



## First 5 California CARES Plus Program

Dear CARES Plus Participant:

We are pleased to announce the availability of *Kids and Smoke Don't Mix*, a required online training for all new CARES Plus participants.

The training is sponsored by First 5 California and created by the California Smokers' Helpline (1-800-NO-BUTTS). If you are participating in a CSP program, you may have already completed this requirement, so check with your CARES Plus Administrator about how to document your completion for CARES Plus.

The training takes approximately 45 minutes to complete. As part of registration, you will be asked, "*For which First 5 California program are you taking this training?*" Please be sure to select "**CARES Plus.**" This will allow us to verify your completion of the requirement. Once you begin the online training, you do not need to complete it all at once; you can stop at any time. When you return, you will continue where you left off. The training includes audio, so be sure to use a computer with speakers.

To receive your Certificate of Completion, you must complete all sections of the training. The Certificate of Completion can be generated only for the person who registered for the training, so you must complete the training under your own registration. The deadline for completion is **May 31, 2016.**

To register and complete the training, please go to this link: <http://caresplustobacco.org>. The online training also is available in Spanish at <http://caresplustobacco.org/espanol>. The first time you visit the website, you will need to create a user name and password. Please keep a record of these for later use.

If you have any technical problems with the training, please contact the help desk at [cshtcares@ucsd.edu](mailto:cshtcares@ucsd.edu).

Thank you for your participation in this important training. And remember: *Kids and Smoke Don't Mix.*