



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



MONDAY 3RD AUGUST

4PM / THE OTR DIGITAL HUB / INSTAGRAM *

TUESDAY 4TH AUGUST

4PM / TALKING ACTIVISM WITH RACHEL / INSTAGRAM *

4.15PM / MIND AID / ZOOM *#

WEDNESDAY 5TH AUGUST

11AM / YOGA / ZOOM *#

3.30PM / THE OTR DIGITAL HUB / INSTAGRAM *

4.15PM / MIND AID / ZOOM *#

6PM / RESILIENCE LAB / ZOOM *#

THURSDAY 6TH AUGUST

3.30PM / NATURE WORKS / ZOOM *#

5.15PM / RESILIENCE LAB / ZOOM *#

FRIDAY 7TH AUGUST

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

SATURDAY 8TH AUGUST

10AM / THE OTR DIGITAL HUB / INSTAGRAM *



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