

OTR'S ONLINE OFFER

HUBS

OUR HUBS HAVE GONE DIGITAL - SAME DAYS, SAME TIMES, JUST ONLINE! JOIN US FOR CONVERSATIONS AROUND MENTAL HEALTH AND SELF-CARE, CREATIVE TUTORIALS, BAKING GOODNESS AND UPDATES ABOUT WHAT'S HAPPENING AT OTR.

MONDAYS (INSTAGRAM AND FACEBOOK STORIES)

4PM GET CREATIVE WITH GEMMA

4:30PM WHAT'S GOING ON? WITH LAURA (LIVE)

5PM BAKE & BREW WITH JENNY

WEDNESDAYS (INSTAGRAM AND FACEBOOK STORIES)

3:30PM SELF-CARE WITH SAMMI

SATURDAYS (INSTAGRAM AND FACEBOOK STORIES)

10AM LET'S BE FRANK WITH TEE (LIVE)

RESILIENCE LAB

SAME OLD RESILIENCE LAB, JUST OVER VIDEO CALL! LEARN WHAT RESILIENCE IS AND HOW WE CAN 'BOUNCE BACK' FROM CHALLENGES MORE EFFECTIVELY IN THESE WEEKLY WORKSHOPS!

WEDNESDAYS @ 6PM (FOR 14-25 YEAR OLDS) (CLOSED GROUP VIA ZOOM)*

THURSDAYS @ 5:15PM (FOR 11-18 YEAR OLDS) (CLOSED GROUP VIA ZOOM)*

ALSO MAKE SURE TO FOLLOW RESILIENCE LAB ON SOCIAL MEDIA! (@RESILIENCELAB)

*** - SIGN UP VIA OUR ONLINE FORM!**

[HTTP://BIT.LY/OTR-SIGNUP](http://bit.ly/otr-signup)

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OTR SOUNDS

A NEW CREATIVE COURSE THAT EXPLORES WHAT MUSIC MEANS TO US. OTR SOUNDS OFFERS A SPACE FOR YOUNG PEOPLE TO COME TOGETHER THROUGH COLLABORATIVE PLAYLIST CREATION, AND DISCUSS THE STORIES THAT INSPIRE THEIR CHOICES.

STARTS *FRIDAY 12TH JUNE* FOR SIX WEEKS

FRIDAYS @ 6-7:30 (FOR 16-25 YEAR OLDS) (CLOSED GROUP VIA ZOOM)*

OTR CREATES

OUR SNAZZY NEW GROUP HELPING US FIND CREATIVE TOOLS TO SUPPORT OUR RESILIENCE. OTR CREATES ALLOWS YOU TO UNLEASH YOUR CREATIVE POTENTIAL, USING A VARIETY OF ART FORMS TO EXPAND OUR SKILL SET AND EXPERIMENT.

STARTS *THURSDAY 11TH JUNE* FOR SIX WEEKS

THURSDAYS @ 1-2:30 (FOR 14-18 YEAR OLDS) (CLOSED GROUP VIA ZOOM)*

YOGA

OUR YOGA TEACHER LEL IS STILL RUNNING SESSIONS ONLINE! WHY NOT GIVE IT A TRY FOR A RELAXING START TO YOUR DAY? CHECK OUR LATEST SOCIAL MEDIA SCHEDULE TO FIND OUT WHEN THE NEXT SESSION IS! (CLOSED GROUP VIA ZOOM)*

NATURE WORKS

WE CAN'T GET OUTSIDE AS MUCH AT THE MOMENT SO WE'RE BRINGING THE OUTSIDE IN! JOIN TIM FOR A GROUP SESSION CONNECTING WITH NATURE.

THURSDAYS @ 4PM (FOR 18-25 YEAR OLDS) (CLOSED GROUP VIA ZOOM)*

FOR 18-25 YEAR OLDS

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OTR'S ONLINE OFFER

MIND AID

OUR THERAPEUTIC GROUP FOR YOUNG PEOPLE EXPERIENCING STRESS, ANXIETY AND/OR LOW MOOD IS COMING ONLINE!

**W/C 15TH JUNE - W/C 20TH JULY (DAYS TBC)
5-6PM FOR 11-17 YEAR OLDS (CLOSED GROUP VIA ZOOM)***

HARMED

HARMED IS OUR THERAPEUTIC GROUP FOCUSED ON SELF-HARM, AND IT'S COMING TO A COMPUTER SCREEN NEAR YOU!

**W/C 15TH JUNE - W/C 20TH JULY (DAYS TBC)
5:30-6:30PM FOR 11-17 YEAR OLDS (CLOSED GROUP VIA ZOOM)***

SHAMELESS

OUR THERAPEUTIC GROUP LOOKING AT BODY IMAGE AND LOW SELF-ESTEEM IS BACK!

**W/C 15TH JUNE - W/C 20TH JULY (DAYS TBC)
4-5PM FOR 11-17 YEAR OLDS (CLOSED GROUP VIA ZOOM)*
ALSO GIVE THE SHAMELESS INSTAGRAM ACCOUNT A FOLLOW! (@OTRSHAMELESS)**

(PLEASE NOTE THAT YOU WILL ONLY BE ABLE TO BE ON THE WAITLIST FOR ONLY ONE OF THE FOLLOWING AT ANY ONE TIME: 1:1 THERAPIES, MIND AID, HARMED, SHAMELESS. CHOOSE WISELY! SEND US AN EMAIL AT HELLO@OTRBRISTOL.ORG.UK TO CHAT TO OUR MEMBERSHIP TEAM AND FIND OUT WHICH IS BEST SUITED FOR YOU!)

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BOOK CLUB

OUR MONTHLY BOOK CLUB IS BACK IN ACTION! JOIN US FOR SOME LOVELY BOOK GOODNESS VIA VIDEO CALL.

**LAST MONDAY OF EACH MONTH, 6-7.30PM
FOR 16-25 YEAR OLDS (CLOSED GROUP VIA GOOGLE HANGOUTS)***

FREEDOM

OUR GENDER AND SEXUALITY PROJECT FREEDOM IS VERY ACTIVE ON SOCIAL MEDIA AT THE MOMENT (@FREEDOMLGBTQ) WITH FRESH CONTENT COMING OUT EVERY SINGLE DAY. THEY'VE GOT SOME AMAZING THINGS PLANNED SO KEEP AN EYE ON THEM

ZAZI

OUR BLACK MINORITY ETHIC PROJECT ZAZI HAVE BEEN POSTING SOME GREAT CONTENT TO THEIR INSTAGRAM (@OTRZAZI) ABOUT WHAT ACTIVISM IS, SHOWCASING WISDOM FROM FAMOUS BME ACTIVISTS, AND GIVING SOME GREAT SELF-CARE TIPS. DO YOU KNOW WHAT A 'MICROAGGRESSION' IS? OR WHAT 'DRAPETOMANIA' MEANS? YOU'RE GUARANTEED TO LEARN SOME NEW THINGS!

ONLINE MENTORING

OUR BRAND NEW MENTORING PROJECT HAS BEEN CREATED TO HELP TACKLE FEELINGS OF ISOLATION AND LONELINESS THROUGH SKILL-SHARING. YOU'LL BE MATCHED WITH AN OTR VOLUNTEER AND HAVE WEEKLY SESSIONS VIA TEXT, VIDEO CALL OR EMAIL WITH A FOCUS ON SHARING SKILLS AND LEARNING TOGETHER.

FOR 14-22 YEAR OLDS*

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1:1 THERAPIES

WE ARE NOW ACCEPTING NEW SIGN UPS FOR TALKING THERAPIES AND PRO-REAL, AND ARE CONTINUING TO RUN ONE-TO-ONE SESSIONS FOR YOUNG PEOPLE ALREADY ON THE WAITING LIST VIA VIDEO CALL.

WE ESTIMATE THE CURRENT WAIT TIME TO BE AROUND 3 MONTHS BUT THIS IS SUBJECT TO CHANGE. YOU CAN SIGN UP BY VISITING THE PROJECT PAGE ON OUR WEBSITE ([OTRBRISTOL.ORG.UK/WHAT-WE-DO/1TO1-THERAPIES](https://otrbristol.org.uk/what-we-do/1to1-therapies)). ONCE YOU'VE DONE THIS, YOU'LL RECEIVE A CALL FROM OUR MEMBERSHIP TEAM WITHIN SEVEN DAYS TO TALK TO YOU ABOUT YOUR SIGN-UP.

TALKING THERAPIES

TALKING THERAPY CAN BE A GREAT WAY TO EXPLORE AND UNDERSTAND YOUR THOUGHTS, FEELINGS AND BEHAVIOURS, APPROACH THE CHALLENGES YOU MIGHT BE FACING, AND DISCOVER YOUR STRENGTHS. YOU CAN TALK ABOUT WHATEVER YOU LIKE; YOUR THERAPIST IS THERE TO HELP YOU FIND YOUR OWN WAY FORWARD!

PRO REAL

PRO REAL OFFERS COMPUTER-BASED SUPPORT, WHERE YOU CAN PLACE VIRTUAL PEOPLE AND OBJECTS IN A 3D WORLD. YOU CAN THEN MAKE THESE CHARACTERS TALK TO EACH OTHER AND ACT IN MEANINGFUL WAYS. THIS FORM OF THERAPY CAN HELP YOU EXPLORE LOTS OF THINGS, INCLUDING YOUR FEELINGS, RELATIONSHIPS, AND SITUATIONAL PROBLEMS.

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OUR ONLINE OFFER IS FOREVER CHANGING SO PLEASE FOLLOW US ON SOCIAL MEDIA (@OTRBRISTOL) AND SIGN UP TO OUR NEWSLETTER ([OTRBRISTOL.ORG.UK](https://otrbristol.org.uk)) TO BE KEPT UP TO DATE WITH THESE CHANGES! WE ALSO HAVE LOADS OF OTHER FUN STUFF HAPPENING ON OUR SOCIAL MEDIA SO WATCH OUT FOR OUR DIGITAL SCHEDULE EACH WEEK!

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