



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



MONDAY 1ST

11AM / UPPER BODY WORKOUT WITH TOM
4PM / THE OTR DIGITAL HUB / INSTAGRAM *
4.30PM / MIND AID / ZOOM *#

TUESDAY 2ND

9.30AM / YOGA / ZOOM *#
4PM / SHAMELESS / ZOOM *#
5.30PM / HARMED / ZOOM *#

WEDNESDAY 3RD

3.30PM / THE OTR DIGITAL HUB / INSTAGRAM *
6PM / RESILIENCE LAB / ZOOM *#
8PM / SHAMELESS X LETTERTOMYBODY CHAT / INSTAGRAM *

THURSDAY 4TH

4PM / NATURE WORKS / ZOOM *#
5.15PM / RESILIENCE LAB / ZOOM *#

FRIDAY 5TH

11AM / WHY WE MUST KEEP TALKING ABOUT INEQUALITY... YEAR ROUND

SATURDAY 6TH

11AM / THE OTR DIGITAL HUB / INSTAGRAM *

SUNDAY 7TH

11AM / UNSPOKEN TRUTHS OF LOCKDOWN, EPISODE 1 - HOUSING



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