



Hello Friend,

Welcome to QuitNow's Client Newsletter! We share quit tips, resources, and exciting updates to QuitNow's services to provide you with the best possible options for your quit journey. If you no longer wish to receive these newsletters, click [here](#) to unsubscribe.

Let's get into it!



Join us for one of our Breakthrough Group Sessions, QuitNow's new webinar-style group support sessions. These sessions will provide you with opportunities to learn about quit strategies and resources from one of our expert Quit Coaches.

Join us on October 8th at 12pm PST for our monthly Breakthrough Group Session, where we'll learn more about the long-term use of Nicotine Replacement Therapy (NRT).

[Register Here →](#)



What to know about pregnancy + smoking

A [recent study](#) found that even exposure to light smoking can cause serious health problems in newborns. A harm reduction approach to support pregnant people or those planning to become pregnant to quit smoking is key.

[More information on pregnancy + quitting →](#)

Already a parent or guardian? Here's how to talk to your kids about vaping.

The beginning of the school year is a great time to discuss vaping with the youth in your care. Here's a helpful guide to get the conversation started.

[Talk to Youth about Vaping Guide →](#)



QUIT TIP: Reduce Your Use

Just had a relapse or not quite ready to take the plunge to quit? [Reducing your use](#) can be a great way to start and help lower the health risks in the process.

Try cutting down the number of cigarettes you smoke or times you vape until you reach your goal. That goal could be zero, half of where you started, or something

unique to you.

Download our [Tips for Reducing Smoking or Vaping](#) for more ideas.



Inspire Others

Share how QuitNow has helped you on our [Testimonials page](#)



New to Canada?

Check out our latest resource on how to reduce and quit tobacco + nicotine as a newcomer!



Looking for more motivation?

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