

SAVE THE DATE (But register now!)
Monday, August 16, 1:30 – 3:00 PM Eastern Time

Talking about Tobacco

Part 3: Building Motivation for Change



[Register](#)

After registering, you will receive a confirmation email containing information about joining the meeting and a reminder on the day of the webinar.

Webinar Description

In this third webinar in the Talking About Tobacco Series, we draw upon questions and comments from the previous webinars in this series and stories shared by the presenters to explore different motivations to change, particularly in relation to tobacco use.

Together, and in chat with those who attend, we will explore what we mean by motivation and the things that work or don't work with we are ready to make any change in our lives. We will consider how to have these important (sometimes lifesaving) conversations related to health and wellbeing while respecting peer support values of choice and not forcing or coercing people to make changes against their will. We will consider how the Eight Dimensions of Wellness can offer opportunities to talk about different areas where a person might want to make changes, Stages of Change to help them consider their motivation and readiness for change, and then talk about their goals for wellness, and possibly invite them to develop a Wellness Recovery Action Plan™ for that aspect of recovery or to come up with their own plans for wellness.

The webinar will include personal stories by the presenters related to their own tobacco use, their motivations for change at different stages and some of the methods they used for regaining control over tobacco use and introduce discussion about the ways in which peer support can offer a non-judgmental space for talking about and exploring changes related to tobacco use.

Presenters: Amanda Saake, Susan Friedlander, Regina Shoen, Tony Trahan, and Gita Enders.

Moderated by Rita Cronise.

For more information, visit the APS Virtual Community website: <https://aps-community.org/>

Registration for this webinar:

You can also copy and paste this address into your browser to register:

https://talking_about_tobacco_3.eventbrite.com



Thank you for your participation in the [Academy of Peer Services](#) and the [Virtual Learning Community](#).

Share our announcements with others who can benefit from joining our educational series. Watch for our [News Updates](#) to learn more about what is happening in the peer support community and to join our Networking Meeting every Tuesday at 5:15 pm Eastern.

If you're not already a member of the free email list for the Academy Virtual Community, [join here](#).