

Connect Quest is:



- a space where you can explore, reflect and grow!
- a way to learn about substance use health and balanced device use!
- full of fun activities that can help you connect with your friends, community and nature!



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario



**Visit the Connect Quest
website to learn more:**



CONNECT QUEST

Explore, reflect, and grow

connectquest.ca



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