



## **Quit Journeys Webinar Series**

The "Quit Journeys" three-part webinar series is designed to support individuals and families on their journey to stop tobacco and nicotine use. Through engaging discussions and real-life experiences, this webinar series aims to educate participants about the complexities and impacts of tobacco use, especially for individuals with mental health and substance use challenges, while providing guidance on navigating the process of quitting.

Attendees will gain valuable insights into the health risks associated with tobacco, the influence of marketing practices, and learn about effective evidence-based interventions and medications, like Nicotine Replacement Therapy. Together, the series will foster understanding and equip individuals, families, and communities with practical resources and support to make informed decisions on their quit journeys.

### **Audience**

This webinar series is designed for **families, caregivers, peers, and professionals** who support individuals who use tobacco, particularly those experiencing mental health or substance use challenges. While the series centers the experiences of families and loved ones, anyone interested in learning more about supporting tobacco-free recovery is welcome to attend.

We especially encourage participation from:

- Families and caregivers of individuals with mental health and substance use conditions
- Family peer specialists and peer support workers
- Mental health and substance use disorder practitioners and supportive service staff
- Community-based organizations and recovery support providers
- Public health and behavioral health professionals interested in tobacco use treatment and recovery support

**See Following Pages  
for Session Info and  
Registration Details**



# Three Brothers, Three Journeys: A Family Conversation on Quitting Tobacco

**Quit Journeys Webinar #1**  
**Tuesday, April 28, 2026**  
**7:00 pm EST**

Join us for a powerful conversation featuring three brothers who share their lived experiences with mental health, grief, and tobacco use. In this candid discussion, two brothers reflect on their journeys to quit tobacco while the third shares his current experience as someone who is still smoking. Together, they offer insight into the personal, family, and community impacts of tobacco use.

The session will also address common myths about tobacco and nicotine replacement therapy (NRT), while highlighting practical resources and supports available to individuals, families, and communities seeking to reduce or quit tobacco use. For professionals supporting individuals on their quit journeys, this conversation will provide valuable insight into the family and social dynamics that can facilitate or hinder tobacco-free recovery.

## Learning Objectives

By the end of this webinar, participants will be able to:

- Dispel common myths related to addressing tobacco use for people with mental health and substance use challenges
- Describe the barriers, challenges, and opportunities families experience with supporting loved ones during their tobacco use quit journey
- Identify resources available for families to use to support their loved ones with addressing tobacco and nicotine use

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# **The Shared Path: How One Couple Navigates Smoking, Support and Changes**

**Quit Journeys Webinar #2**  
**Tuesday, June 30th, 2026**  
**7:00 pm EST**

**This webinar features a married couple sharing their personal journey navigating tobacco use within their relationship. With one partner who smokes and one who does not, participants will gain insight into how tobacco use affects both individuals and families.**

**The session will explore the role of nicotine replacement therapy (NRT), highlighting that it can be a useful tool not only for those ready to quit, but also for individuals working toward reducing tobacco use. Through lived experience, the presenters will discuss the challenges, motivations, and family impacts associated with smoking, offering a unique perspective on support, understanding, and the path toward change.**

## **Learning Objectives**

By the end of this webinar, participants will be able to:

- Explain the role of Nicotine Replacement Therapy (NRT) and how it can be used effectively to reduce cravings and support reducing tobacco use
- Describe the barriers, challenges, and opportunities an individual may experience with supporting loved ones during their tobacco use quit journey
- Identify resources available to support individuals with behavioral health conditions with addressing tobacco and nicotine use

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# **The Road to Well-Being: Supporting Young Adults to Break the Cycle of Vaping and Tobacco Use**

**Quit Journeys Webinar #3**  
**Tuesday, August 18th, 2026**  
**7:00 pm EST**

Addressing tobacco use and vaping is critical to improving health and well-being of individuals and families, particularly within communities impacted by mental health and substance use challenges. Tobacco use and vaping continue to be heavily influenced by targeted marketing practices that disproportionately affect behavioral health populations and youth, making it more difficult for individuals and families to break free from nicotine dependence.

This webinar will explore how tobacco use, including vaping—affects families across the lifespan. Participants will gain insight into the physical health, emotional, and relational impacts tobacco use can have within family systems. The session will also highlight the broader influence of the tobacco industry on youth and young adults and discuss why addressing tobacco use is an important component of supporting recovery, resilience, and long-term well-being for individuals and families.

## **Learning Objectives**

By the end of this webinar, participants will be able to:

- Examine the role of predatory marketing practices and how they have contributed to disproportionate tobacco use among individuals with behavioral health conditions and youth.
- Describe the barriers, challenges, and opportunities youth and young adults may experience during their tobacco and nicotine use quit journey
- Identify resources available to support youth and young adults with behavioral health conditions with addressing tobacco and nicotine use

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