



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



**MONDAY 20TH JULY**

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

**TUESDAY 21ST JULY**

**4PM / TALKING ACTIVISM WITH SOPHIE / INSTAGRAM \***  
**4.15PM / SHAMELESS / ZOOM \*#**  
**7PM / OTR WRITES [TASTER SESSION] / ZOOM \*#**

**WEDNESDAY 22ND JULY**

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

**THURSDAY 23RD JULY**

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

**FRIDAY 24TH JULY**

**1PM / ALL BLACK LIVES MATTER - KEEPING UP THE MOMENTUM**  
**4.30PM / SPEAKERS CORNER [BRAND NEW ZAZI GIRLS' GROUP!] / ZOOM \*#**

**SATURDAY 25TH JULY**

**10AM / THE OTR DIGITAL HUB / INSTAGRAM \***



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