HUB / INSTAGRAM *
4.15PM / MIND AID / ZOOM *#
6PM / RESILIENCE LAB / ZOOM *#

THURSDAY 2ND JULY

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

FRIDAY 3RD JULY

3PM / WORRY MANAGEMENT EPISODE 3
6PM / OTR SOUNDS / ZOOM *#

SATURDAY 4TH JULY

10AM / THE OTR DIGITAL HUB [FREEDOM & ZAZI TAKEOVER!] / INSTAGRAM *

SUNDAY 5TH JULY

11AM / UNSPOKEN TRUTHS OF LOCKDOWN, EPISODE 5 - UNEXPECTED BENEFITS



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