

# Navigating Social Media & Mental Health

**An interactive & empowering evening for teens (12+)!**

**Thursday June 20  
6pm-9pm**

Doors open at 5:30pm  
BBQ & Pizza at 6:30pm  
The Stonebridge Beach House,  
Wasaga Beach

*alc*

WELLNESS

## **Topics to be covered:**

Social media & mental health  
Creating healthy online habits  
Challenging what we see online  
Party safety & much more!

## **Key Note: Ashley LeClair**

Ashley LeClair is the owner of ALC Wellness and a passionate mental health & wellness advocate. Ashley has extensive history working with and supporting some of Simcoe County's most vulnerable youth.

## **FREE ADMISSION!**

**GREAT PRIZES! FREE DINNER! SWAG BAGS!**

**Sponsored by the Wasaga Beach Farmers Market**

**RSVP:** Marlene Parkins -[thewasagabeachfarmersmarket@gmail.com](mailto:thewasagabeachfarmersmarket@gmail.com)