



**Los Angeles County
Office of Education**
Serving Students • Supporting Communities
Leading Educators

Project EX

Project EX Training

A full-day training. Project EX is a school-based, tobacco-use cessation program for high school youth (ages 14-19 years).

The 8-session curriculum is delivered over a 6-week period. It emphasizes coping with stress, dealing with nicotine withdrawal, relaxation techniques, and how to avoid relapse. It aims to teach self-control, anger management, mood management, and goal setting techniques, and it provides self-esteem enhancement.

At the completion of the program, youth will be able to:

- Stop or reduce cigarette smoking
- State accurate information about environmental, social physiological, and emotional consequences of tobacco use

Tuesday September 24, 2019
8:00am to 3:00pm

Los Angeles County Office of Education
(LACOE)
ECW Conference Room C

12830 Columbia Way,
Downey, CA 90242



Register:

<http://lcoe.k12oms.org/1541-173305>

For more Information contact:
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Tobacco-Use Prevention Education Unit
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