

# Are you a **teen** who **wants** to **quit smoking** and/or **vaping**?

Wouldn't it be **great** if someone helped you with **how** to quit smoking or vaping, instead of just telling you **why** you should quit?



Join the **I quit for me** group support program



**I quit for me** is **free** and comprised of sessions that offer peer support and provides practical information on dealing with cravings and withdrawal, and tips on staying smoke and vape-free.

After **I quit for me**, you will be more informed, confident and committed, to improving your health by quitting smoking and/or vaping.

Interested in participating? **Sign up today!**

[A large dashed-line rectangular box intended for a sign-up form.]

For information about the health effects of **smoking**, visit **Canada.ca/tobacco**.

For information on the risks of **vaping**, visit **Canada.ca/vaping**.