

# YOUTH VAPING PREVENTION: PARENT & CAREGIVER WORKSHOP



The **CATCH My Breath® Parent & Caregiver Workshop** educates participants on the risks associated with e-cigarettes or vapes and equips them with tools to support youth tobacco prevention. Attendees will also receive informational handouts and a goodie bag. Refreshments will be provided. Register by October 17, 2025 at [www.bit.ly/vapeworkshop25](http://www.bit.ly/vapeworkshop25)

*Hosted by the Harnett County Health Department's Division on Aging: Grandparents Raising Grandchildren support group and Health Education.*

## Topics covered include:

- ✓ Youth E-Cigarette Epidemic
- ✓ Effects of E-Cigarettes or Vapes
- ✓ How to Recognize if a Teen is Vaping
- ✓ Resources to Help Teens Quit Tobacco

**October 21, 2025**

10:00am-12:00pm

Resource Center & Library Building  
455 McKinney Parkway  
Lillington, NC 27546

 **REGISTER NOW**



**QUESTIONS? CONTACT:**  
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**Harnett  
COUNTY**  
HEALTH DEPARTMENT