

CARON'S DIGITAL LEARNING PROGRAM *PRESENTS*

CONNECT **5**

FIND THE
NicoTEEN
FREE YOU



**Whether You Vape,
Smoke Cigarettes/
Cigars or Chew Tobacco,
CONNECT 5 Can Help!**

- Complete this FREE program using your mobile device or PC
- Identify your triggers and which quitting methods might work for you
- Learn refusal skills you can use in any social situation
- Develop a personalized plan for success that is unique to your needs and situation
- Complete the program at your pace, when, and where it is convenient for you

Visit Caron.org/Connect5 for more information



Available on your PC or download our app on

