

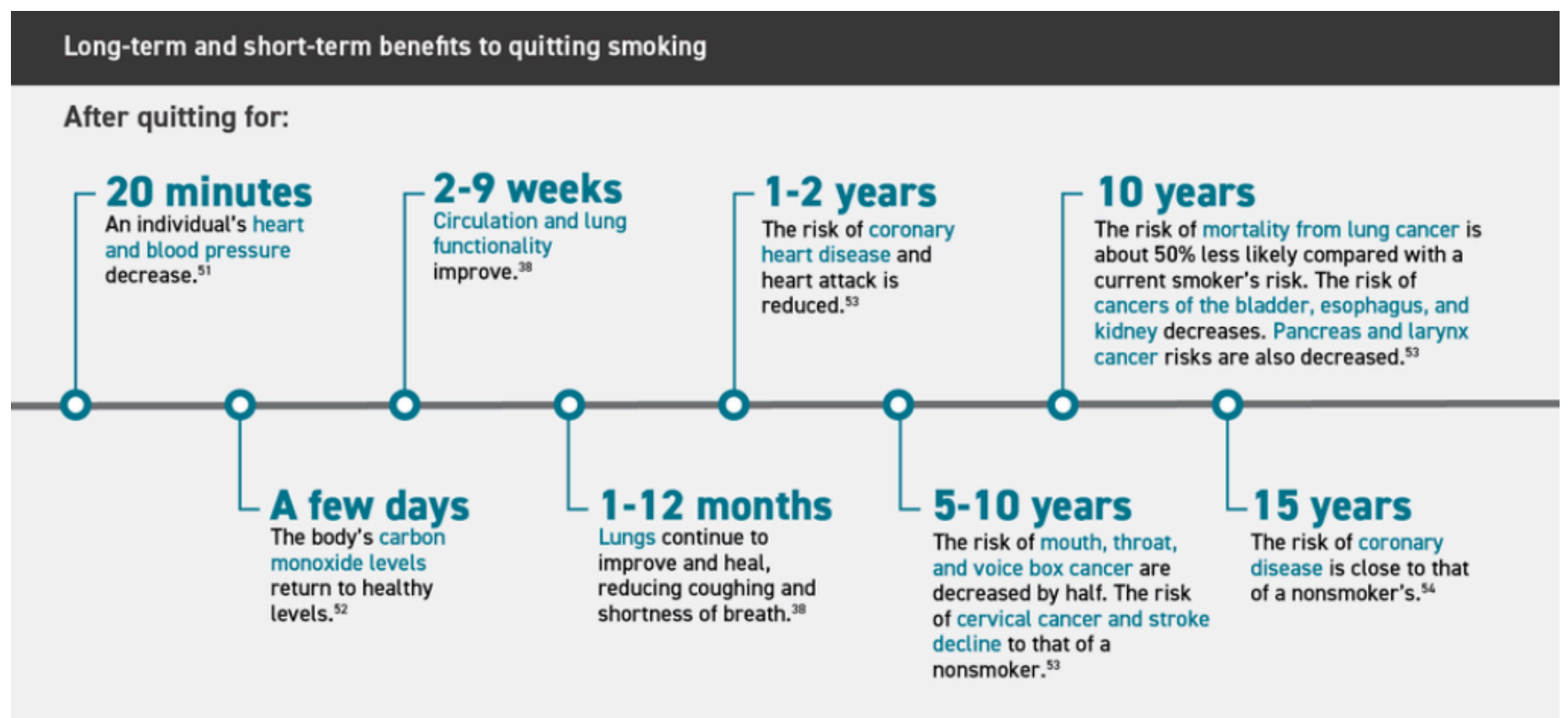
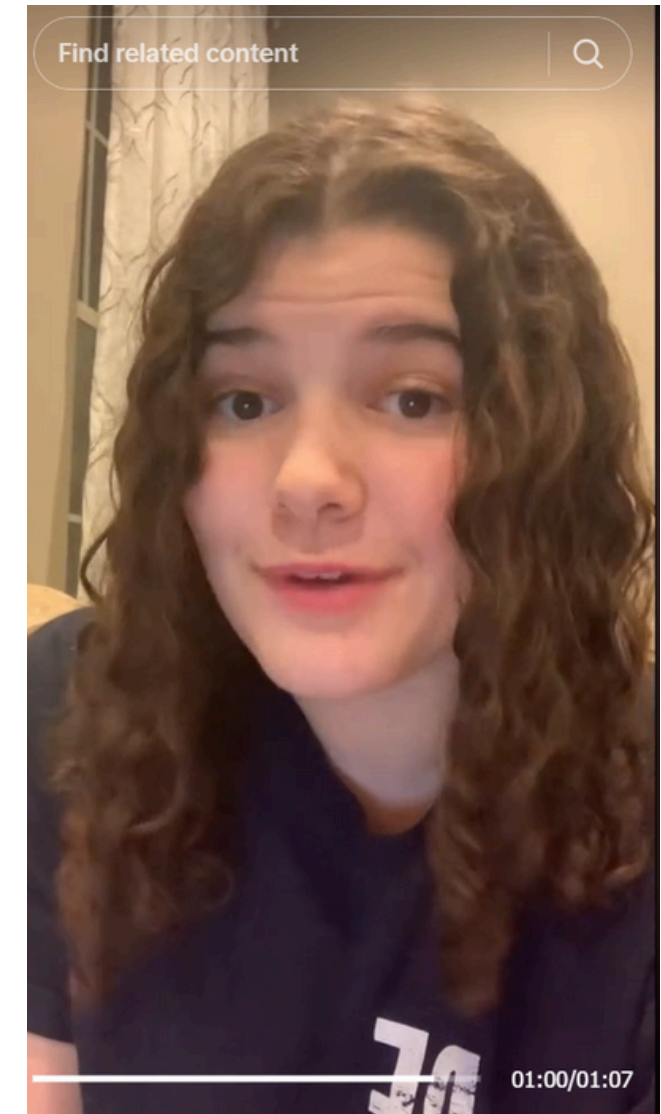
# Tobacco Cessation and GASO

## QUARTER 4 FOCUS

### Great American Smokeout

The Great American Smokeout (GASO) is an annual event sponsored by the American Cancer Society. This event on Thursday, November 21, 2024 focuses on encouraging Americans to quit smoking or vaping tobacco. People are challenged to stop smoking or vaping for at least 24 hours as a first step in their quit journey.

[Great American Smokeout](#)



## GREAT AMERICAN SMOKEOUT

**It's a great day to break up...**

Quitting smoking isn't easy. It takes time and a plan. You don't have to stop smoking in one day. Start with day one.

Let the Great American Smoke Out on November 21st, 2024 be your day to start the journey toward a smoke-free life. You don't have to do it alone. Grab a friend, family member or coworker who also wants to quit and join thousands of people who smoke across the country in taking an important step toward a healthier life.

Scan here to learn about GASO and download materials

Scan here to find tobacco cessation resources in New Jersey

The Great American Smokeout (GASO) is an annual event sponsored by the American Cancer Society (ACS). This event focuses on encouraging Americans to quit tobacco smoking. People are challenged to stop smoking for at least 24 hours as a first step in their quit journey.

**...with tobacco**

Tobacco Free for Healthy NJ is providing resources to help you educate your community as well as direct them to cessation services.

November 21, 2024 #GASO2024

Tobacco-Free FOR A HEALTHY NEW JERSEY

It's a great day to break up with tobacco...



Tobacco Free Tuesday Webinar!

October 22nd, 10am-12pm

**REGISTER HERE**



To learn more visit [tobaccofreenj.com](http://tobaccofreenj.com)



# Tobacco Cessation and GASO

## QUARTER 4 FOCUS



**YOUTH** 4-WEEK **QUIT** GROUP

MEET VIA ZOOM MONDAY'S @ 3PM

- CALL THE QUIT CENTER  
609-804-QUIT OR 856-641-8633
- SCHEDULE QUESTIONNAIRE  
(30-45 MIN)
- ANSWER QUESTIONNAIRE
- COMMIT TO GROUP

MEET OUR COUNSELORS AND OTHER YOUTH INTERESTED IN QUITTING VAPING AND SMOKING.

QUIT CENTER OF NEW JERSEY HEALTH NETWORK & OF ATLANTIC PREVENTION RESOURCES

Tobacco-Free FOR A HEALTHY NEW JERSEY



**READY TO QUIT VAPING?**

text VAPEFREENJ to 88709



Join the 250,000 using This is Quitting.





# Tobacco Cessation and GASO

## Youth: Take Action!

The Great American Smokeout takes place on Thursday, November 21, 2024. Plan an activity or event in your school or community to encourage your peers to quit smoking or vaping for 24 hours. Create social media content to promote GASO or share youth created content from [tobaccofreenj.com/gaso](http://tobaccofreenj.com/gaso). Share this with your friends and have them text VAPEFREENJ to 88709 to quit vaping.



INCORRUPTIBLE.US



To learn more visit [tobaccofreenj.com](http://tobaccofreenj.com)



## ● QUIT RESOURCES ●

Tobacco Free for a Healthy New Jersey Cessation Services  
New Jersey Department of Health, Office of Tobacco Control



### NJ Quitline

Free, 24/7, chat, web, or phone service for smokers who are ready to stop. Call today and speak with your own quit coach. No matter which quit method you choose the Quitline can more than double your chances for success. Youth services available for ages 13-17.

Visit [www.njquitline.org](http://www.njquitline.org) or call 1-866-NJSTOPS (866-657-8677)

### Mom's Quit Connection for Families

This program provides free, one-on-one counseling for pregnant and postpartum people; moms, dads, and family members who want to quit smoking to protect children, 8 and under, from exposure to harmful tobacco smoke.

Visit [www.momsquit.com](http://www.momsquit.com)



### Quit for Kids

Quit for Kids is a statewide texting program as part of MQC for Families specifically for pregnant people and partners; parents, family members and caregivers of children under 8. Live chat feature with a Quit Coach is available. Enroll and receive personalized messages:

TEXT QUITFORKIDS TO 53016

Learn more at [momsquit.com](http://momsquit.com)



Tobacco Free for a Healthy NJ has recently established Quit Centers covering eleven counties across the state. The Quit Centers will provide tobacco cessation services and support to those who want to stop smoking or using tobacco products. The Quit Centers will provide support and guidance to create a quit plan, explore and provide Nicotine Replacement Therapy (NRT), and provide individual and group counseling sessions free of charge.

Visit [Tobaccofreenj.com/quit-smoking](http://Tobaccofreenj.com/quit-smoking) to find your nearest quit center



To learn more visit  
[www.tobaccofreenj.com](http://www.tobaccofreenj.com)



## ● YOUTH RESOURCES ●

Tobacco Free for a Healthy New Jersey

New Jersey Department of Health, Office of Tobacco Control



### ASPIRE

A free online, bilingual multimedia, evidence-based and educational program developed by The University of Texas MD Anderson Cancer Center. It is a fun and interactive tobacco prevention and cessation curriculum for teens.



For more information email [tobaccofree@njpn.org](mailto:tobaccofree@njpn.org)

### Don't Get Vaped In

A comprehensive, multi-strategy approach to the vaping epidemic among youth. "The Don't Get Vaped In" training manual includes three curriculums: Adult to Adult training, Adult to Youth training, and Youth to Youth training.



**INCORRUPTIBLE.US**



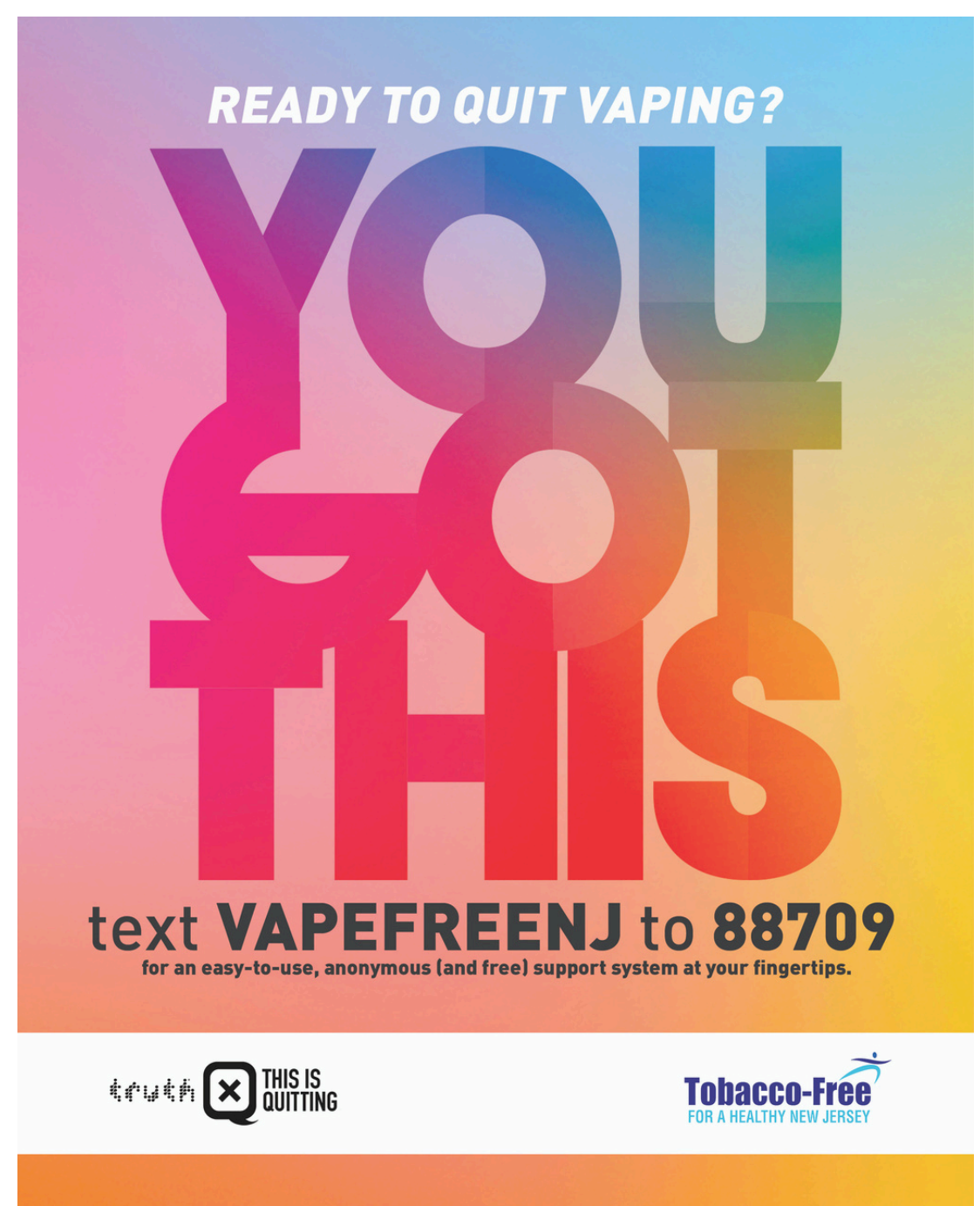
SCAN ME

Incorruptible.us is New Jersey's youth-led Youth Tobacco Action Group (YTAG). Teens ages 13-18 can join their county chapter to focus on educating & mobilizing peers to take action to create tobacco-free communities.

### This is Quitting

A free app and text service created by the Truth Initiative that provides teens ages 13-18 with connections to other teens who are trying to quit, messages to keep you on track with quitting, structured and freestyle quitting exercises.

Text **VAPEFREENJ** to **88709** for an easy-to-use, anonymous (and free) support system right at the tip of your fingers!



**Tobacco-Free**  
FOR A HEALTHY NEW JERSEY

To learn more visit  
[www.tobaccofreenj.com](http://www.tobaccofreenj.com)