



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



MONDAY 13TH JULY

4PM / THE OTR DIGITAL HUB / INSTAGRAM *

4.30PM / MIND AID / ZOOM *#

8PM / RECAP - LEWIS SPEAKS AT THE BLACK LIVES MATTER EVENT

TUESDAY 14TH JULY

4PM / TALKING ACTIVISM WITH ELLA / INSTAGRAM *

4.15PM / SHAMELESS / ZOOM *#

WEDNESDAY 15TH JULY

11AM / YOGA / ZOOM *#

3.30PM / THE OTR DIGITAL HUB / INSTAGRAM *

4.15PM / MIND AID / ZOOM *#

6PM / RESILIENCE LAB / ZOOM *#

THURSDAY 16TH JULY

1PM / OTR CREATES / ZOOM *#

3.30PM / NATURE WORKS / ZOOM *#

5.15PM / RESILIENCE LAB / ZOOM *#

FRIDAY 17TH JULY

11AM / ITALIAN LESSONS WITH MASSIMO AND PATRICK

6PM / OTR SOUNDS / ZOOM *#

SATURDAY 18TH JULY

10AM / THE OTR DIGITAL HUB / INSTAGRAM *

6PM / A LOCKDOWN COMIC FROM STEFAN



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