



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



MONDAY 27TH JULY

4PM / THE OTR DIGITAL HUB / INSTAGRAM *

TUESDAY 28TH JULY

4PM / TALKING ACTIVISM WITH YAZ / INSTAGRAM *

4.15PM / SHAMELESS / ZOOM *#

7PM / OTR WRITES [TASTER SESSION] / ZOOM *#

WEDNESDAY 29TH JULY

11AM / YOGA / ZOOM *#

3.30PM / THE OTR DIGITAL HUB / INSTAGRAM *

4.15PM / MIND AID / ZOOM *#

6PM / RESILIENCE LAB / ZOOM *#

THURSDAY 30TH JULY

3.30PM / NATURE WORKS / ZOOM *#

5.15PM / RESILIENCE LAB / ZOOM *#

FRIDAY 31ST JULY

4.30PM / SPEAKERS CORNER [BRAND NEW ZAZI GIRLS' GROUP!] / ZOOM *#

SATURDAY 1ST AUGUST

10AM / THE OTR DIGITAL HUB / INSTAGRAM *



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