

November

A Tobacco-free Lifestyle is Possible:
You Are Not Alone
Support is Available



Wellness, Health Promotion, and Prevention

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <u>Learn about Vape Free Fairfax and This Is Quitting</u>	2 Need Local Support for Vaping? Text VapeFreeFFX to 88-709	3 Learn about <u>Live Healthy Fairfax and Tobacco Free Living</u>	4 How to <u>Talk to your Teen about Vaping</u>	5 Have you used the <u>myStrength App</u> ? Click on 'Sign Up', and enter access code 'CSBCommunity'	6 Want to lift your mood? Check out these <u>Tips</u>	7 Education about tobacco in early childhood is important, learn about the <u>Al's Pals Program</u> in Fairfax County
8 Join the <u>Fairfax Prevention Coalition</u> to help combat substance misuse	9 Ready to Quit Vaping: Text VapeFreeFFX to 88-709	10 <u>Provide support to someone who is trying to quit</u>	11 Tips from the Surgeon General on <u>how to talk with your teen about e-cigarettes</u>	12 Is your child vaping? Receive parental support; text QUIT to 847-278-9715	13 Test your mood, go to: bit.ly/TestYourMood	14 Check in with your <u>myStrength App</u> . Learn about how to live your best life
15 <u>Watch students at FCPS discuss the dangers of vaping and how to handle peer pressure</u>	16 Break up with Your Vape: Text VapeFreeFFX to 88-709	17 Make a list of activities that help you cope with cravings	18 <u>Raise Awareness about Tobacco Use: Post a Fact on Social Media</u>	19 <u>The Great American Smoke Out</u>	20 <u>Managing your stress During COVID-19</u>	21 Learn about the <u>Virginia Foundation for Healthy Youth</u>
22 Did you download the <u>myStrength App</u> ? Click on 'Sign Up', and enter access code 'CSBCommunity'	23 You Got This: Text VapeFreeFFX to 88-709	24 Remember to build self-care into your daily schedule	25 <u>How do you start a conversation with your teen about vaping?</u>	26 <i>Happy Thanksgiving</i>	27 Write down positive affirmations to tell yourself: I know I can do anything I set my mind to; I can do this!	28 Check-in with someone who is trying to quit vaping or smoking
29 Do you know a preschool that's interested in the Al's Pals Program, <u>contact us</u>	30 Reasons for Quitting: Text VapeFreeFFX to 88-709				<div style="border: 1px solid orange; padding: 5px; text-align: center;"> Please remember to physically distance yourself by at least 6 feet when around others in the community and wear a face covering mask. Stay safe. </div>	



Reasonable accommodations provided upon request; call 703-324-7000, TTY 711

www.fairfaxcounty.gov/csb

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