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 or visit rwjbh.org/nicotinerecovery.

Mondays
7pm- 7:45pm ET
https://zoom.us/j/98597186060?pwd=UDcxemt3M1dSR3ZicGZSdjBwSmFtdz09
+1 312-626-6799
Meeting ID: 985 9718 6060
Password: smokefree

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