



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



MONDAY 8TH

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

TUESDAY 9TH

4PM / SHAMELESS / ZOOM *#
4.30PM / LIVE Q&A WITH DR DOM THOMPSON / INSTAGRAM *

WEDNESDAY 10TH

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

THURSDAY 11TH

5.15PM / RESILIENCE LAB / ZOOM *#

SATURDAY 13TH

10AM / THE OTR DIGITAL HUB / INSTAGRAM *

SUNDAY 14TH

11AM / UNSPOKEN TRUTHS OF LOCKDOWN, EPISODE 2 - RELATIONSHIPS

PLUS! CHECK OUT OUR BRAND NEW RESEARCH REPORT 'YOU ARE NOT ALONE'



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