



REGISTER TODAY FOR OUR FREE VIRTUAL ADOLESCENT NICOTINE CESSATION SUPPORT GROUP



We are pleased to offer interactive virtual services as part of our comprehensive menu of services.

Virtually CONNECTed

Do you know a teen in need of support to quit their use of vaping or other nicotine products? Our long-running Project CONNECT® support group programming has been adapted so students can connect with a facilitator and other teens virtually to gain skills and support for a healthier life. In this 6-session group, students will examine their patterns of nicotine use, learn the benefits of making a change, develop strategies to address their triggers, and receive encouragement to reach their personal goals. Middle and High School students, ages 13-18, from across the country are welcomed.

Program Dates:

All programs run from 5:30 pm - 6:30 pm EST

- Fall 2022 Sessions- 10/3, 10/10, 10/17, 10/24, 10/31
- Spring 2023 Sessions - 4/6, 4/13, 4/20, 4/27, 5/4

[Click here to register](#)

or scan the QR Code



Youth Vaping Quick Facts:

- According to the 2021 National Youth Tobacco Survey, approximately, 2.55 million (9.3%) students reported current (past 30-day) use of a tobacco product: 2.06 million (13.4%) high school students and 470,000 (4.0%) middle school students.
- Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control.
- Almost two-thirds (65.3%) of students who currently use a nicotine product reported seriously thinking about quitting the use of all products.
- In 2022, 85% of teen participants in our nicotine cessation groups reported a positive change in their behavior.
- In their words: "I learned a lot including coping mechanisms to stop smoking, and an outlet to talk about the effects. I really like the people and the experience. [This group] is important because it helps kids make healthy decisions in life."

Questions? You can email [Bethany Bell](mailto:bbell@caron.org) at bbell@caron.org or 706.766.0852

To learn more about Caron's menu of nicotine prevention and cessation services, please visit www.caronsap.org