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CTRL + Yourself:
Online Wellness for Youth

Your feed, your feelings, your rules.

September 16, 2025
4pm-6:30pm
Online Zoom Workshop

REGISTRATION REQUIRED

Program is FREE & open to youth aged 12-17!

Let's be fr — being online is wild. One minute you're laughing at a cat meme, the next you're spiraling over someone's "candid" beach pic that took 74 tries. Then, outta nowhere? The group chat is ✨unhinged✨ again.

CTRL Yourself is a chill, no-pressure space where we talk about real stuff like:

- how the internet messes with your mood
- what's actually safe to share
- how to deal with weird DMs or messy group chats
- and how to stop scrolling when it's making you feel like 🤢

Come hang out, spill some tea, play some games and leave with actual tools to keep your brain safe in the digital world.

To register scan the QR or visit www.tiny.cc/youthonlinewell

Questions? Contact Mental Health and Wellness Promoter, Alyssa rossa@bqwchc.com OR 613-403-5683



Belleville and Quinte West
Community
Health Centre