

# Are you...

Thinking about quitting?



Starting day 1 tomorrow?



Wanting to stay smoke-free?



No matter where you are in your quit journey, get support from the **SmokeFreeConnect** community.



## GET SUPPORT TODAY

Join our online support hub!

[www.smokefreeconnect.ca](http://www.smokefreeconnect.ca)



Sign up for the newsletter!



Questions? Email us at [smokefreeconnect@camh.ca](mailto:smokefreeconnect@camh.ca)

Connect with us on social media!



# Want to quit smoking?

We're here for you.

**Smoke  
Free  
Connect**

**Communauté  
Sans  
Fumée**

is a Canada-wide program supporting adults who want to quit or reduce commercial tobacco use, especially those living in rural and remote communities.



Free, accessible, virtual supports

A community of people on a quit journey

Co-designed with people with lived experience with tobacco use

# Virtual Support Hub

 [www.smokefreeconnect.ca](http://www.smokefreeconnect.ca)

Share experiences on  
the community forum



Join groups  
with shared interests!



Access helpful resources!



Win challenges!



Celebrate progress!



## Monthly e-Newsletters

Get monthly emails with:

Real stories

Motivation

Practical tools and tips

Delivered straight to your inbox!

