



Boys & Girls Clubs
of Canada

On **June 7th, 2019** we are inviting Canadians to join Boys and Girls Clubs and Unplug to Connect

Unplug to Connect encourages all Canadians to spend more time with friends, family, and co-workers, and less time in front of their screens. For one hour, we are asking people to unplug from their devices and spend time connecting with the people around them.

- **The internet and smartphones are changing the way that children and youth connect with the world around them**
- **Anxiety is on the rise, as kids and teens feel the need to be “plugged in” at all times**
- **Technological devices are designed to connect us with others, but in many ways they are causing us to feel isolated and alone**

Boys and Girls Clubs believe that building relationships is an important life skill, and we strive to create a sense of community for all children and youth. At Clubs across the country, kids spend time away from smartphones and computers every single day—playing together, learning together, and being mentored by caring adults.

We are encouraging our partners and supporters to get involved in any way they can—plan one hour of team play (baseball, soccer) or mindfulness (yoga), host a community breakfast / organize a staff picnic, encourage face to face meetings, volunteer at a Club event—the possibilities are endless!

Stay tuned for more information, including a toolkit with resources and tips around brainstorming an activation event.



**SAVE
THE
DATE**



**FRIDAY
JUNE 7TH**

Pick one hour during the day to Unplug and Connect with your staff, families, partners, board, politicians, community leaders, your local Club, and media!

unplugtoconnect.ca

For more information, contact Amy Bilodeau,
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