

However you use it, **Cannabis is Cannabis.**

SMOKE IT?



VAPE IT?



EAT IT?



Daily or near-daily cannabis use can affect your **mental** and **physical health**.
Cannabis can impair your ability to drive safely.



Learn more:
algonquincollege.com/umbrellaproject

Book a harm reduction **consultation for more support.**

Content adapted with permission from the Canadian Centre on Substance Use and Addiction.



Umbrella
Project

AC | Student Support
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