



OcSobre is simple, accessible, and beneficial for all!

Launched in 2015, OcSobre is the main fundraising campaign of the Le Grand Chemin centres. Since the first edition, more than \$800,000 has been raised to ensure that the services are free of charge for the teenagers who are staying at one of the three Le Grand Chemin centres—located in Montréal, Québec, and Saint-Célestin (Centre-du-Québec)—aged 12 to 17 and living with addiction or cyberaddiction.

OcSobre is an initiative that aims to raise awareness about physical, mental, and digital health among its participants. Just like our teenagers who commit to a therapy to overcome their addiction, OcSobre offers to adopt a healthier and more balanced lifestyle during October. This exercise allows the participants to be more aware of their bad habits, of the effects that their sometimes harmful behaviour can have, but most of all, of the benefits of sobriety and balance.

2021, an edition focused on unplugging

The pandemic turned our daily lives upside down. During long months, our attention shifted towards our screens. We believe that OcSobre is the perfect opportunity to take a step back from our screens in order to go back to more balanced digital habits.

At Le Grand Chemin, we don't demonize the screens. They allowed us to work away from the office, to entertain ourselves and to keep in touch with our loved ones. However, it is still relevant to question the quality of the time spent online,

not only the quantity. Even if few people develop a cyberaddiction like the teenagers we help at Le Grand Chemin, many of us still want to reconsider our time spent in front of our screens.

To go back to a digital balance, here are a few ideas of challenges you can choose for OcSobre:

- Get the OcSobre Advent calendar and meet the suggested challenges with your family.
- Put the screens aside during meals, in the bedroom, in the evening or on the weekend.
- Avoid checking your work emails in the evening or during the weekend.
- Avoid using two devices at a time.
- Fix yourself a maximum number of hours each day dedicated to entertainment on screens.
- Take a break from one or many social media during a specific period.

The important thing is to go at your own pace, depending on your goals.

Take advantage of the time spent away from the screens to practise or discover, like our teenagers, new cultural, sports, or outdoor activities! Taking care of our physical and mental health is crucial!