

# BEYOND THE SMOKE:

## A New Life Awaits

Here are some  
resources to help you  
quit:

[kidshelpphone.ca](http://kidshelpphone.ca)  
[drugfreekidscanada.org](http://drugfreekidscanada.org)



### Why should you quit?

- Avoid long-term health problems & nicotine dependence
- Save money by not purchasing products
- Improve your mental health

