



## **Nicotine and Tobacco Recovery Free Virtual Support Meetings**

RWJBarnabas Health Institute for Prevention and Recovery's Nicotine and Tobacco Recovery meetings are designed to help people stay quit and offer a resource for those who are starting or thinking about beginning their quit journey. Led by a Certified Tobacco Treatment Specialist, each group will focus on topics and strategies for dealing with triggers and relapse prevention. Join us for free, regardless of where you are with your journey towards nicotine and tobacco recovery!

**For more information please call (833) 795-QUIT, email [quitcenter@rwjbh.org](mailto:quitcenter@rwjbh.org) or visit [rwjbh.org/nicotinerecovery](http://rwjbh.org/nicotinerecovery).**

### **Mondays and Wednesdays**

9am- 9:45am ET

<https://zoom.us/j/98976887062?pwd=K0MyQTl2SGNCVW8ySGsxVEJzNFhNQT09>

+1 929-205-6099 | Meeting ID: 989 7688 7062 | Password: smokefree

7pm- 7:45pm ET

<https://zoom.us/j/98597186060?pwd=UDcxemt3M1dSR3ZicGZSdjBwSmFtdz09>

+1 312-626-6799 | Meeting ID: 985 9718 6060 | Password: smokefree

### **Spanish-speaking: Mondays and Fridays**

12:00pm - 1pm ET

<https://zoom.us/j/98029022698?pwd=UIM5UDBJa3ZNdeE8rVIJxSk9DckhxUT09>

+1 929-205-6099 | Meeting ID: 980 2902 2698 | Password: smokefree