

Ages: 14 - 19
Tuesdays & Thursdays
4 weeks / 8 sessions
5:00 - 7:00 PM

Location to be Announced

Quit Smoking

PROJECT EX TEEN 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
(530) 244-7194



SHASTA
COUNTY OFFICE OF
EDUCATION

