



# CONNECT QUEST

Explore, reflect, and grow

**Start your Quest today!**



Connect Quest is full of fun activities that help you learn about substance use health and balanced device use while you connect with:

- yourself
- your friends and family
- your school
- your community
- the land around you

**visit [connectquest.ca](https://connectquest.ca)**



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario

