

# Resources to Support Youth with Tobacco/Nicotine Dependence

## Upcoming Events

### Start the Conversation:

#### Talking with Youth About Vaping, JUULS, & Electronic Nicotine Products

This workshop provides adults with information, skills and practice to support young people who may be using nicotine/vaping or another form of tobacco. This workshop uses trusted adult principles to make a difference in the lives of young people around tobacco.

Workshop in English:

Jan. 20, 2021 5:30 - 7:00 pm MST

Jan. 27, 2021 5:30 - 7:00 pm MST

Workshop in Spanish:

Feb. 3, 2021 5:30 - 7:00 pm MST

Feb. 10, 2021 5:30 - 7:00 pm MST

Registration is required! Register here: <https://bit.ly/35rxS1z>

## Additional Resources for Trusted Adults

[www.tobaccofreeco.org/know-the-facts/](http://www.tobaccofreeco.org/know-the-facts/)

[www.tobaccofreeco.org/quit-tobacco/i-want-to-help-someone/](http://www.tobaccofreeco.org/quit-tobacco/i-want-to-help-someone/)

[parents.forwardtogetherco.com/](http://parents.forwardtogetherco.com/)

## Resources Just for Youth

[COYouthQuitLine.org](http://COYouthQuitLine.org) / 1-800 QUIT NOW (1-800-784-8669)

[MyLifeMyQuit.org](http://MyLifeMyQuit.org)

[Teen.SmokeFree.gov](http://Teen.SmokeFree.gov)

[TobaccolsNasty.com](http://TobaccolsNasty.com)

[youth.forwardtogetherco.com/](http://youth.forwardtogetherco.com/)



quitSTART app



Text QUIT to 706-222-7848

## Support for Adults with Quitting Tobacco/Nicotine

[www.coquitline.org](http://www.coquitline.org) - or call 1-800 QUIT NOW (1-800-784-8669)

*The Jefferson County Tobacco Prevention Initiative offers training and educational information, support, and resources related to tobacco in Jefferson, Gilpin and Clear Creek Counties for youth and adults. The team also promotes Colorado's evidence based resources to help youth and adults to quit tobacco/vaping. The TPI also works with providers and organizations to support the integration of evidence-based tobacco control policies and practices. For more information, visit [www.jeffco.us/2220/Tobacco-Prevention](http://www.jeffco.us/2220/Tobacco-Prevention), email [tobaccofree@jeffco.us](mailto:tobaccofree@jeffco.us) or call 303-275-7555.*

