

Ages: 14 - 19
Days: Mondays & Wednesdays
Length: 4 weeks / 8 sessions
Time: 5:30 - 7:30 PM
Location: National University

Quit Smoking

PROJECT EX

TEEN SMOKING CESSATION

WE HELP YOU KICK THE HABIT:

Create a plan
Deal with stress
Learn about cravings
Deal with setbacks
Learn to relax

**Contact: Youth Violence Prevention Council
Jennifer Richards (530) 244-7194**



SHASTA
COUNTY OFFICE OF
EDUCATION

