

24HOUR PAUSE CHALLENGE UNPLUGGING EVENTS

Plan your
PAUSE!



May

In May, unplug with your family.

*visit the website for the date



November

Unplugging event for teens and young adults

*visit the website for the date



Fall

The PAUSE Challenge MDJ, for teens attending youth centers.

*visit the website for the date

pauseyourscreen.com/24h-pause/



Centre intégré
de santé
et de services sociaux
de l'Outaouais

Québec 

Direction de santé publique