



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

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MONDAY 10TH AUGUST

4PM / THE OTR DIGITAL HUB / INSTAGRAM *

TUESDAY 11TH AUGUST

4PM / TALKING ACTIVISM WITH KAT / INSTAGRAM *

4.15PM / MIND AID / ZOOM *#

WEDNESDAY 12TH AUGUST

11AM / YOGA / ZOOM *#

3.30PM / THE OTR DIGITAL HUB / INSTAGRAM *

4.15PM / MIND AID / ZOOM *#

6PM / RESILIENCE LAB / ZOOM *#

THURSDAY 13TH AUGUST

3.30PM / NATURE WORKS / ZOOM *#

5.15PM / RESILIENCE LAB / ZOOM *#

FRIDAY 14TH AUGUST

2.30PM / A TASTE OF FREEDOM / ZOOM *#

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

SATURDAY 15TH AUGUST

10AM / THE OTR DIGITAL HUB / INSTAGRAM *

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