TEEN QUIT VAPING/SMOKING PROGRAM

For youth ages 14-19

About the Program
The Napa County Office of Education and Aldea are offering Project Ex, a six-week evidence-based vaping/smoking cessation program. Upon completion of the program, students will be able to stop or reduce the use of nicotine, use alternative activities such as healthy breathing, yoga, meditation and relaxation, and demonstrate behavioral and cognitive skills. Lessons will be delivered virtually via Zoom. Please register to receive next steps. Schedule will be determined once enough participants are registered.

To Schedule: Click the link https://forms.gle/cMJ6JgBQ51xk3d5k9 or scan the QR code. You will be contacted after scheduling with next steps.

CONTACT
Dulce Murillo | AOD Counselor
Aldea Children & Family Services
DMurillo@aldeainc.org
707-977-8656

NAPA COUNTY OFFICE OF EDUCATION
ALDEA