



**A MENTAL HEALTH SOCIAL MOVEMENT BY AND FOR YOUNG PEOPLE
 WISHING YOU ALL A SAFE + HEALTHY #MENTALHEALTHAWARENESSWEEK
 ENJOY OUR DAILY #COLLECTIVEKINDNESS VIDEOS PLUS THE FOLLOWING JAM-PACKED SCHEDULE:**



MONDAY 18TH

**11AM / MINDFULNESS TIP FROM TRACY
 4PM / THE OTR DIGITAL HUB / INSTAGRAM *
 4.30PM / MIND AID / ZOOM *#
 8PM / TOP 5 BAME MUSICIANS WITH ELSIE**

TUESDAY 19TH

**9.30AM / YOGA / ZOOM *#
 4PM / SHAMELESS / ZOOM *#
 5.30PM / HARMED / ZOOM *#
 6PM / FUN WITH THE MEMBERSHIP TEAM / INSTAGRAM *#**

WEDNESDAY 20TH

**10AM / SOCIAL ACTION WITH LEWIS
 3.30PM / THE OTR DIGITAL HUB / INSTAGRAM *
 6PM / RESILIENCE LAB / ZOOM *#**

THURSDAY 21ST

**4PM / NATURE WORKS / ZOOM *#
 5.15PM / RESILIENCE LAB / ZOOM *#
 7PM / LET'S KINDLY DEBATE KINDNESS / INSTAGRAM *
 8.30PM / ZAZI TAKEOVER - DATE NIGHT FOR RAMADAN / INSTAGRAM ***

FRIDAY 22ND

**12PM / ITALIAN LESSONS WITH MASSIMO + PATRICK
 5PM / GRAFFITI SESSION WITH DES**

SATURDAY 23RD

10AM / THE OTR DIGITAL HUB / INSTAGRAM *



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