



Online offer for LGBT+ persons under 18

More information on
mosaictrust.org.uk
or Instagram
[@themosaictrust](https://www.instagram.com/themosaictrust)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>9:30AM <i>Address your Procrastination with Laura</i></p>  <p>5:30PM <i>Guided Meditation for Calm with Simran</i></p>	<p>5:30PM <i>Practising Gratitude for Happiness with Hugh</i></p> 	<p>9:30AM <i>Address your Procrastination with Laura</i></p> <p>6PM <i>Youth Club</i></p> 	 <p>5:30PM <i>Yoga with Simran</i></p>
FRIDAY	SATURDAY	SUNDAY	MORE
<p>9:30AM <i>Address your Procrastination with Laura</i></p>  <p>5:30PM <i>Practising Gratitude for Happiness with Hugh</i></p>	 <p>12PM <i>Creative Club with Stefan</i></p>	 <p>2PM <i>Sunday Afternoon Games</i></p>	<p>24/7 dedicated Discord server to meet and connect with other LGBT+ young persons</p>  <p>One to one mentoring that fits in with your schedule</p>