

Why does connection matter?



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario



Connecting means...



Working together makes everyone stronger.



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Connecting means...



Sharing and building new ideas together.



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Connecting means...



Exploring and being you!



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Connecting means...



Good ideas grow when we share.



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Connecting means...



Finding what brings us together.



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Connecting means...



What we share matters.



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Why does it matter?



Connection is like a superpower!

It helps you feel supported, confident and better able to handle challenges in life!



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In Connect Quest, you choose your own adventure!



An adventure that works for you and your school!



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You can use Connect Quest to...



- explore how you can spread the message about the power of connection
- use the activities to launch a Quest at your school
- help others learn about substance use health and balanced personal device use



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



CONNECT QUEST

Explore, reflect, and grow

connectquest.ca



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