



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



MONDAY 6TH JULY

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

TUESDAY 7TH JULY

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

WEDNESDAY 8TH JULY

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

THURSDAY 9TH JULY

1PM / OTR CREATES / ZOOM *#
3.30PM / NATURE WORKS / ZOOM *#
5.15PM / RESILIENCE LAB / ZOOM *#
7PM / FUN WITH THE MEMBERSHIP TEAM AND FREEDOM (PLUS A QUIZ!) / INSTAGRAM *

FRIDAY 10TH JULY

11AM / TOP 5 BOOKS ON RACE HISTORY
6PM / OTR SOUNDS / ZOOM *#

SATURDAY 11TH JULY

10AM / THE OTR DIGITAL HUB / INSTAGRAM *



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