



LOOKING FOR TIPS AND TRICKS ON COPING WITH RETURNING TO EDUCATION?

ON THE 7TH & 8TH OF APRIL

A 2 DAY MENTAL HEALTH BOOTCAMP WHERE YOU CAN UNLOCK SOME OF OTR'S SKILLS AND TECHNIQUES TO IMPROVING YOUR MENTAL HEALTH!

GET A LITTLE TASTE OF WHAT OTR HAS TO OFFER, AND COMPLETE FUN ACTIVITIES, SUCH AS....

Drown Your Doubts - Indoor raft building!

Bottle Fish- Making self-love fish out of recycled bottles!

Project tasters from Mind Aid and Resilience Lab!

Sign up online at bit.ly/OTRUnlocked and receive a free care package of treats and craft stuff!



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