

# ARE YOU THINKING ABOUT QUITTING SMOKING?

Help us build an **online quit-smoking support space!** Your experiences, ideas, and needs will guide us in creating a resource that truly works for you.



## You can participate if you:

- **Currently smoke** cigarettes, **OR previously smoked** and have **now successfully quit**.
- Are **18 years of age or older**
- Live in a **rural/remote community** in Canada
- Speak **English or French**
- Can join a **60-90 min** virtual group discussion

## What's Involved?

Join a **one-time virtual discussion** to share your thoughts on:

- What kinds of **supports** help or get in the way of quitting
- Features and content you'd want in a **digital quit-smoking hub**
- Ways of building **connection and community** online
- What would make the hub feel **welcoming** and easy to use

**You will receive an e-gift card as a thank-you for your time**

## Interested in participating?

Scan the QR code, click the link, or reach out to us at

[smokefreeconnect@camh.ca](mailto:smokefreeconnect@camh.ca)



<https://redcap.link/mvpp4qpy>

This study is titled "**SmokeFreeConnect: A Virtual and Community Hub for Quitting Together for people living in Rural and Remote Communities**". The Principal Investigator on this study is Dr. Michael Chaiton, michael.chaiton@camh.ca.

*\*Note: The security of information sent by e-mail cannot be guaranteed. Please do not communicate personal sensitive information by e-mail. For more information about other programs and services at CAMH, please visit [www.camh.ca](http://www.camh.ca) or call 416-535-8501 (or 1-800-463-6273).*

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**Smoke  
Free  
Connect**