

Smoking and Your Family



Stop smoking and avoid second-hand smoke to help you and your children be as healthy as possible.

Think about how you can stop smoking.

Ask your friends and family to step outside to smoke.

**It may not be easy,
but you can do it!**

www.gosmokefree.gc.ca

www.smokershelpline.ca

www.pregnets.org



*best start
meilleur départ*

by/par health **nexus** santé